

ELEMENTAL

SPORTS WEAR

Size Guide

Gloves

Boxing Gloves Hand Moulded

12oz

Boxing Gloves Machine Moulded

12oz

Bag Gloves Fingerless

Small
Medium
Large

Mixed Martial Arts

Small
Medium
Large

Head Guards

Medium
Large

Footwear

Shoe Size	Guard Size
12 – 13 Child	XX Small
1 – 2	X Small
3 – 5	Small
6 – 9	Medium
10 – 11	Large
12 – 13	X Large

Supports

Shin and Instep Pads

Medium
Large

Hand Wraps

One size fits all

Focus Pads

Senior

Gum Shields

Senior
Junior

Fitness

Skipping Rope Budget

One size fits all

T Shirts

X Small
Small
Medium
Large
X Large

Vests

X Small
Small
Medium
Large
X Large

Hooded Tops

Small
Medium
Large
X Large

Trousers

Trousers Full Contact Kickboxing

Size	Your Height (cm)	Your Height (ft)
00	120	3'8" - 4'0"
0	130	4'1" - 4'4"
1	140	4'5" - 4'8"
2	150	4'9" - 5'0"
3	160	5'1" - 5'4"
4	170	5'5" - 5'9"
5	180	5'10" - 6'0"
6	190	6'1" - 6'3"
7	200	6'4" - 6'7"
8	210	6'8" and over