



## SIZING GUIDE

### Doboks:

Size	Height (cm)
0000	100
000	110
00	120
0	130
1	140
2	150
3	160
4	170
5	180
6	190
7	200

### T-Shirts:

#### 100% Polyester -

Measurements	XS -3/4 Years	S - 5/6 Years	M - 7/8 Years	L - 9/11 Years	XL -12/13 Years
1/2 Chest	33cm	36cm	39cm	42cm	44.5cm
Body Length	45cm	50cm	55cm	60cm	65cm
Sleeve Length	14cm	15cm	16cm	17cm	18cm

Measurements	XS	S	M	L	XL
1/2 Chest	44.5cm	48cm	51.5cm	55cm	58.5cm
Body Length	67.5cm	70cm	72.5cm	75cm	77.5cm
Sleeve Length	23cm	23cm	24cm	24cm	25cm

### 100% cotton -

Measurements	XS (Age 3/4)	S (Age 5/6)	M (Age 7/8)	L (Age 9/11)	XL (Age 12/14)
Inches (chest)	26"	28"	30"	32"	34"

Measurements	S	M	L	XL	2XL
Inches	34/36"	38/40"	42/44"	46/48"	50/52"

### Hoodies:

Measurements	Age 3-4	Age 5-6	Age 7-8	Age 9-10	Age 11-13
Chest to fit (Inch)	24 - 26	26 - 28	28 - 30	30 - 32	32 - 34
Chest to fit (cm)	56 - 63	63 - 71	71 - 76	76 - 81	81 - 86
Height	98 - 104	110 - 116	122 - 128	135 - 140	146 - 158

Measurements	S	M	L	XL	2XL
Chest to fit (Inch)	38-40	40-42	42-44	44-46	46-48
Chest to fit (cm)	96-101	101-107	107-112	112-117	117-122

### Shorts:

Size	6yrs	8yrs	10yrs	12yrs
Age:	6	8	10	12
Height (cm):	106-116	118-128	130-140	142-152

Size	XS	S	M	L	XL
Waist (to fit):	28	30	32	34	36

## Recommended sparring kit sizes -

Shoe Size	Headguard	Points gloves	Weighted boxing gloves	Groin Protector	Shin Pads	Feet Protectors
<2	M	XS	10OZ	S	XS	XS
2.5-5	M	S	10OZ	S	XS	S
5.5-8	L	M	10OZ	M	S	M
8.5-10.5	L	L	16OZ	L	M	L
11+	L	XL	16OZ	L	M	XL

Shoe Size	Shin and Ins
<2	XS
2.5-5	XS
5.5-8	S
8.5-10.5	M
11+	M