

# GUYS... AS YOUR FEMALE TEAM MATES, PLEASE:

Respect that treating us as an equal doesn't mean that we think we are as physically strong as you, it also doesn't mean treating us like kids

Give us mutual respect and support. We are just as competitive and just as skilled as a sparring and clinch partners

Educate yourselves around the hormonal changes that effect our training, weight and weigh ins.

Recognise that even though we might be technically better at sparring, we don't need to get hit harder.

Accept that an upset baby in the corner is just as frustrating for us as it is for you. Please offer to help if you feel comfortable to do so.

Wear deodorant and a clean shirt when clinching



## Thank You

[wbcmuaythainz.com](http://wbcmuaythainz.com)

