

Sparring Gear Sizing Chart

Head Gear - \$29.00

Measure the circumference of the head one inch above the eyebrow. A quick way to do this is to wrap a string around your head and measure the string.



Head Gear	
Size	Circumference
S	19 1/2" - 20 1/2"
M	21" - 22"
L	22 1/2" - 23"
XL	23 1/2" - 24"



Punches - \$25.00

Lay hand flat on top of ruler or measuring tape. Measure across the knuckles.



Punches	
Size	Measurement
Child S	Under 2 7/8"
Child L	3 1/8" - 3 1/4"
Adult S	3 1/4" - 3 3/8"
Adult M	3 3/8" - 3 5/8"
Adult L	3 5/8" - 3 3/4"
Adult XL	3 3/4" - 3 7/8"



Kicks - \$25.00

Kicks are measured by men's shoe sizes. Women's shoe sizes run about 1 to 1 1/2 sizes smaller than men's. Actual Length = entire outside length

Kicks		
Size	Shoe Size	Actual Length
Child S	13.5 - 2	8.5"
Child M	2.5 - 3.5	9.25"
Child L	4 - 5	9.75"
Adult S	5.5 - 6.5	10.5"

Adult M	7 - 8	11.25"
Adult L	8.5 - 10.5	12"
Adult XL	11 - 13	12.25"
Adult XXL	13.5 - 14.5	13.5"



Shin/Forearm Guards (optional) - \$20.00

Measure distance from knee to ankle or elbow to wrist.

Shin/Forearm Guards	
Size	Length
Child	9"
Small	10"
Medium	11"
Large	12"
X-Large	13"



Cup & Supporter (Required for boys) - \$8.00

Size	CHS	CHL	S	M	L
Waist	18" ~ 23"	23" ~ 26"	26" ~ 32"	32" ~ 36"	37" ~ 42"



Chest Guards - \$29.00

Measure distance for Width neck to waist.

Chest Guard						
Size	CHS(0)	CHL(1)	S(2)	M(3)	L(4)	XL(5)
Width	25"	26.5"	29.5"	32.5"	36"	38"



Single Mouth Guard - \$2.00

Double Mouth Guard - \$3.00

Mouth Guard Case - \$2.00



Female Protector (Optional for girls) - \$8.00

Adult small, med & large



Sports Bra (Optional for girls) - \$25

Xsmall thru Xlarge



Clear Face Shield – (Optional) - \$20

(Head gear not included)

