

QingLiu Semi-contact Sparring Equipment Sizes Guide

This is a guide for choosing the sizes that fit best for people of different ages as kids and youths may well be a size 5 shoe as well as an adult and if this is the case then the youth is better to allow for growing room and order the next size up.

Shoe size guide if they are:	Then order	Semi glove	Head guard	Kickboot
(under size 12 shoe size)	order >>>	XS	S	XXS
shoe size 12 – 1	order >>>	XS	S	XS
shoe size 2	order >>>	S	S	S
shoe size 3 – 4	order >>>	S	M	S
shoe size 5 full grown adult	order >>>	S	M	S
shoe size 5 kid or youth i.e under 18	order >>>	M	M	M
shoe size 6 – 8	order >>>	M	M	M
shoe size 9 full grown adult	order >>>	M	M	M
shoe size 9 youth under 18years old	order >>>	L	L	L
shoe size 9 up to shoe size 13	order >>>	L	L	L