

Club sizing sheet

One row per member. Measure in centimetres with a soft tape. If you are not sure of a size, leave it blank: every size is confirmed with you before production.

CLUB

COACH

DATE

ORDERING

- ☐ Boxing gloves
 ☐ MMA gloves
 ☐ Head guards
 ☐ Shin guards
 ☐ Lifting belts
 ☐ Tops
 ☐ Shorts
 ☐ Hoodies
 ☐ BJJ gis

#	Name	Junior / adult	Body weight kg	Hand cm, around the knuckles	Glove weight oz, if known	Head cm	Waist cm, at the navel	Top size XS to 3XL	Shorts size XS to 3XL
1		J / A							
2		J / A							
3		J / A							
4		J / A							
5		J / A							
6		J / A							
7		J / A							
8		J / A							
9		J / A							
10		J / A							
11		J / A							
12		J / A							
13		J / A							
14		J / A							
15		J / A							
16		J / A							

HOW TO MEASURE

Hand

Around the knuckles of the punching hand, thumb out. Snug, not tight.

Waist

At the navel, in training clothes. Not your trouser size.

Head

About 2.5 cm above the eyebrows, round the widest part of the back.

Glove weight

Not sure? Leave it blank: body weight and hand size are enough.

TOTALS

Gloves	4	6	8	10	12	14	16
Tops	XS	S	M	L	XL	2XL	3XL
Shorts	XS	S	M	L	XL		
2XL	3XL						

WHAT HAPPENS NEXT

Put the totals in your quote request, with your logo and colours.

We agree a size chart for each garment and confirm glove weights on your **sample**.

The quantity per size is confirmed with you **before bulk**.