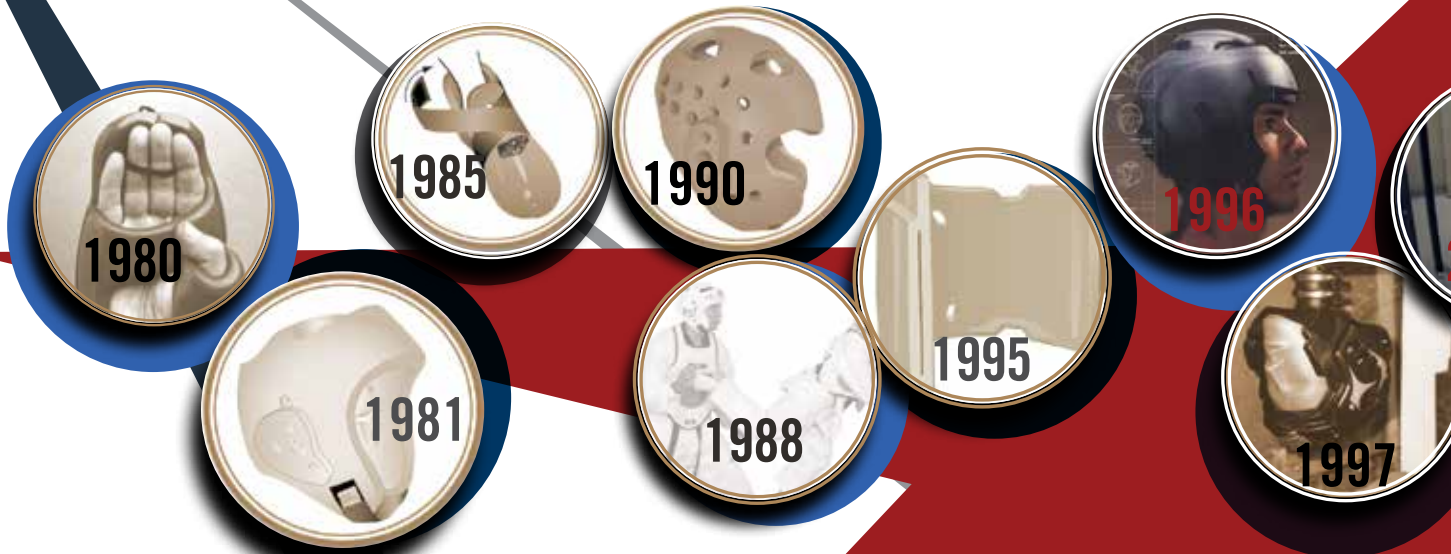




THE  
**WINNER** IN  
**SAFETY**

**MACHO**  
MARTIAL ARTS



We're driven to be better  
so you can be your best.



## Macho's 40-year commitment to your safety.

It's true, Macho has been known for being obsessed with our safety story. Macho cares what happens after you buy the gear. More importantly, we know what can happen if you choose the wrong gear. Under proper instruction and guidance from your martial arts instructor, martial arts is a safe sport, but accidents happen and injuries do occur.

When deciding which gear to select for yourself, your school, or your child, take the time to research your gear. Nothing can protect you from every injury, but wearing properly fitted, safe gear can make all the difference.

# WARRIOR



## Warrior Head

Double layers of foam make Warrior one of our signature lines for its extra shock absorption and protection. Open face design for maximum peripheral vision. Warrior uses Macho's specially formulated impact dispersing foam to create head gear that offers superior protection. Critically placed overlays provide more protection to the areas that need it most - the top of the head and ears - provided by the signature ear-release canals. The overlay design appeals to many martial artists for its sleek look, but it also offers unparalleled performance without sacrificing mobility, dexterity or comfort. Adjustable Velcro strap.

Model: HWCT

Colors:



White

Red

Black

**Double layer foam protection provides extra shock absorption for the back of the head and ears. Open face design offers excellent peripheral vision.**

Size	Head Circumference
S	19.5"-20.5"
M	21"-22"
L	22.5"-23"
XL	23.5"-24"

Measure from the front of the forehead and around the back.

## Warrior Shield

Lighter than the standard steel cage, the Warrior face shield offers more peripheral vision.

Model: SHIELDWAR

Colors: Clear

Size: One Size\*

Weight: 8 oz

\* Heads sold separately.



# WARRIOR LED THE WAY



## Warrior Punches

Warrior punches are preferred by top competitors for its double overlay foam protection across the knuckles. Macho's signature finger grip design combined with the vinyl strap across the palm keeps fingers and hands secure. Can be sanitized between use.

Model: PWC

Colors:



Size	Measurements
CH S	Under 2 7/8"
CH M	2 7/8" - 3 1/8"
CH L	3 1/8" - 3 1/4"
S	3 1/4" - 3 3/8"
M	3 3/8" - 3 5/8"
L	3 5/8" - 3 3/4"
XL	3 3/4" - 3 7/8"
XXL	4" - 4 1/8"

Measure the length across the knuckles by laying hand flat on top of a ruler or measuring tape.

\*Pink not available in XXL

Signature finger grip design.

Design accommodates all open and closed hand techniques.

Vinyl strap across palm makes for a tighter grip.

Double foam padding over the knuckles.



**Excellent choice for competitors looking for comfort, mobility, and protection.**

# FOR OTHERS TO FOLLOW.





## Warrior Kicks

Macho's Warrior kick is reliable and comfortable. It quickly molds to the foot and is held securely in place with Macho's signature lace-less design. Double overlay foam construction is placed at key strike zones for extra shock absorption. Ideal for powerful kickers.

Model: KWC

Colors:



White



Red



Black

Size	Shoe Size	Foot Length
CH S	Ch13.5 - Ch2	7.4" - 7.9"
CH M	Ch2.5 - Ch3.5	7.9" - 8.4"
CH L	Ch4 - Ch5	8.4" - 9"
S	5 - 6.5	9" - 9.5"
M	7 - 8	9.5" - 10"
L	8.5 - 10.5	10" - 10.75"
XL	11 - 13	10.75" - 11.5"
XXL	13.5 - 14.5	11.5" - 12.25"

Measured by men's shoe sizes. Women's shoe sizes generally run 1 to 1.5 sizes smaller than men's.

\*Pink not available in XXL



**Macho warrior sparring gear uses Macho's specially formulated impact dispersing dipped foam.**

# WARRIOR



## Warrior Shin/Forearm

The contoured design offers a comfortable and flexible fit while maintaining solid knee-to-ankle or wrist-to-elbow coverage. Extra-wide tight-woven strapping with adjustable hook and loop closure adds to the comfort while maintaining a secure fit.

Model: SGWC

Size	Length
S	12"
M	12.5"
L	13.5"

Colors:



White



Red



Black



Metallic Blue

**With our shin and forearm protection,  
nobody gets hurt.**

# DYNA



**Signature ear-release canals**  
**Design enables air to flow around the ear**  
**to protect the eardrums from rupturing.**

## DYNA Head

Dyna has been Macho's top selling line of gear for twenty-five years. When martial artists continually come back to a line of gear that long and that consistently, it says a lot about its quality and performance.

Model: HDC

Colors:

Size	Head Circumference
CH	18-19"
S	19.5-20.5"
M	21-22"
L	22.5-23"
XL	23.5-24"
XXL	24.5-25"

Measure from the front of the forehead  
and around the back.

\*Pink not available in Child, XL or XXL

\*\*White and Blue are not available in XXL

## Dyna Shield

Lighter than the standard steel cage the Dyna Shield offers more peripheral vision while remaining extremely durable.

Model: SHIELDDR

Colors: Clear

Size: One Size\*

Weight: 8 oz



White\*\*



Red



Black



Blue\*\*

\* Heads sold separately. Fits Dyna head  
in all sizes except XS & XXL



## Dyna Punches

Offers extra protection across knuckles with a foam underlay. Signature finger grip design keeps fingers in place. Vinyl strap across the palm for a more secure fit. Accommodates all open and closed techniques. Can be sanitized between use.

Model: PDC

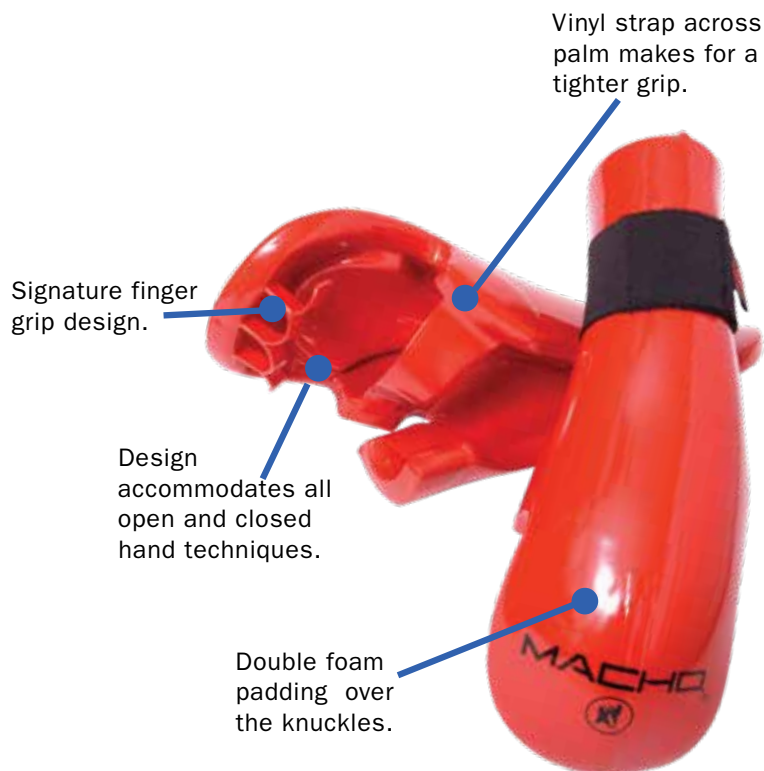
Colors:



Size	Measurements
CH XS	Under 2 3/5"
CH S	2 3/5" - 2 7/8"
CH M	2 7/8" - 3 1/8"
CH L	3 1/8" - 3 1/4"
S	3 1/4" - 3 3/8"
M	3 3/8" - 3 5/8"
L	3 5/8" - 3 3/4"
XL	3 3/4" - 3 7/8"
XXL	4" - 4 1/8"

Measure the length across the knuckles by laying hand flat on top of a ruler or measuring tape.

\*Pink not available in CHXS, XL or XXL  
 \*\*White and Blue are not available in XXL



## Dyna Shin/Forearm

Contoured shin design with knee-to-ankle or wrist-to-elbow coverage. Extra-wide strapping for secure fit and placement. 7/8" impact dispersing foam with extra underlay foam on inside center for targeted protection at key strike zone.

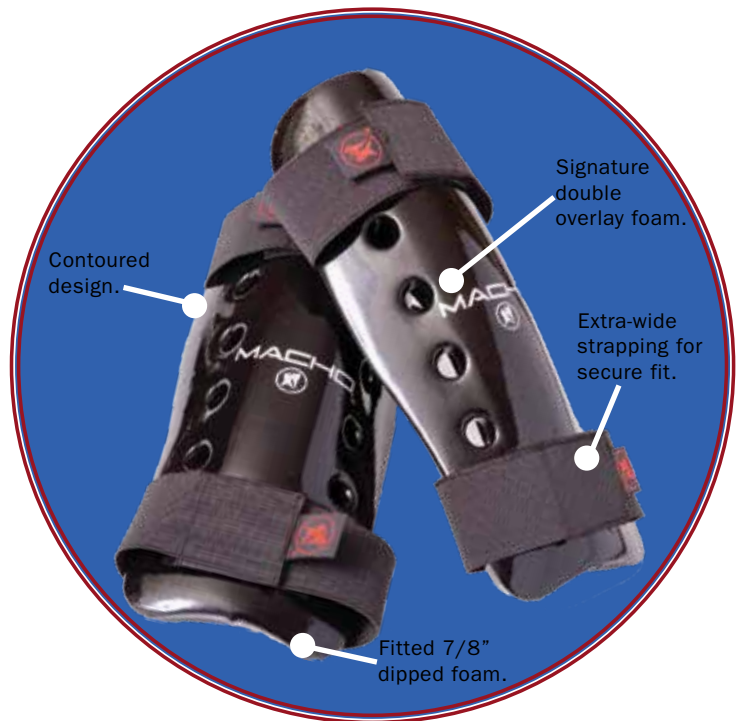
Model: SGDC

Colors:



Size	Length
CH	10"
S	11"
M	12"
L	13.5"
XL	15"

Measure the length from bottom of knee to ankle or edge of elbow to wrist.



**Macho Dyna offers unparalleled performance without sacrificing mobility, dexterity, or comfort.**

## Dyna Kicks

High density 7/8" foam construction provides extra shock absorption for the feet. Features Macho's signature criss-cross strapping with hook and loop closure for a snug and secure fit.

Model: KDC

Colors:



Size	Shoe Size	Foot Length
CHXS	Ch12-Ch13	6.9" - 7.4"
CH S	Ch13.5 - Ch2	7.4" - 7.9"
CH M	Ch2.5 - Ch3.5	7.9" - 8.4"
CH L	Ch4 - Ch5	8.4" - 9"
S	5 - 6.5	9" - 9.5"
M	7 - 8	9.5" - 10"
L	8.5 - 10.5	10" - 10.75"
XL	11 - 13	10.75" - 11.5"
XXL	13.5 - 14.5	11.5" - 12.25"

Measured by men's shoe sizes. Women's shoe sizes generally run 1 to 1.5 sizes smaller than men's.

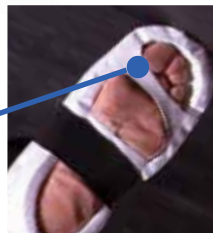


Criss-cross strapping.



Radial reinforcements at stress points.

Bottom vinyl strips for secure fit.



**Tear-resistant vinyl and vinyl reinforcements at critical stress points.**

**MACHOS MOST POPULAR KICK.**

# CHEST GUARDS



Macho chest gear offers comfort and maneuverability without sacrificing safety. Through extensive research and testing, Macho chest guards feature innovative safety designs that make Macho's line the most sought after by leading martial artists.

## Sport Chest

- Ultra lightweight with excellent mobility.
- Protection and shock resistance with high-density 1-inch thermoformed polyethylene.
- Above-the-hip design reduces chest guard displacement when holding chamber positions.

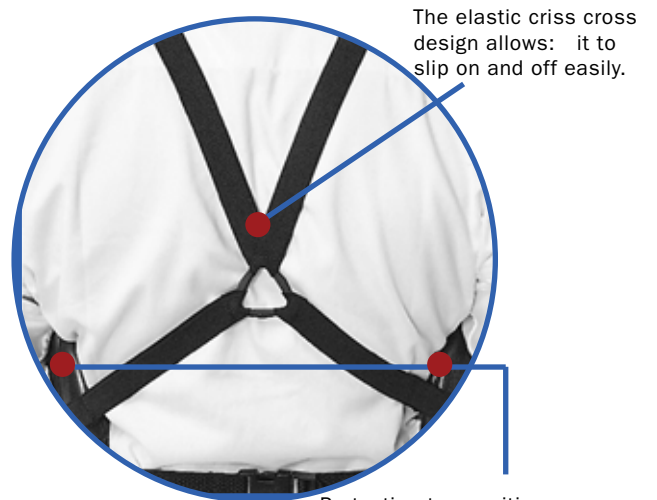
Model: SKCGCV2

Color: Black

Size	Width	Length
XS	17.5"	9 5/8"
S	19.75"	11"
M	24.5"	13.25"
L	26.75"	14.5"
XL	29"	16"

Width is measured from end of wings.

Length is measured from center of neckline down to lowest point.



The elastic criss cross design allows: it to slip on and off easily.

Protection to sensitive areas like the abdomen, ribs and kidneys.



# FOCUS TARGETS

## Training Gear



**Double Focus Target**

Model: FT-CD  
Color : Black



**Single Focus Target**

Model: FT-CS  
Color: Black

IF YOU TRAIN HARD,  
YOU'LL BE HARD TO BEAT.



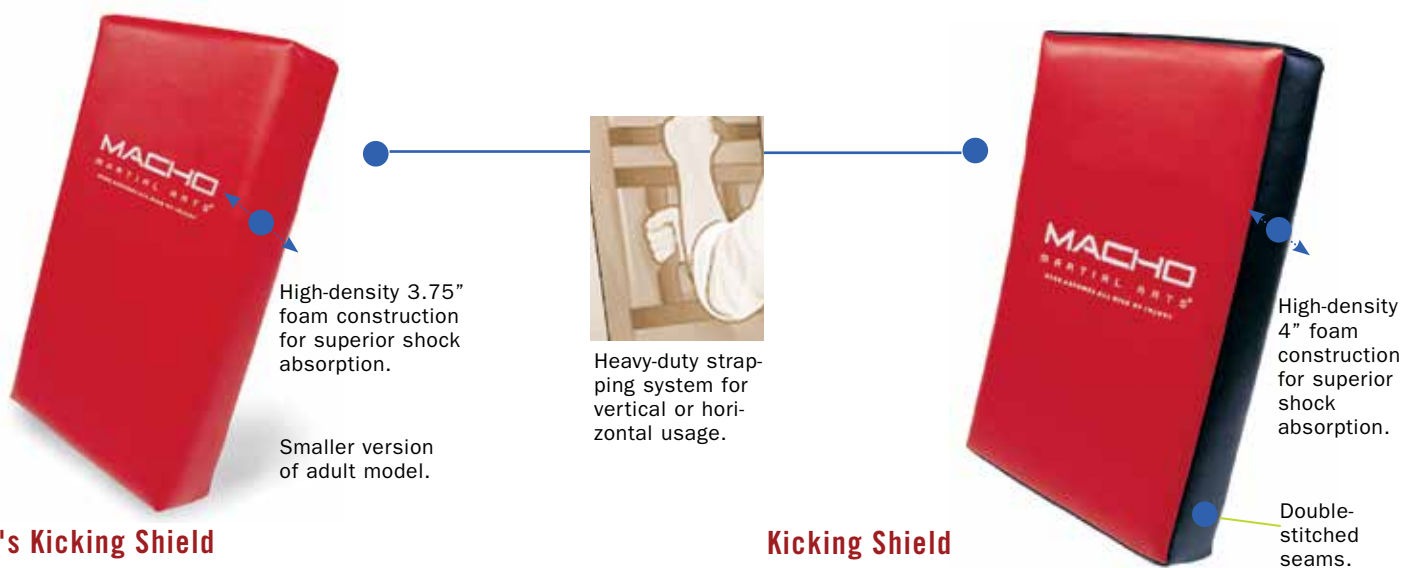


# TARGETS & SHIELDS



## Mini Target

Model: MT  
Color : Black, Red  
Size: 10"H X 9"W X 3.5"D  
\*Sold individually



## Kid's Kicking Shield

Model: KS110  
Color: red  
Size: 14"W x 22"H x 3.75"D

## Kicking Shield

Model: KS100  
Color : Red with black trim  
Size: 17"W x 27.5"H x 4"D

# BOARDS

## Accuracy Training



**Wood Demonstration  
Boards 9" x 12"**

\*Model

TWB9A	3/8"
TWB9B	1/2"
TWB9C	3/4"
TWB9D	1"

Whether you choose to use traditional wood boards or the re-breakable version, you can be sure all martial artists will enjoy the challenge.



**IMPROVE POWER, SPEED AND FOCUS.**

## Training Gear

### Deluxe Puzzle Mats 40" x 40" X 1"

Size: Sold in 1 meter x 1 meter squares

Model*	Color
MATPZ18	Red/Blue Textured
MATPZ30	Black/Grey Textured

Puzzle Mat Metric Conversion

1 Meter = 3.281 feet

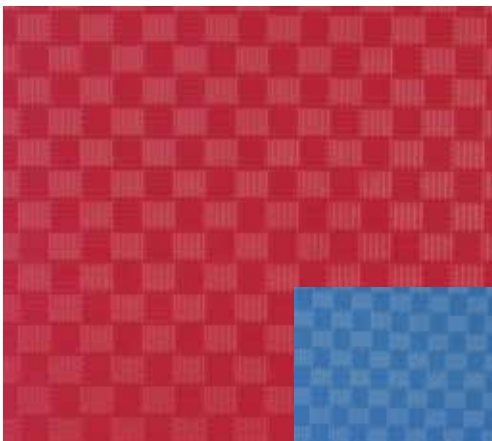
1 sq. meter = 10.76 sq. feet

Calculate how many squares you need:

$$\# \text{ of Mats} = \frac{\text{Total Square Feet}}{10.76}$$

\*Freight for mats will be quoted separately

**Constructed of high-quality EVA foam, puzzle mats are extremely durable and designed to last for years.**



Red/Blue Textured



Black/Grey Textured

# FOUNDATIONAL GEAR



## Traditional Cup & Supporter

Model: ASC  
Color : White  
Size: YS, YR, YL, S,M,L, XL



## Youth Brief & Cage Cup

Model: ABC  
Color: White  
Size: YS, YR, YL

### Size Chart: Compression Shorts, Briefs & Supporters

Size	Waist Measurement
YS	18" - 24"
YR	20" - 26"
YL	26" - 32"
S	20" - 26"
M	26" - 32"
L	32" - 38"
XL	38" - 44"



## Cloth Shin

Model: CGS  
Color: White  
Sizes: XS (5" x 11.5")  
S (6" x 12.5")  
M (6.5" x 13")  
L (6.75" x 13.5")

Cloth Guards are sold in pairs.

1/2 Inch thick foam pads provide superior protection from impact.

Tightly woven fabric blend.



## Mouth Guard-Single

Model: MG  
Color: Clear, Black, Blue, Orange, Red  
Size: Youth, Adult

Features:

- Designed by dental experts to help protect your teeth.
- Custom fit in seconds.
- Made from non-toxic space age polymer.
- Double mouth guard offers upper and lower protection.



## Youth Mouth Guard-Double

Model: MYD  
Color: Clear  
Size: Youth



## Mouth Guard Case

For single and double guards.

Model: MGC  
Color: Black  
Size: One size

# UNIFORMS

There's more to uniform selection than meets the eye. A true-to-size classic cut uniform made from quality fabric and reinforced stitching is a rare find these days. Fabric weights, weaves and material composition all add to the confusion of uniform selection. Macho's traditional uniform line is recognized for its consistency. Whether you select a lightweight starter or a top level heavyweight, we're confident you'll never look back.

Perfect weight and feel.

Bound side vents with tie cords.

Double-layered fabric at shoulders.

7 rows of stitching on sleeve and cuff.

Soft cotton/poly blend.

Triangular inseam inserts for better fit.

Elastic waist with drawstring.

DETAILS CREATE  
THE BIG PICTURE.





Uniforms inventory is temporary unavailable.  
We will update our status as soon as possible

# SEPARATES

## Jackets & Pants



**7 oz White Student Jacket**  
**Model: UN340**

**Mix it up and have some fun.**  
**Macho's uniform separates**  
**enable you to mix colors or put**  
**pants with t-shirts for training.**



**7oz White Student Pants**  
**Model: UN330**

**7oz Black Student Pants**  
**Model: UN331**



**7 oz Red Student**  
**Pants**  
**Model: UN332**

**7 oz Blue Student**  
**Pants**  
**Model: UN333**

# STARTER UNIFORMS

**Macho's affordable line is a perfect way to get students started.**

## **5 oz Starter Uniform Model:UN140**

Are you trying to decide if martial arts is right for you? Macho's 5 oz Starter Uniform is the perfect choice to test the waters. This is a less expensive, lighter weight version of our traditional uniform. Designed for the beginning martial artist without sacrificing comfort or construction. A soft cotton/poly blend feel and quarter-inch cuff at sleeves and pant leg with two lines of stitching. It comes with the traditional elastic waist with drawstring, triangular inseam inserts and a white belt.



**IDEAL FOR  
BEGINNERS**

# UNIFORMS

## Student

### 7 oz Student Uniform

After you've taken a few classes and decided you want to stick with martial arts, this uniform is the way to go. It's a little heavier and more durable than the 5 oz Features a soft cotton/poly blend with 7 lines of stitching at the cuffs. Fabric is lightweight but still heavy enough to make a crisp snap sound when doing forms.

Model: UN151:White

**Ideal uniform for martial artists as they continue to train and develop. Perfect weight and feel.**



**GREAT FOR NEW OR DEVELOPING ATHLETES.**

Model: UN372Black

### Uniform Size Chart

SIZE	HEIGHT FT	WAIST IN	WEIGHT LBS
00000	3 -3.3"	7 3/4	Under 35
0000	3 -3.3"	8 3/4	35
000	3'3"-3'5"	18"-27"	40
00	3'9"-4'0"	20"-29"	50
0	4'1"-4'4"	22"-32"	70
1	4'5"-4'8"	25"-36"	90
2	4'9"-5'0"	28"-39"	120
3	5'1"-5'4"	30"-42"	150
4	5'5"-5'8"	31"-45"	170
5	5'9"-6'0"	33"-48"	190
6	6'1"-6'4"	35"-50"	220
7	6'5"-6'8"	38"-52"	240 260
8	6'8"-6'11'	41"-45"	255-290

# CLASSIC MIDDLEWEIGHT

Macho's Traditional Middleweight is by far Macho's most popular and best selling uniform. Recognized for its comfort, feel, snap, and overall durability.

PREFERRED  
BY LEADING  
MARTIAL ARTS  
ATHLETES.

## Traditional Middleweight Uniform

- Soft cotton/poly blend.
- 8.5 oz material weight.
- Jacket and pants included.
- Available in sizes 000-8.

Model: White: UN171  
Black: UN271





# UNIFORM & BELTS

## Student V-Neck

- Perfect starter uniform.
- 55% cotton/45% polyester.
- Set includes: V-Neck top, pants, and white belt.

Model: UNVW

Color : White/White



## Bags



## Sports Bag

- New and improved version with heavy duty nylon.
- U-shaped closure with reinforced zipper top.
- 3 separate compartments plus a wet pocket.

Model: EB510 Black with Red Trim

EB530 Black with Black Trim

Size: W 26" X H 12" X D 12"



## Rank Belt

- 1 3/4 inches wide.
- Seven lines of stitching.
- Sewn ends for durability.

Model: UBY

Size: 0-6

Color: White, Yellow, Orange, Gold, Green, Purple, Blue, Red, Brown, Black.



## Mesh Bag

- Heavy duty mesh nylon provides ventilation, reduces odor.
- Reinforced nylon bottom, ends, and front pocket.

Model: EB100 (Black)

Size: 25" X 13"

Color: Black

## Deluxe 2" Black

- 2 inches wide.
- Ten lines of stitching.
- Sewn ends for durability.

Model: UBY2BK

Color: Black

Sizes: 2-8





# SAFETY ZONE

At Macho, we believe one injury is one too many. Especially if the injury could have easily been prevented with the right gear.



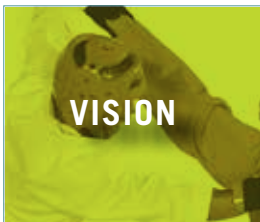
## RETENTION

Wear secure fitting gear. If your headgear spins around your head, critical areas could be exposed and injured.



## FALLING TEST

Assesses the typical impact you would feel when falling on the back of your head. Headgear must have adequate padding at the back of the head.



## VISION

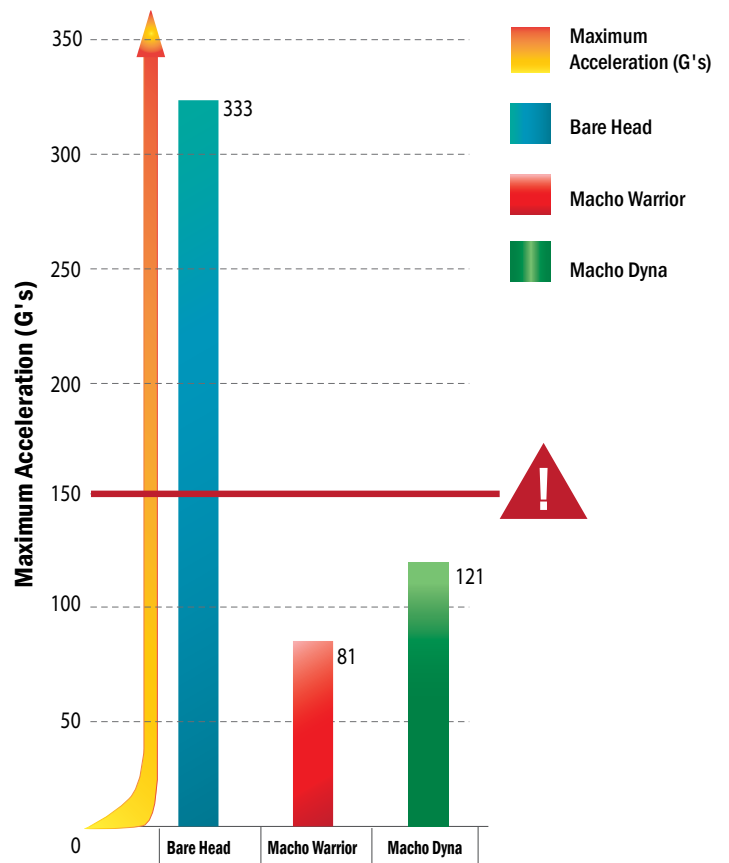
Maximum peripheral vision is a safety and performance issue. You should have at least 105 degrees of unobstructed view.



## EAR PRESSURE RELEASE

Tests to make sure the headgear design enables air to flow around the ear to protect the eardrums from rupturing.

The High-Energy Striking Impact Test is one of several tests Macho conducts on its gear to ensure that wearing Macho gear reduces the level of force that transfers to the body.





**MACHO**  
MARTIAL ARTS

[www.macho.com](http://www.macho.com)

MCAT23

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