

## Protective/Sparring Gear Sizing Charts

(source: www.awma.com Sept2005)

### PROFORCE/ADIDAS/MACHO **HEADGEAR** SIZING CHART

Please measure circumference of the forehead 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.

SIZE	HEAD CIRCUMFERENCE
Small	19 ½" – 20 ½"
Medium	21" – 22"
Large	22 ½" – 23"
X-Large	23 ½" – 24"

### PROFORCE/ADIDAS/MACHO **PUNCHES** SIZING CHART

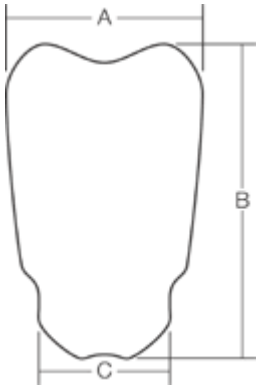
To determine correct size, measure the distance across the lowest knuckles (the knuckles you punch with) of the 4 upper fingers (all the fingers except the thumb). Measure by lying knuckles flat on a ruler.

SIZE	MEASUREMENT
Child	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"

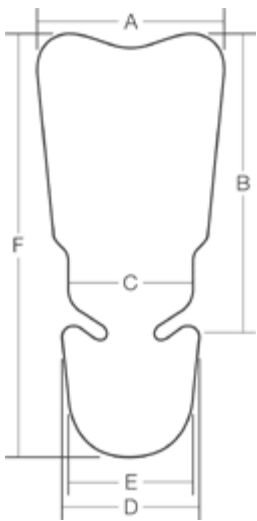
### PROFORCE/ADIDAS/MACHO **KICKS** SIZING CHART

Sizing option is in Adult Men's. Women order one size smaller (if you are a women's 7, you are a men's size 6).

SIZE	SHOE SIZE	FOOT SIZE
Child Small	Child 13 1/2 – Adult 2	7 3/8" – 7 7/8"
Child Medium	Adult 2 1/2 – 3 1/2	7 7/8" – 8 3/8"
Child Large	4 – 5	8 3/8" – 9"
Small	5 1/2 – 6 1/2	9" – 9 1/2"
Medium	7 – 8	9 1/2" – 10"
Large	8 1/2 – 10 1/2	10" – 10 3/4"
X-Large	11 – 13	10 3/4" – 11 1/2"
XX-Large	13 1/2 – 14 1/2	11 1/2" – 12 1/2"



PROFORCE/ADIDAS/MACHO <b>SHINGUARD</b> SIZING CHART			
Length should equal the distance from bottom of the knee to the top of the ankle.			
	CHILD	MEDIUM	LARGE
A	6 1/2"	7 1/2"	8"
B	10 1/4"	12"	13 1/4"
C	4"	5"	5 1/2"



PROFORCE/ADIDAS/MACHO <b>SHINGUARD/INSTEP</b> SIZING CHART			
Length should equal the distance from bottom of the knee to the top of the ankle.			
	CHILD	MEDIUM	LARGE
A	6 1/2"	7 1/2"	8"
B	10 1/4"	12"	13 1/4"
C	4"	5"	5 1/2"
D	5 1/4"	5 1/2"	5 5/8"
E	4 1/2"	5"	5 1/8"
F	14 1/4"	17"	18 5/8"