

Athletic Taping Clinic

Sacramento, CA



AJF Athletic Taping Clinic

Learn and practice athletic taping techniques and basic trauma management for the dojo. Techniques will include methods for finger/toe, wrist, and ankle taping. This class qualifies as an "AJF Mat Activity" for the purpose of black belt exams.

Clinic participants may choose to take a taping exam at the end of the clinic. This is completely optional, and not required for an AJF black belt exam.

This is an AJF sanctioned event, and current AJF registration is required. Event-only registration (\$5) will be available. ATJA cards also accepted.

Instructor: Prof Nerissa Freeman
nfreeman@wasenshikan.org
916-420-5337

When: October 17, 2021

Where: Acupuncture Embodied
2409 L St, Suite 103
Sacramento CA

Time: 9:30 am - 3:00 pm

Cost: Sliding Scale, \$10-\$40.
AJF Taping Manual included.

Bring: 5 rolls of 1½ inch athletic tape.
Some tape will be available for \$3.50 per roll.

Required: Proof of full COVID-19 vaccination or negative test within 72 hours of event. Masks will be required for those who are unvaccinated or partially vaccinated.