

# E.S.B.V. Buitenwesten

## Manual for new members

### 1. Paperwork and fees

A new member needs to do the following three things for the membership to be valid. If these are not completed, the secretary will send reminders. Not complying with these results in removal from the association.

- Fill out the membership form and hand it in to the secretary
- Possess a Unioncard
- Pay the DMS fee for Buitenwesten to the Sports Center

These points are explained in more detail in the Documents section of the website ([buitenwesten.utwente.nl](http://buitenwesten.utwente.nl)), and board members are always available to answer any questions, either in person or by email ([bestuur@buitenwesten.utwente.nl](mailto:bestuur@buitenwesten.utwente.nl)).

### 2. Equipment

Members can always borrow the available equipment of the association, but it is generally recommended to buy your own equipment if you decide to stay a member for a longer period of time.

- Gloves: there are two main types of gloves you will see around the association. Bag gloves/small gloves (see picture left) are meant to be used on a punching bag or other equipment. They are light and offer little protection, especially on the thumb area. Traditional gloves/big gloves (see picture right) are meant to be used for contact training and sparring. They offer much more protection and are also heavier. In general, small gloves can be used for most beginner exercises, but any member that trains for a few months ends up buying big gloves. This is why it is recommended to just start with the big gloves, since they can be used for everything and are the safest option. As far as the price goes, professional quality is not necessary, just avoid the very cheapest gloves.



- Wrist wraps: there is not much to discuss here except the length. Most wrist wraps will come in sizes of 2.5m or 4m and it is strongly recommended to buy the longer ones for better protection. An excellent pair can be bought for 8 euros which will last at least a year even if it is used and washed weekly. As far as the usage, there are plenty of tutorials on the internet about this, and there are many different ways to do it.



- Rope: another piece of equipment with a lot of variation, but it is mainly up to taste. Even the cheapest jumping ropes will usually do the job, so going expensive isn't necessarily beneficial.



- Mouth guard (optional): Mouth guards are only a requirement if you do sparring, which only happens in the Advanced group. Other than that, it is nice to have during exercises involving slipping, where there is the possibility of getting punched. In general, this piece of equipment is not required for Beginners training.

