

Winter Weather Guidelines

Colder weather is quickly approaching, and for those new to training at WOA during the winter months, you may wonder about:

...hazardous road conditions

- If there is ice, wet icy conditions, snow or you feel it might not be safe to drive, DON'T come. Don't risk an accident to get here; we will still be here when the weather is not so bad. SAFETY is first.

...training in the dojo

- If it is below 20 degrees, it is probably too cold to train so stay warm at home.

...what we wear

- We have found that Under Armour tops (or similar – Target sells Champion for less, and Wal-Mart has their own brand comparable to it) work well.
- You may see some of us wearing Japanese tabi (special socks with a split between the big toe and the other toes). Wearing tabi prevents slipping on the mat, like what would happen when wearing socks alone. Should you decide to order tabi, the following are things to look for that can be worn at WOA:

Blue cotton uppers
White cotton lining
Leather sole
Velcro closure

The things that are **not** allowed:

Rubber soles (knee/ankle damage, mat damage)
Garish colors (practice should be serene and focused; not distracting)

If you are interested in ordering tabi, the link below may help you get an idea with what WOA recommends:

<https://budogu.com/products.cfm?id=1572>
<http://swordstore.com/tabi-doe-skin-sole.html>

We have also found that toe socks by Injinji keep our feet comfortable when worn inside and in conjunction with tabi:

http://www.injinjistore.com/Merchant2/merchant.mvc?Screen=PERF&Store_Code=IS

- For additional insulation between the cold mat and your feet, you can use foam inserts (Dr. Scholls, Odor Eaters, etc.) and cut it to fit inside the tabi.
- From my experience, gloves with suede grips on the palms and fingers have been very useful, especially for weapons training (to prevent weapons slipping out of my hands).