



Protective Sparring Gear

All required gear must meet World Taekwondo Federation safety standards. If you have any questions, please see Grand Master Wha, Master Hamilton, or Master Wray.

Required Sparring Protective Gear:

- Head Protection
- Chest Guard
- Forearm Guard
- Shin/Instep Guard
- Groin Protection
- Mouthpiece

***Optional Items:**

- Supplemental knee, ankle, or elbow support
- Hand Protectors

Items Not Allowed:

- Boxing Gloves
- Karate/Kickboxing-style Foot Protection
- Head Protection w/Facemasks
- Other items may be excluded at USTKD staff discretion in situations where student safety may be compromised.

*Although these items may be used during sparring classes conducted at USTKD Murrieta for training purposes, WTF sanctioned tournament rules currently prohibit these items. Any student who will be participating in tournament sparring matches will not be allowed to wear any equipment not shown on the required list.