

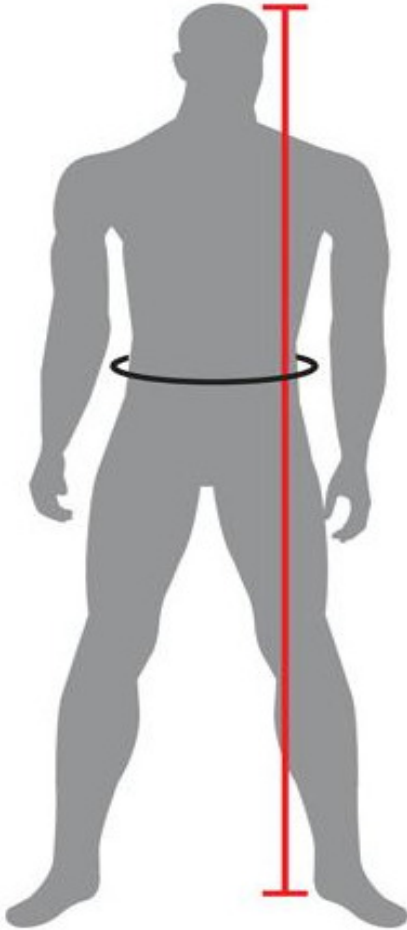
### Sizing Charts

The following charts are merely guides to help select uniform and equipment sizes. They are approximate, and may need further alterations and/or hemming to ensure the best fit. These are not custom tailored by any means, but are provided in enough sizes to give each student the most comfortable fit possible.

# UNIFORMS / BELTS

**USE THE COLOR BARS PROVIDED TO HELP FIND YOUR SPECIFIC UNIFORM SIZE**

TRADITIONAL UNIFORM AND BELT SIZE	CLOTHING SIZE	HEIGHT	APPROX. WEIGHT	
CHILD SIZES*	000	CHILD 2 - 4	3' - 3'5"	30 - 50 LBS
	00	CHILD 4 - 6	3'5" - 3'10"	40 - 60 LBS
	0	CHILD 6 - 8	3'10" - 4'3"	55 - 80 LBS
	1	CHILD 8 - 10	4'3" - 4'8"	70 - 100 LBS
	2	CHILD 10 - 12	4'8" - 5'1"	90 - 120 LBS
ADULT SIZES	3	SMALL	5'1" - 5'6"	110 - 150 LBS
	4	MEDIUM	5'6" - 5'11"	140 - 180 LBS
	5	LARGE	5'11" - 6'2"	170 - 210 LBS
	6	X-LARGE	6'2" - 6'5"	200 - 240 LBS
	7	XX-LARGE	6'5" - 6'8"	230 - 270 LBS
	8	XXX-LARGE	6'8" - 6'11"	260 - 300 LBS
	9	XXXX-LARGE	6'11" - 7'1"	290 - 320 LBS



### Patch Placement Guide

Your new uniform already has the LifeTrek Martial Arts logo printed on the back. It also comes with the necessary patches. Please see the picture below for guidance on where to place them. Please note that the red part of the Um Yang (red/blue circle) on the Korean flag is on top.

You may sew these on, or you may use a fabric glue found at several craft stores to put these on, but whatever method you use, please make sure they are securely attached.

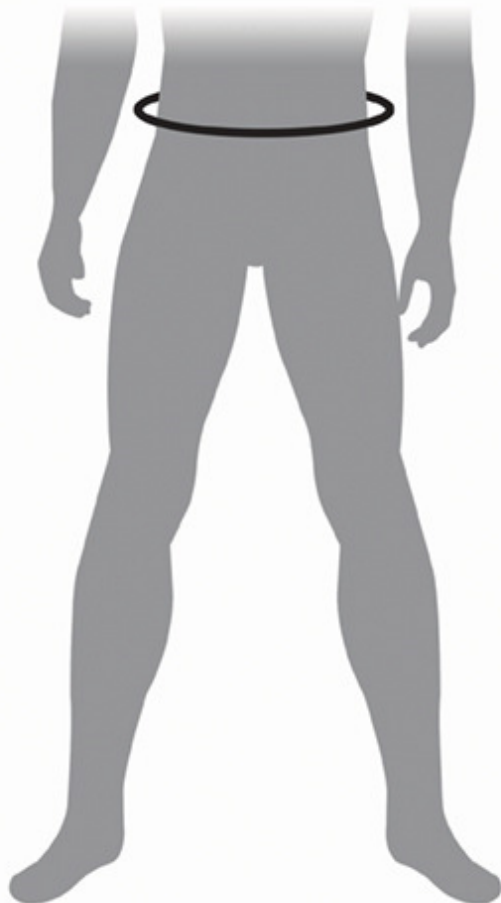


Your new uniform comes with a belt. It may not be a perfect fit, but for a beginner, it will be fine. Once you test for orange belt, however, we want to get you a belt that is a better fit for you personally. As we employ a double-wrap method to tying our belts in Tang Soo Do, please use that column below to select your size.

## BELTS

**USE THE CHART PROVIDED TO HELP FIND YOUR SPECIFIC BELT SIZE**

**CHART BASED ON 12" TAIL. IF YOU PREFER DIFFERENT, ADJUST SIZING ACCORDINGLY.**



WAIST	BELT SIZE	DOUBLE-WRAP BELT LENGTH	SINGLE-WRAP BELT LENGTH
up to 20"	0	80"	-
21" - 22"	1	82"	59"
23" - 24"	2	88"	-
25" - 28"	3	96"	69"
29" - 32"	4	104"	-
33" - 36"	5	112"	79"
37" - 40"	6	120"	-
41" - 45"	7	130"	-
46" - 50"	8	140"	-
51" - 55"	9	150"	-

**NOTE: IF YOU PURCHASE OUR HEAVY CORE BLACK BELT OR A 2" WIDE BELT, IT WILL FORM A BIGGER KNOT AND PROBABLY NEED TO BE LONGER. SO WE SUGGEST YOU GO UP A SIZE. WE HAVE NOTED THAT MANY BLACK BELTS AND BROWN BELTS WANT THEIR BELTS A LITTLE LONGER.**

## sparring HEADGEAR

**USE THE CHART PROVIDED TO HELP FIND YOUR SPECIFIC SHORT SIZE**

**HEAD CIRCUMFERENCE - MEASURE AROUND LARGEST PART OF HEAD**



SIZE	HEAD CIRCUMFERENCE
CHILD	UNDER 20"
YOUTH	20" - 21"
ADULT SMALL/MEDIUM	21" - 22"
ADULT MEDIUM/LARGE	22" - 23"
ADULT EXTRA LARGE	23" - 24"

# BELT TYING GUIDE



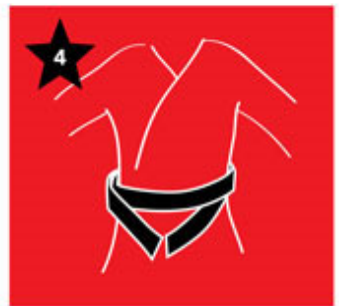
1  
Fold your belt in half with the ends together to find the center. Place the center of the belt on your stomach just below the navel.



2  
Pull the belt across your belly and to the back.



3  
Take the belt on your right side and cross it over the belt on your left side. Pull both ends around to the front. Bring both belts to the center of your body.



4  
Even the length of the belt all the way around. The belt should not be twisted or crisscrossed.



5  
Cross the right side of the belt over the left.



6  
Take the right side of the belt and tuck it under the section already around your waist.



7  
Pull tight.



8  
Take the top end of the belt (or the left side now) and bend it over the right side.



9  
Continue to loop the left side under the right side and up and through the hole up to make the knot. Pull the knot tight making sure that both ends are the same length.



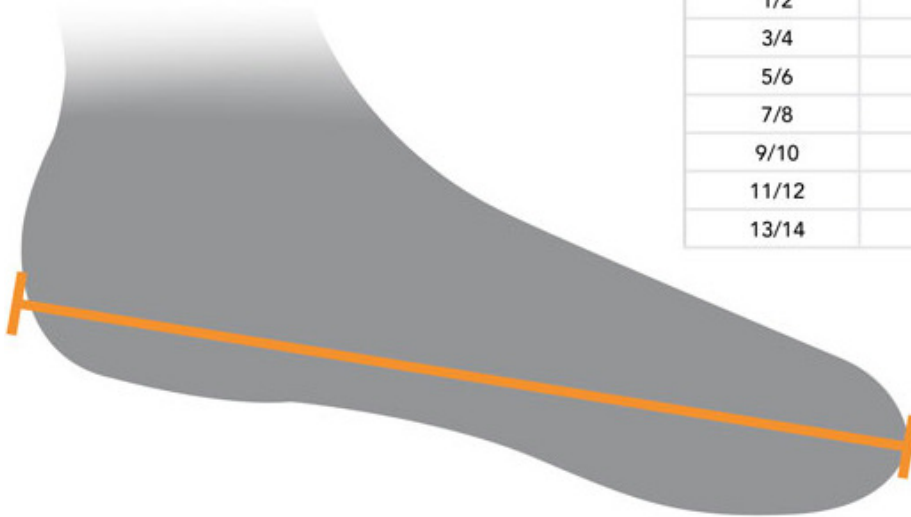
10  
If done correctly, the knot should form an arrow shape pointing to your right, and both ends are the same length.

# sparring BOOTS

USE THE CHART PROVIDED TO HELP FIND YOUR SPECIFIC BOOT SIZE

FOOT LENGTH - MEASUREMENT FROM TIP OF TOE TO HEEL

SIZE	LENGTH OF FOOT
(CHILD) 12/13	7" - 7.5"
1/2	7.625" - 8"
3/4	8.125" - 8.625"
5/6	8.75" - 9.25"
7/8	9.5" - 10"
9/10	10.125" - 10.625"
11/12	10.75" - 11.5"
13/14	11.5" - 12"



# sparring GLOVES

USE THE CHART PROVIDED TO HELP FIND YOUR SPECIFIC GLOVE SIZE

KNUCKLE WIDTH - MEASUREMENT ACROSS WIDEST PART OF PALM OF HAND

SIZE	KNUCKLE WIDTH
CHILD	UNDER 2.875"
YOUTH	2.875" - 3.125"
SMALL	3.125" - 3.375"
MEDIUM/LARGE	3.375" - 3.625"
X-LARGE	3.625" - 4"
XX-LARGE	OVER 4"

