組手防具 Kumite Protective Gear

Rules of Kumite Competition (Obligatory protectors)

Protectors / Class	Head	Hands	Shin	Knee	Groin	Lower abdomen	Chest
Adult Man, 18years old or older	X	X	X	X	O	X	X
Adult Man, over 46 years old	X	O	O	option	O	X	X
Under 18 years old, Boy	option	O	O	option	O	X	X
Under 15 /13 years old, Boy	O	O	O	option	O	X	X
Adult / Under 18 years old, Girl	option	O	O	option	X	O	O
Under 15 years old, Girl	O	O	O	option	X	O	O
Child, under 3rd grade, boy	O	O	O	X	O	X	X
Child, under 3rd grade, girl	O	O	O	O	X	O	X
Child, 3rd grade & over, boy	O	O	O	O	O	X	X
Child, 3rd grade & over, girl	O	O	O	O	X	O	O

HEAD

Headguards should be white, as shown above, and should be prepared by the competitor.
A set of red cords to be worn around the waist for the red corner should also be prepared.
If the player of Under18 / Adult Woman classes wears a head guard, the front should be removed.
The front will be attached for Under 15, Under 13 and Child classes.

HANDS for Child classes

HANDS 【leather gloves】
for classes except Child

SHIN

KNEE

LOWER ABDOMEN

CHEST GUARD

Each lady competitor must prepare chest guard of the same material and shape. The product made in hard plastic is prohibited.

The chest guard covering up the whole trunk is prohibited.