

Uniform		
size	Height	Weight
0000	2'9" - 2'11"	25-30 lbs
000	3' - 3'5"	30-40 lbs
00	3'5" - 3'10"	40-55 lbs
0	3'10" - 4'3"	55-70 lbs
1	4'3" - 4'8"	70-90 lbs
2	4'8" - 5'1"	90-110 lbs
3	5'1" - 5'6"	110-140 lbs
4	5'6" - 5'8"	140-170 lbs
5	5'9" - 5'11"	170-200 lbs
6	6' - 6'2"	200-230 lbs
7	6'3" - 6'5"	230-260 lbs
8	6'6" - 6'8"	260-290 lbs
10(XL)	6'9" - 7'2"	290-350 lbs

Belt	
size	Length
0	76" (200CM)
1	84" (220CM)
2	92" (240CM)
3	100" (260CM)
4	108" (280CM)
5	116" (300CM)
6	124" (320CM)
7	132" (340CM)
8	140" (360CM)

Foot Protector	
size	length
2	22-22.5CM
3	23-23.5CM
4	24-24.5CM
5	25-25.5CM
6	26-26.5CM
7	27-27.5CM
8	28-28.5CM
9	29-29.5CM
10	30-30.5CM

Groin Guard	
size	waist
CH-S	20"-22"
CH-L	22"-24"
S	24"-26"
M	26"-30"
L	30"-33"
XL	34"-38"
XXL	38"-44"

Hand Protector	
size	length
XXS	17.5CM
XS	18CM
S	19CM
M	20CM
L	21CM
XL	22CM

Head Gear	
size	circumference
XS	19"-20"
S	20"-21"
M	21"-22"
L	22"-23"
XL	23"-24"

Punch	
size	measurement
CH-S	under 2.6"
CH-M	2.6"-2.9"
CH-L	2.9"-3.1"
S	3.1"-3.25"
M	3.25"-3.4"
L	3.4"-3.6"
XL	3.6"-3.9"

Kick	
size	shoe size
CH-S	13.5C-2
CH-M	2.5-4
CH-L	4.5-6.5
S	7-8
M	7.5-9.5
L	10-12.5
XL	13-14

measure across the knuckles by laying hand flat on top of ruler

size	forearm/shin		shin/instep	
	forearm	shin	shin	shin&instep
CH-M	7.5"	9.5"	9.5"	14.25"
CH-L	8"	10"	10"	14.5"
S	8.5"	10.5"	10.5"	15"
M	9"	11.5"	11.5"	15.5"
L	9.5"	12"	12"	16.5"
XL	10"	13"	13"	17.5"

shin/shin instep fore guard	
size	length
CH	10"
S	11"
M	12"
L	13.5"
XL	15"

measure distance from knee to ankle or elbow to wrist