

**SPARRING GEAR**

**HAND AND FOOT REFERENCE**

\* Foot Chart to be used as a guideline only.

**PUNCHES**

Ch S Under 2<sup>7</sup>/<sub>8</sub>"

Ch M 2<sup>7</sup>/<sub>8</sub>" - 3<sup>1</sup>/<sub>8</sub>"

Ch L 3<sup>1</sup>/<sub>8</sub>" - 3<sup>1</sup>/<sub>4</sub>"

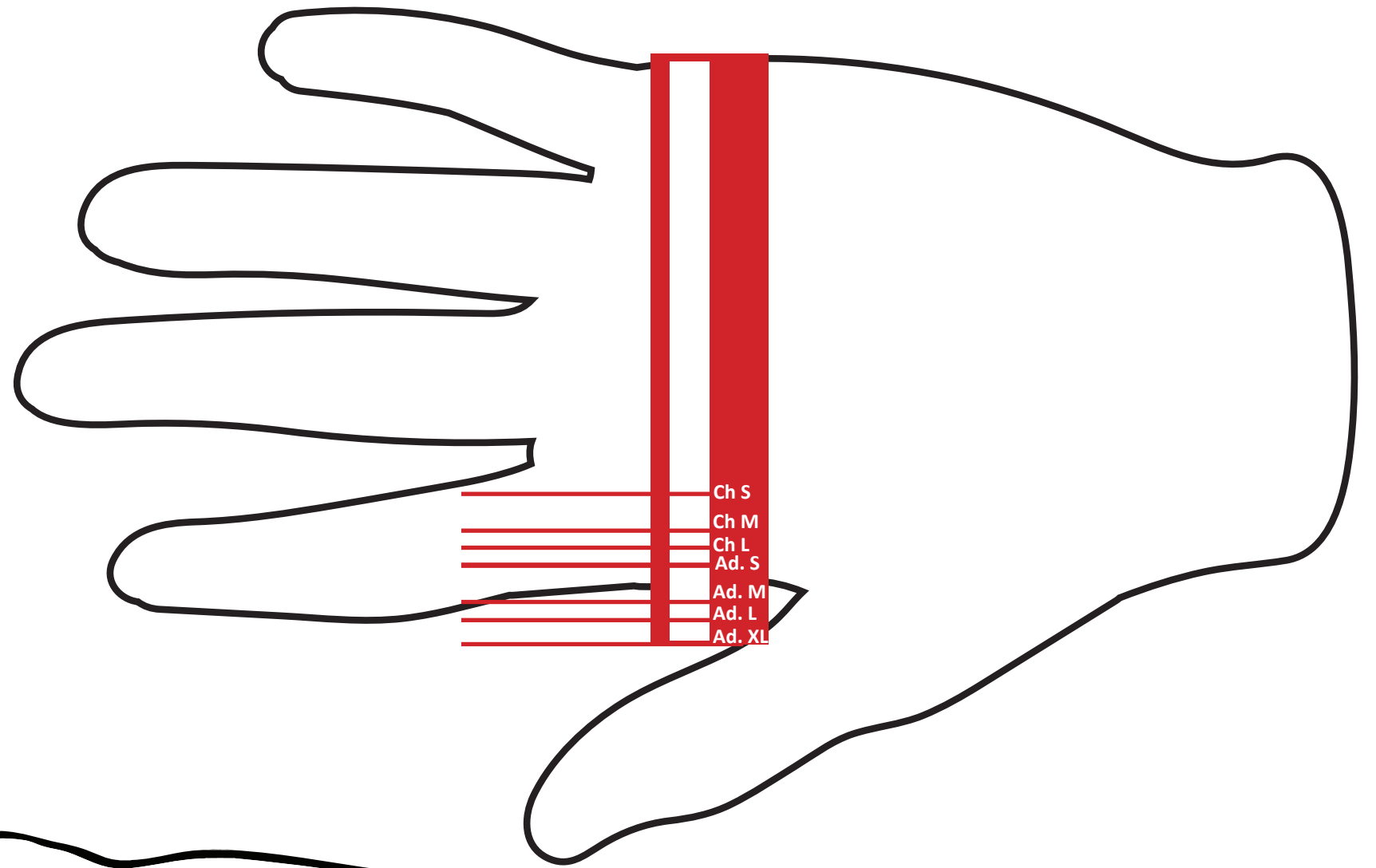
Ad. S 3<sup>1</sup>/<sub>4</sub>" - 3<sup>3</sup>/<sub>8</sub>"

Ad. M 3<sup>3</sup>/<sub>8</sub>" - 3<sup>5</sup>/<sub>8</sub>"

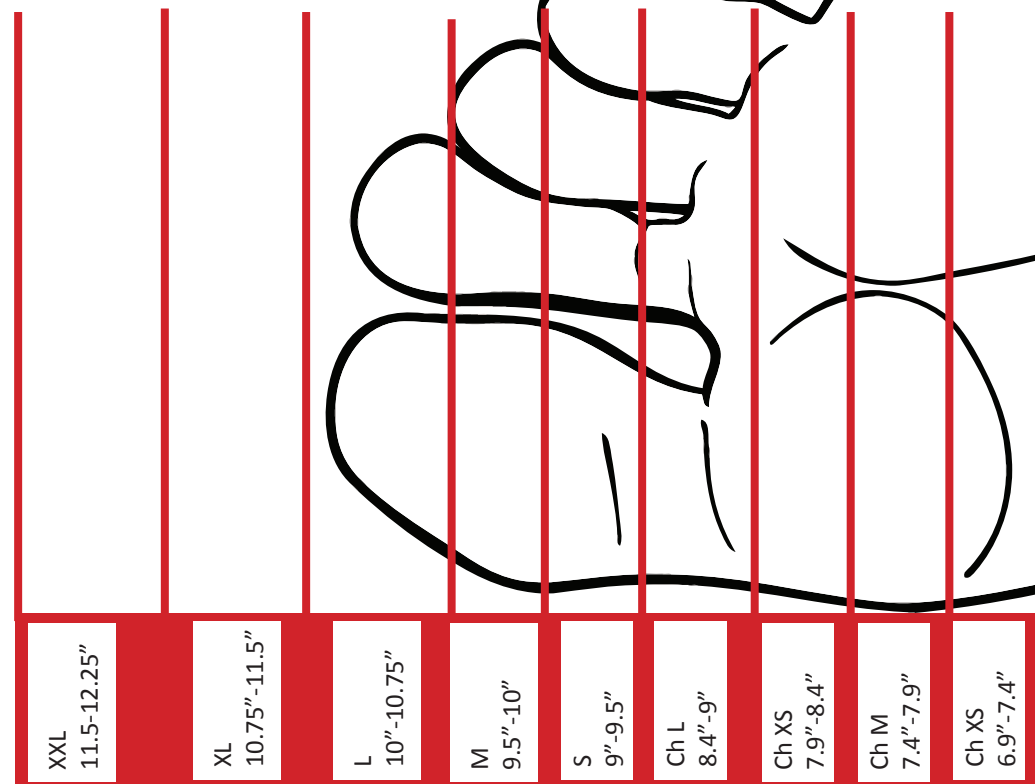
Ad. L 3<sup>5</sup>/<sub>8</sub>" - 3<sup>3</sup>/<sub>4</sub>"

Ad. XL 3<sup>3</sup>/<sub>4</sub>" - 3<sup>7</sup>/<sub>8</sub>"

Lay relaxed hand flat on top of chart. Place right edge of hands as noted. Measure across the knuckles.



Ch S  
Ch M  
Ch L  
Ad. S  
Ad. M  
Ad. L  
Ad. XL



**FOOT SIZING CHART**

1. Place your bare foot as indicated on the sizing chart. To get the most accurate size, place your entire weight on the foot being measured.
2. Mark the tip of your longest toe on the appropriate size line.
3. Measure both feet and use the larger foot measurement when ordering kicks.