



University of Otago Open Martial Gym - UOOMG

What is UOOMG?

UOOMG is geared mainly towards more experienced martial artists from a variety of backgrounds who need equipment and a space to train.

All are welcome however Keep in mind:

- Any sessions run, and available help is at the discretion of more experienced individuals donating their time and experienced.
- Future classes and sessions may be offered depending on willingness of trainers to participate.
- All contact sparring is to be done with supervision by an experienced martial artist and safety gear is to be worn. This applies to everyone, not just beginners.

What gear is provided?

At present we currently have access to the activities hall at the OUSA recreation center. There are a variety of pads, bags and gloves available but it is recommended that you get your own mouthguard, wraps and gloves for hygiene reasons.

We will be aiming to get OUSA funding to replace some of the older gear in future.

How do I get involved?

Add your name, student ID and email to the excel document provided. If you have more than a year of experience in a contact sport such as wrestling, BJJ, boxing, kickboxing or Muay Thai, please include this.

If you're willing to help as either a trainer or with the administrative side and can be relied upon, please put a tick in the column next to this.

We will be adding everyone to the Facebook group tomorrow using your email so your Facebook must be linked to your email by this evening if it is not already.