

Littleover Taekwon-Do Equipment Guidance for Students

The Dobok is ordered via the club. For everything else please obtain your equipment from Academy Sports UK Ltd, 122 Ashbourne Road, DERBY, DE22 3AG.

<http://www.academy-sports.co.uk>

Opening times are: Tuesday to Friday - 9:00am to 5:00pm, Saturday – 9.00am to 2:00pm

TKD suits – “Doboks”

LTKD requires a white Taekwon-Do suit. 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 order on request so we recommend you don't leave it too close to the grading just in case the supplier is out of stock of a particular size. Suits come with a white belt. Coloured belts are provided by the club after a successful grading.

Sparring Gear

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

Each student must have:

- Head guard (PU covering)
- Semi-contact sparring gloves (PU covering)
- Semi-contact sparring boots (PU covering)
- Groin guards (males)

Shin protection is optional but recommended. Women may wish to purchase chest protection - this is optional and down to personal preference.

Gum shields are recommended and 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.