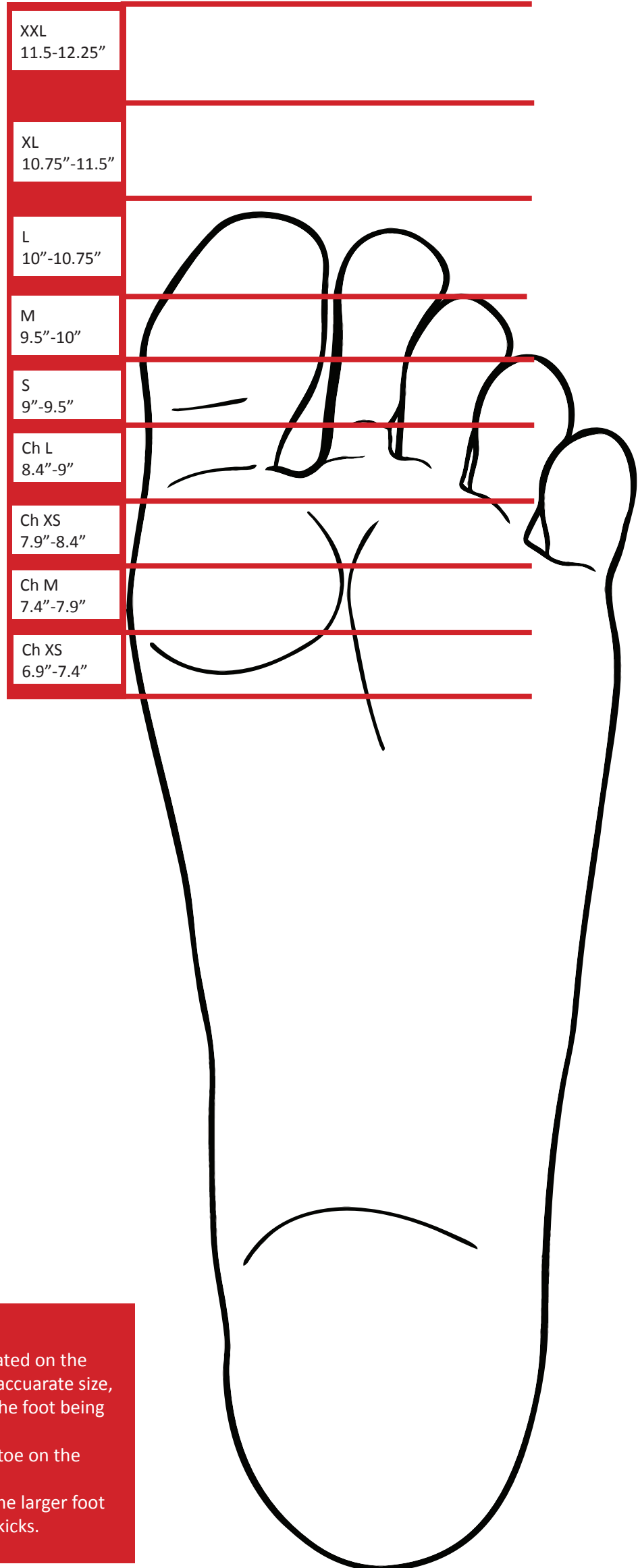


SPARRING GEAR HAND AND FOOT REFERENCE

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



FOOT SIZING CHART

1. Place your bare foot as indicated on the sizing chart. To get the most accurate size, place your entire weight on the foot being measured.
2. Mark the tip of your longest toe on the appropriate size line.
3. Measure both feet and use the larger foot measurement when ordering kicks.