

# Sparring Gear Sizing Charts

(Dec2019)



## ProForce® Lightning Sparring Head Guard Sizes and Specifications

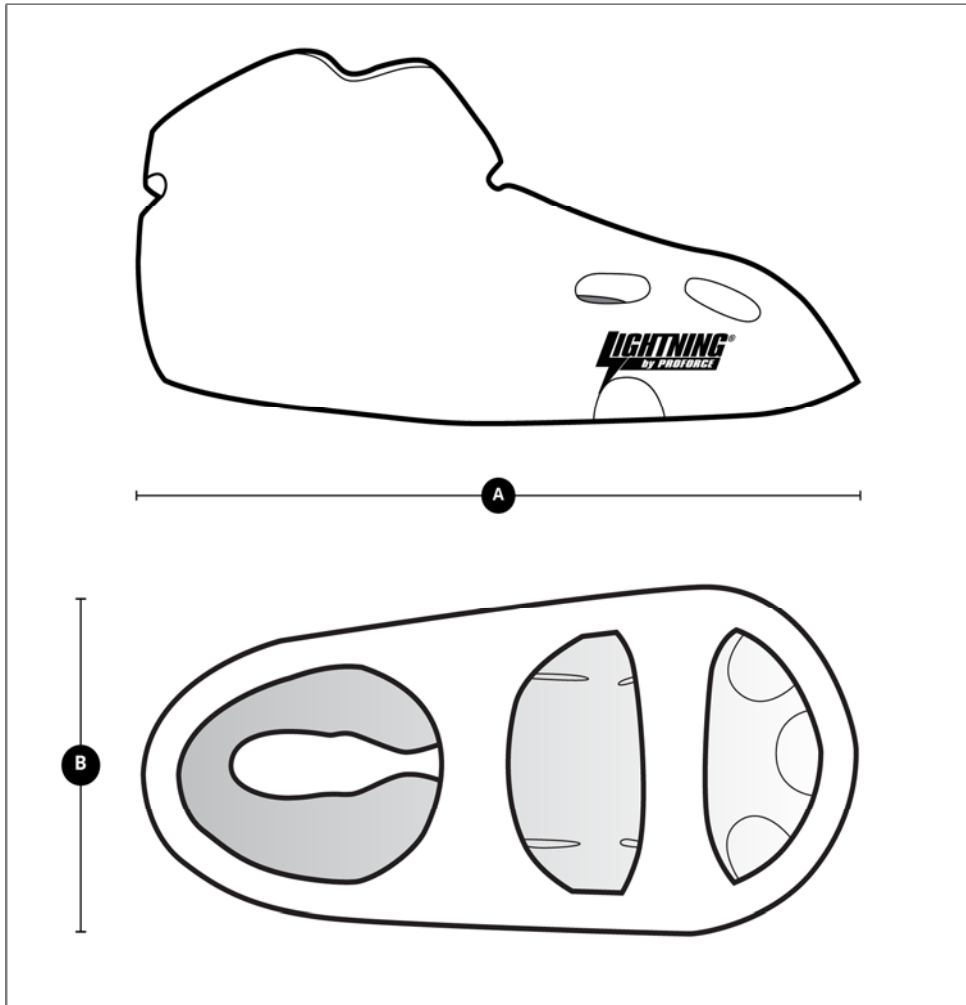
- A** 3/4" thick vinyl covered foam offers protection for top, back, and sides of head.
- B** Cutouts around the back of neck allows for more mobility.
- C** Specially designed Ultra Channeling Ventilation™ cutouts allow for greater ventilation.
- D** Ear protection allows for normal hearing.
- E** Fastens with elastic strap under chin that secures with hook and loop closure.



Size	Head Size (a)
Child	19 in.
Youth	20 in.
Small	19.5 in. - 20.5 in.
Medium	21 in. - 22 in.
Large	22.5 in. - 23 in.
XLarge	23.5 in. - 24 in.
XXLarge	24.5 in. - 25.5 in.

\*Please measure circumference of the head at about an inch above the eyebrows and use that to select the correct headgear. Height, weight and age are not the best determining factors for headgear. Please note that this guide is an estimate only, and cannot account for individual preferences.

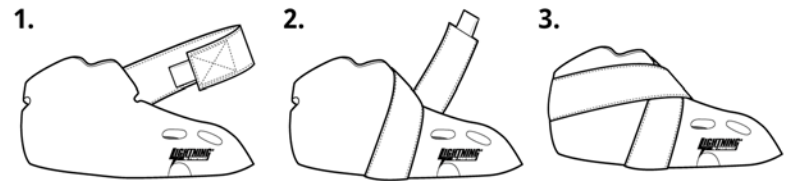
# ProForce® Lightning Kick Sizes and Specifications



Kick Size	Shoe Size	(A) Foot Length
Child XSmall	12C - 13C	Up to 7 in.
Child Small	1Y - 2Y	7-5/8 in. - 8 in.
Child Medium	3Y - 4Y	8-1/8 in. - 8-5/8 in.
Child Large	5Y - 6Y	8-3/4 in. - 9-1/4 in.
Small	7Y - 7.5Y	9-1/4 in. - 9-1/2 in.
Medium	8M - 8.5M	9-1/2 in. - 10 in.
Large	9M - 10M	10-1/8 in. - 10-5/8 in.
XLarge	11M - 12M	10-3/4 in. - 11-1/2 in.
XXLarge	13M - 14M	11-1/2 in. - 12 in.
XXXLarge	14M - 15M	12 in. - 12-1/2 in.

\*Sizing options are in Youth and Adult Men's. Women should order one size smaller. For example, if you wear a Women's size 7, you should order a Men's size 6.

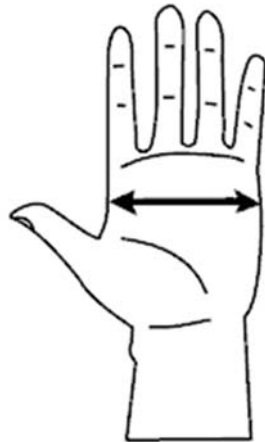
## THE CORRECT WAY TO WRAP THE STRAP.



## ProForce® Lightning Punch Sizes

To determine correct size, measure the distance across the lowest knuckles (the knuckles you punch with) of the 4 upper fingers (all the fingers except the thumb). Measure by laying knuckles flat on a ruler.

Size	Knuckle Width
Child Medium	2 1/2" - 2 3/4"
Child Large	2 7/8" - 3 1/4"
Small	3 1/4" - 3 3/8"
Medium	3 3/8" - 3 5/8"
Large	3 5/8" - 3 3/4"
X-Large	3 3/4" - 3 7/8"



## ProForce® Lightning Shin Guard Sizes

Length should equal distance from bottom of the knee to the top of the ankle.

	Child	Medium	Large
<b>A</b>	6 1/2"	7 1/2"	8"
<b>B</b>	10 1/4"	12"	13 1/4"
<b>C</b>	4"	5"	5 1/2"

