

SPARRING GEAR HAND AND FOOT REFERENCE

* **Foot Chart to be used as a guideline only.**

PUNCHES

Ch S Under 2^{7/8}"

Ch M 2^{7/8}" - 3^{1/8}"

Ch L 3^{1/8}" - 3^{1/4}"

Ad. S 3^{1/4}" - 3^{3/8}"

Ad. M 3^{3/8}" - 3^{5/8}"

Ad. L 3^{5/8}" - 3^{3/4}"

Ad. XL 3^{3/4}" - 3^{7/8}"

Lay relaxed hand flat on top of chart. Place right edge of hands as noted. Measure across the knuckles.

