



# Kaizen Karate Equipment Size Chart

## Uniforms

Uniform Size	Clothing Size	Height	Weight
0	Child 6-8	3'10 – 4'3	40 lbs. – 55 lbs.
1	Child 8-10	4'3 – 4'8	55 lbs. – 70 lbs.
2	Child 10-12	4'8 – 5'1	70 lbs. – 90 lbs.
3	Adult Small	5'1 – 5'6	90 lbs. – 110 lbs.
4	Adult Medium	5'6 – 5'11	110 lbs. – 140 lbs.
5	Adult Large	5'11 – 6'2	140 lbs. – 170 lbs.
6	Adult X-Large	6'2 – 6'5	170 lbs. – 200 lbs.

## Sparring: Kicks

All sparring gear sizes are based off foot guards sizes (kicks). For example, if a child wears a child medium foot guard (kicks) then they will also be child medium for head, hand, and mouth guards. Boys protective cups are based on the same sizing chart.

Size	Inches
<b>Child XS</b>	6 <sup>3</sup> / <sub>4</sub> - 7 <sup>3</sup> / <sub>8</sub>
<b>Child S</b>	7 <sup>3</sup> / <sub>8</sub> - 7 <sup>7</sup> / <sub>8</sub>
<b>Child M</b>	7 <sup>7</sup> / <sub>8</sub> - 8 <sup>3</sup> / <sub>8</sub>
<b>Child L</b>	8 <sup>3</sup> / <sub>8</sub> – 9
<b>Adult S</b>	9 – 9 <sup>1</sup> / <sub>2</sub>
<b>Adult M</b>	9 <sup>1</sup> / <sub>2</sub> -10
<b>Adult L</b>	10 – 10 <sup>3</sup> / <sub>4</sub>
<b>Adult XL</b>	10 <sup>3</sup> / <sub>4</sub> - 11 <sup>1</sup> / <sub>2</sub>
<b>Adult XXL</b>	11 <sup>1</sup> / <sub>2</sub> - 12 <sup>1</sup> / <sub>2</sub>