

SIZE CHART

UNIFORMS

<u>GI SIZE</u>	<u>HEIGHT</u>	<u>WEIGHT</u>
00000	< 3 foot (< 92cm)	< 35lbs (<14kg)
0000	3' 1" - 3' 5" (94-104cm)	30-45lbs (14-20kg)
000	3' 5" - 3' 9" (104-114cm)	37-50lbs (17-23kg)
00	3' 9" - 4' 1" (114-124cm)	45-60lbs (20-27kg)
0	4' 1" - 4' 6" (124-137cm)	55-70lbs (25-32kg)
1	4' 6" - 4' 11" (137-152cm)	65-90lbs (30-41kg)
2, A0/A1	4' 11" - 5' 3" (152-157cm)	90-120lbs (41-55kg)
3, A1/A2	5' 3" - 5' 7" (157-170cm)	120-150lbs (55-68kg)
4, A2/A3	5' 7" - 5' 11" (170-180cm)	150-180lbs (68-82kg)
5, A3/A4	5' 10" - 6' 2" (178-187cm)	180-210lbs (82-95kg)
6, A4/A5	6' 1" - 6' 4" (185-195cm)	210-240lbs (95-109kg)
7, A6	6' 4" or more (195cm+)	240lbs+ (110kg+)

RANK BELTS

<u>WAIST SIZE</u>	<u>BELT SIZE</u>
< 20" (< 50cm)	0, C00
22" (55cm)	1, C0
25" (60cm)	2, A0
28" (69cm)	3, A1
31" (76cm)	4, A2
34" (84cm)	5, A3
36" (90cm)	6, A4
39" (97cm)	7, A5
41" (105cm)	8, A6
44" (113cm)	9

WKF SHIN/INSTEP

< 4' 8"	SMALL
4' 8" - 5' 4"	MEDIUM
5' 4" - 5' 11"	LARGE
6' +	XLARGE

THAI SHIN/INSTEP

< 4' 8"	CHILD
4' 8" - 5' 3"	SMALL
5' 4" - 5' 8"	MEDIUM
5' 9" - 6' 1"	LARGE
6' 2" +	XLARGE

**For Karate/Taekwondo fit belts

1 size larger so the belt hangs to mid thigh