



KARATE-EQUIPMENT LIST 2024

Name	Brand	Specifications	Quantity
Speed training ladder			2 pieces
Speed training cones			20 pieces
Skipping rope			5 pieces
stopwatch	Casio		2 pieces


<p>Standing punching bag</p> 			1 piece
<p>Punching bag</p> 		hooked onto the ceiling	1 piece
Mouth guards	Arawaza Adidas known	Custom fit Strapped mouthpieces made of highest quality dental vinyl for greater comfort, ease of speech, breathing and protection against bitethrough	20 pieces
Kata belt	Adidas Arawaza Kwon Silent knight shureido	100% cotton 1 ½"wide 8 rows of stitching (WKF Approved)	12 pieces Size -(red-3 & Blue-3) Size 4-(red-3 & Blue-3)

KARATE-EQUIPMENT LIST 2023

Kumite belt	Adidas Arawaza Kwon Silent knight shureido	Very light (WKF Approved)	(red-3 & Blue-3)
Gloves	Kwon Adidas Arawaza Silent knight SMA	They are made from a special shock absorbing foam that contains IMG injection padding and is covered with 100% PU hi-tech artificial leather. They wrap around the wrist with a ribbon with Velcro ^R fastener.	12 pieces each from red and blue Red S-4 M-4, L-4 Blue
		(WKF Approved)	S-4 M-4, L-4
Shin and foot protector	Kwon Adidas Arawaza Silent knight SMA	With removable foot/instep Shield must be designed for the latest karate rules and must be designed according to international regulations. The ergonomic shape protects the shank from top to foot. The back of the heel is also padded. The shield of the shinbone and the shield of the foot are connected with a functional Velcro ^R fastener and can also be used separately. (WKF Approved)	12 pieces each from red and blue Red S-4 M-4, L-4 Blue S-4 M-4, L-4
Weighting scale		Digital	1 piece

KARATE-EQUIPMENT LIST 2023

Knee guard			3 pieces
Ankle guard			3 pieces
Elbow guard			3 pieces

Wrist guard			3 pieces
ankle weight pack 		2kg	2 packs
Resistance band		Width-½ inch	5 pieces