

## SPARRING HEADGEAR

| Head circumference - measure around largest part of head |                    |
|--|--------------------|
| Size   | Head Circumference |
| Child  | Under 20"          |
| Youth  | 20 -21"            |
| Adult S/M  | 21 - 22"           |
| Adult M/L  | 22 -23"            |
| Adult XL   | 23 -24"            |

## SPARRING GLOVES

| Knuckle width - measurement across widest part of palm of hand |                  |
|--|------------------|
| Size   | Palm Measurement |
| Child  | Under 2.875"     |
| Youth  | 2.875 - 3.125"   |
| S  | 3.125 - 3.375"   |
| M/L  | 3.375 - 3.625"   |
| XL   | 3.625 - 4"       |
| XXL  | Over 4"          |

## SPARRING BOOTS

| Foot length - measurement from tip of toe to heel |                  |                  |
|---|------------------|------------------|
| Traditional Size                                  | Dipped Foam Size | Length of Foot   |
| Child   | (Child) 12/13    | 7 - 7.5"         |
| S   | 1/2              | 7.625 - 8"       |
|   | 3/4              | 8.125 - 8.625"   |
| M   | 5/6              | 8.75 - 9.25"     |
|   | 7/8              | 9.5 - 10"        |
| L   | 9/10             | 10.125 - 10.625" |
|   | 11/12            | 10.75 - 11.5"    |
| XL  | 13/14            | 11.5 - 12"       |

## **SPARRING FRONT OPEN CHEST GUARD**

| Size  | Chest  | Height |
|-------|--------|--------|
| Child | 24.25" | 13"    |
| Youth | 27.25" | 14.75" |
| S     | 29"    | 16.5"  |
| M     | 32"    | 18"    |
| L     | 34.25" | 20.25" |
| XL    | 37.5"  | 22.5"  |
| XXL   | 40"    | 24.5"  |

## **HOGU CHEST PROTECTOR/TKD CHEST PROTECTOR**

| Size  | Chest  | Height |
|-------|--------|--------|
| Child | 28.25" | 22.25" |
| XS    | 33"    | 23"    |
| S     | 36"    | 23.75" |
| M     | 39.5"  | 25.75" |
| L     | 43"    | 29"    |
| XL    | 46.75" | 30.5"  |