

Free sparring equipment

Free sparring equipment is used to protect you and your sparring partner (see page 33). These photographs illustrate how to put on your safety equipment.

Putting on sparring boots



Step 1
Slip your foot into the boot and insert your toes through the toe hooks. Put your big toe through one and the next two or three toes through the other.



Step 2
Pull the strap from the inside of the boot across the top towards the outside of your foot.



Step 3
Loop the strap under the foot.



Step 4
Pull the strap back across the top of the boot and secure the velcro at the back of the heel.

Putting on the helmet



Ensure the helmet is a good fit for you and the chin strap is securely fastened.

Putting on sparring gloves



Put gloves on last. Slip your hand, fingers and thumb firmly into the glove. Wrap the strap across your wrist and fasten at the back. Gloves can feel strange because you can't close your fist fully – this is normal.

Remember your mouth guard. Males remember to wear your groin guard inside your dobok trousers.

Caring for your equipment

Keep your sparring gear in a bag and bring it to club every session. Include a packet of wipes in your bag and clean your gear after each use. This extends its life and reduces odours.