

# Official **ETF SPARRING EQUIPMENT** update 01-2010

In case of any doubts about sparring and safety equipment the jury or the tournament office will decide



## **Taekwondo**

### **Olympic Sparring**

- White TKD Dobok + Belt
- No other additional clothing
- Safety equipment according to TKD style

- ① **Body Protector Red – Blue**  
ETF-WTF approved
- ② **Head Protector**
- ③ **Groin plastic cup**  
Tuck-under for female competitors
- ④ **Shin guard (soft)**  
**Forearm guard (soft)**
- ⑤ **Foot protector** closed version  
Foot must be covered complete  
**Compulsary = Juniors –17 years**  
**Instep protector**  
**Compulsary = Seniors 18 years +**
- ⑥ **Mouth guard shield**
- ⑦ **NOTE**
  - NO metal, rings, jewels, piercings
  - NO glasses
  - Finger-nails must be cut
  - Tapes as allowed by the jury
- ⑧ **Handprotector** optional



## **Kick Box** **Sparring**

- Martial Arts clothing + Belt
- or -T-Shirt + Kickbox trousers (long)
- Safety equipment according to Sparring style

- ① **Hand protector** closed version  
-NO „open hands“  
Standard equipment  
= 10oz **Boxing gloves**
- ② **Head Protector**
- ③ **Groin plastic cup**  
Tuck-under for female competitors
- ④ **Foot protector** closed version  
Foot must be covered complete
- ⑤ **Mouth guard shield**
- ⑥ **Shin guard (soft)**  
**Forearm guard (soft)**  
optional
- ⑦ **NOTE**
  - NO metal, rings, jewels, piercings
  - NO glasses
  - Finger-nails must be cut
  - Tapes as allowed by the jury