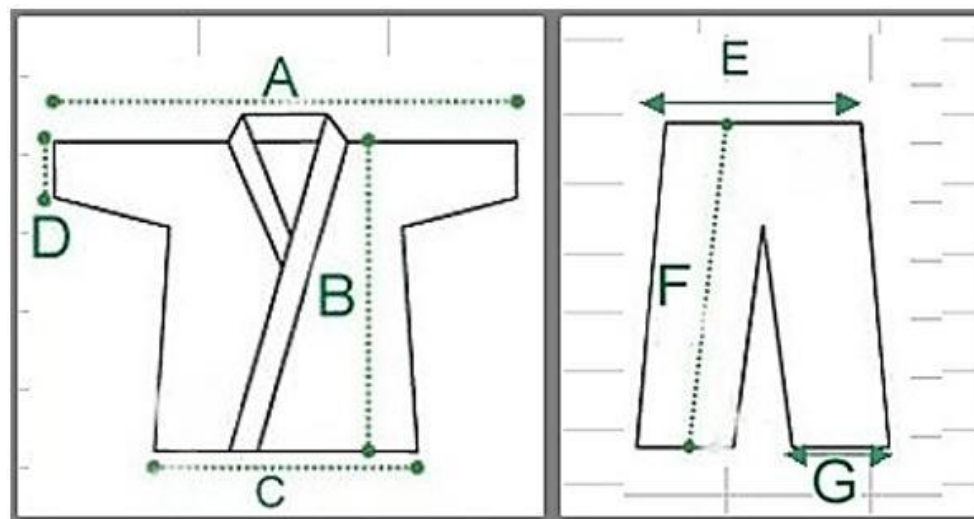


**RECOMMENDED MARTIAL ARTS UNIFORMS SIZES FOR AVERAGE AGE AND HEIGHT
SEE ACTUAL MEASUREMENTS BELOW**

UNIFORM SIZE	APPROX. AGE GUIDE	HEIGHT IN CENTIMETER
00000/90	3 Years	85 - 95cms
0000/100	4 Years	95 - 105cms
000/110	4 - 5 Years	105 - 115cms
00/120	6 - 7 Years	115 - 125cms
0/130	8 – 9 Years	125 - 135cms
1/140	11 – 12 Years	135 - 145cms
2/150	12 – 13 Years	145 - 155cms
3/160	14 Years small adult	155 - 165cms
4/170	Average adult	165 - 175cms
5/180	Average to large adult	175 - 185cms
6/190	XL adult	185 - 195cms
7/200	XXL adult	195-210cms

LIGHTWEIGHT POLY/COTTON KARATE GI – BLACK OR WHITE

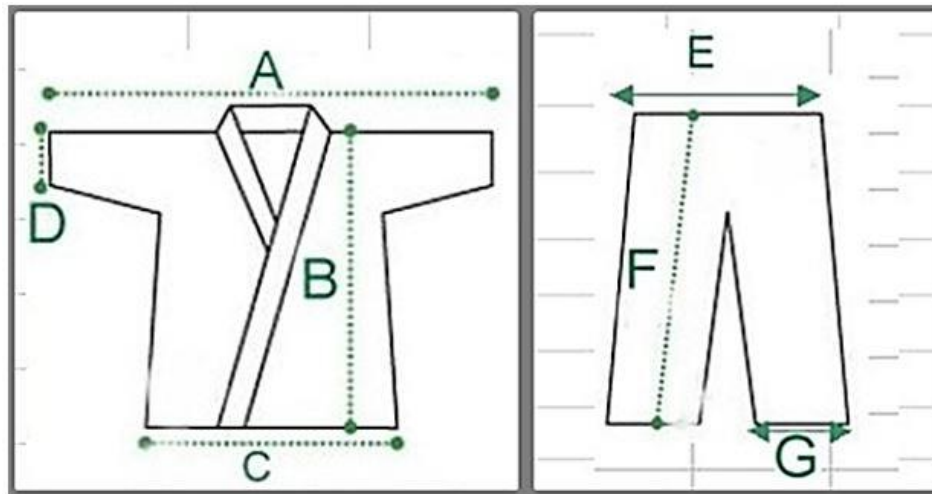
ALL MEASUREMENTS IN CENTIMETRES



JACKET	00000/90	0000/100	000/110	00/120	0/130	1/140	2/150	3/160	4/170	5/180	6/190	7/200
A	101	103	107	111	124	128	141	152	166	170	179	183
B	42	45	48	58	62	66	72	79	84	87	92	98
C	39	40	42	45	49	53	56	62	68	69	71	78
D	15	16	16	16	17	18	19	20	22	23	24	24.5
E*	36+	38+	41+	48+	50+	54+	55+	65+	66+	68+	72+	74+
F	66	68	71	74	80	88	92	102	107	111	114	120
G	17	18	19	20	23	23	25	26	28	29	30	31

CANVAS KARATE GI'S 10OZ, 12OZ, 14OZ & 16OZ.

ALL MEASUREMENTS IN CENTIMETRES

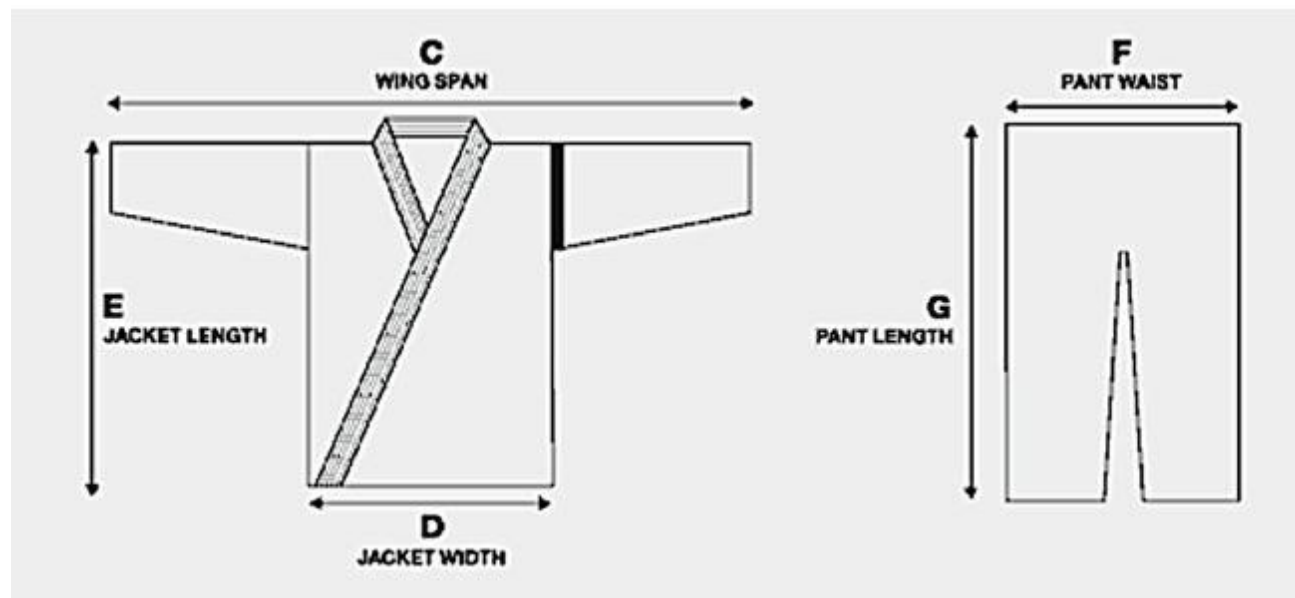


JACKET	3/160	4/170	5/180	6/190	7/200
A	141	151	161	171	181
B	75	80	85	90	95
C	62	67	67	68	69
D	18	21	21	21	22
Pants					
E	62	64	66	68	
F	97	106	111	113	115
G	25	27	27	27	29

JIU JITSU GI'S ALL MEASUREMENTS IN CENTIMETRES

If you are new to Jiu Jitsu be aware of the different way they fit. Karate gi's fit loosely to allow for a full range of movement and stretching.

Jiu Jitsu gi's are made to be very close fitting, jacket and pants should fit tightly to the body. Allow 5-10% for shrinkage.



SIZE KARATE GI	SIZE JIU JITSU	HEIGHT CMS	WEIGHT KGS	WING SPAN C	JACKET WIDTH D	JACKET LENGTH E	PANT WAIST F
2/150	A0	150-162	40-50	150	56	71	46
3/160	A1	162-172	50-66	157	58	73	48
4/170	A2	172-180	66-79.5	165	61	76	51
5/180	A3	180-188	79.5-95.5	173	63	79	53
6/190	A4	188-195	95.5-112	180	66	81	56
7/200	A5	195-200	112-129	188	68	84	58

TAEKWONDO/MARTIAL ART SHOES



EURO	USA	UK	LENGTH IN CMS
36	4	3	22cms
37	5	4	23cms
38	5.5	4.5	23.5cms
39	6.5	5.5	24cms
40	7	6	24.5cms
41	8	7	25.5cms
42	8.5	7.5	26cms
43	9.5	8.5	26.5cms
44	10	9	27cms
45	11	10	27.5cms
46	11.5	10.5	28cms
47	12.5	11.5	28.5.cms
48	13	12	29cms

KICKBOXING SHORTS – SIZE CHART SAME FOR ALL DESIGNS – MEASURED IN CENTIMETRES



	SMALL	MEDIUM	LARGE	X LARGE
Waist	65-70+	70-75+	75-80+	80-85+
Length	37	39.5	43	45
Side Splits	10	10	10	10
Across leg	35	35	37.5	39
Inside leg	9	9	9	9

KICKBOXING PANTS – MEASURED IN CENTIMETRES



	SMALL	MEDIUM	LARGE	X LARGE
Waist	64	70	74	78
Length	36	40	43	45

RASH GUARDS ALL MEASUREMENTS IN CENTIMETRES

There may be small variations of 1-2cms in measurements of different designs



SIZE	CHEST	FRONT LENGTH	SHORT SLEEVE LENGTH	LONG SLEEVE LENGTH
XS				
S	40	60	16	N/A
M	42	62	17	52
L	44	64	18	53
XL	46	66	19	N/A