

## Littleover Taekwondo Equipment Guidance for Students

Please obtain your equipment for LTKD from Academy Sports UK Ltd, 122 Ashbourne Road, DERBY, DE22 3AG (<http://www.academy-sports.co.uk>)

Opening times are: Tuesday to Friday - 9:30am to 5:00pm, Saturday – 9.30am to 4:00pm

### TKD suits – “Doboks”

LTKD recommends a white v-neck *Karate style* suit as these are functional and cost effective. The sizing guide from Academy Sports is;

SIZE	FITTING
0000/100	3'0" to 3'5"
000/110	3'5" to 3'7"
00/120	3'7" to 4'0"
0/130	4'0" to 4'4"
1/140	4'4" to 4'8"
2/150	4'8" to 5'2"
3/160	5'2" to 5'5"
4/170	5'5" to 5'8"
5/180	5'8" to 5'10"
6/190	5'10" to 6'4"
7/200	6'4" and above

All beginners must have a suit prior to their first grading. We recommend you don't leave it too close to the grading just in case they are out of stock of a particular size. The suits are plain. LTKD will provide you with a club badge you can sew on yourself. Suits come with a white belt. Coloured belts are provided by the club.

### Sparring Gear

Students are permitted to spar once they have passed their first grading (9<sup>th</sup> kup - White Belt / Yellow Tag). Once a student has obtained 8<sup>th</sup> kup (Yellow Belt) they will need sparring gear to progress.

The minimum a student needs is head guard, hands and feet protection. LTKD recommends:

- Dipped foam head guard
- Dipped foam or semi-contact sparring gloves (PU covering)
- Dipped foam or semi-contact sparring boots (PU covering)

Older boys and men must have groin guards. Women may wish to purchase chest protection - this is optional. Shin protection is also optional.

Gum shields are optional for club but essential for competitions. There are different types. Generally, the generic gum shields are sufficient, but if desired custom ones can be ordered. Seek advice from Academy Sports or your dentist.