



SELF-RELIANCE COURSE

Clothing Requirements

Casual clothes are worn to class daily but Students should be in possession of:

- ▲ Physical Training Clothing (Towel, T-Shirt, Shorts and Running Shoes)
- ▲ Two durable shirts which can be wrestled in,
- ▲ Two pairs of denim pants,
- ▲ Running Shoes (Unarmed Combat Training)
- ▲ Wet weather gear (Shooting Range)
- ▲ Sturdy boots (Shooting Range & Ambulance Shifts)
- ▲ Watch with a second hand
- ▲ A casual button-up shirt
(to conceal weapons whilst not in formal ware)

Equipment Requirements

- ▲ Laptop or Tablet / iPad
 - We will supply this free of charge if you do not have one
- ▲ Ear & Eye Protection (Shooting Range)
 - We will supply these free of charge if you do not have them

Registration Requirements

Please bring the following original documents with you to registration on the Sunday before your course:-

- Passport / Identity Card
- Driver's License (Light Motor Vehicle)
- 3x Passport Photos (Colour, 35mm x 45mm)
- Medical / Hospital Insurance
- Criminal Background Check or Valid National Security License
- Rewards for Forces / Police / Rescue Cards (if applicable)
- R400-00 Key & Damage Deposit