

HOW TO WASH YOUR GI

Your gi must be washed for every class.

To keep your gi clean and white:

- Use your standard laundry detergent.
- Add 1 cup of baking soda to whiten.
- Add 1/4 cup of OdoBan to sanitize. Do not put directly on your gi.

NEVER use bleach. It will discolor and weaken your gi!

