

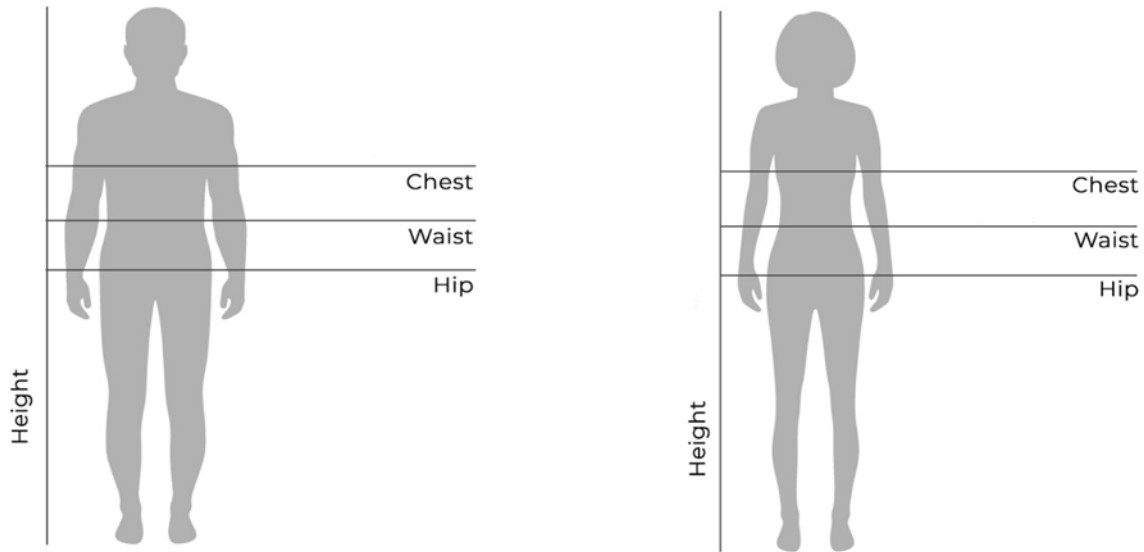
# MEASURING GUIDE

## NOTES

WE RECOMMEND USING A FABRIC TAPE MEASURE FOR ACCURATE MEASUREMENT-TAKING, OR YOU CAN CLICK THE LINK TO DOWNLOAD A PRINTABLE PDF TAPE MEASURE. <https://tinyurl.com/3h7e46b4>  
PLEASE BE AWARE THAT WE CAN ONLY PROVIDE GUIDANCE AND SUGGESTIONS, AND CANNOT TAKE RESPONSIBILITY FOR CHOOSING THE PERFECT SIZE, AS IT ALSO DEPENDS ON PERSONAL PREFERENCES.

## HOW TO TAKE CLOTHING MEASUREMENTS

### HEIGHT, CHEST, WAIST & HIP



To determine the appropriate size, measure the full circumference of the widest parts of your chest, waist, and hips while taking a full breath. Ensure that the measurement captures the complete circumference—not just the front or back—for accurate comparison with the size chart.

If your measurements fall between two sizes and you prefer a tighter fit, select the size that corresponds exactly to your measurement. For a more standard or relaxed fit, we recommend choosing one size up. Adding 1.5 to 3 cm to your measurements is advisable to account for variations in fabric and garment cut.

Lame jackets are designed to be worn over a jacket of the same size and do not require a different size selection.

For female chest protectors, we recommend measuring around and beneath the bust while wearing a well-fitting everyday bra.

## HOW TO TAKE GLOVE & GRIP MEASUREMENTS

### PALM WITHOUT THUMB



Measure the widest part of your fencing hand, excluding the thumb, using a measuring tape held firmly against the skin to ensure the most accurate result. Refer to the size chart below for guidance.

For added comfort and to account for variations in glove sizing, you may consider adding 1-2 cm to your measurement.

## HOW TO TAKE MASK MEASUREMENTS

### VERTICALLY AROUND HEAD

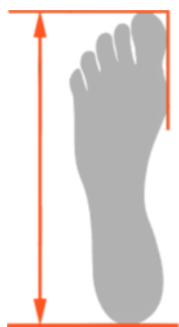


To measure for a fencing mask, take a full vertical circumference measurement starting from beneath your chin. Extend the tape up along one side of your head, over the ear, across the top of your head, down the opposite side over the other ear, and back to the starting point under the chin.

As fencing masks are adjustable, we recommend consulting your coach or an experienced teammate to ensure the best possible fit when using your mask for the first time.

## HOW TO TAKE SHOE MEASUREMENTS

### TOE TO HEEL



Place your foot on a sheet of paper and trace its outline while wearing socks to account for their thickness. Mark the tip of your longest toe and the back of your heel, then measure the distance between these two points to determine your foot length.

For greater accuracy, we recommend using centimeters instead of inches when recording your measurement.

## VIDEO GUIDES

### ***MEASUREMENT TAKING FOR JACKET, LAME, UNDER PLASTRON & CHEST PROTECTOR–MEN***

Click the link view: <https://youtu.be/96KI9FN2KvU>

### ***MEASUREMENT TAKING FOR JACKET, LAME, UNDER PLASTRON & CHEST PROTECTOR–WOMEN***

Click the link view: <https://youtu.be/P91KRTjwofQ>

### ***MEASUREMENT TAKING FOR BREECHES–MEN***

Click the link view: <https://youtu.be/ik2L6P93D7Y>

### ***MEASUREMENT TAKING FOR BREECHES–WOMEN***

Click the link view: <https://youtu.be/hxcGUY5M3DY>

### ***MEASUREMENT TAKING FOR GLOVE–UNISEX***

Click the link view: <https://youtu.be/glCUXt27Gxg>

## **MEASUREMENT TAKING FOR MASK–UNISEX**

Click the link view: <https://youtu.be/sQsfVzV5ybg>

## **ADVANCED MEASUREMENT GUIDE FOR TAILORED KITS JACKET, LAME, UNDER PLASTRON & BREECHES**

When submitting your measurement photos, please ensure the following:

- Both the starting and ending points of the measuring tape must be visible in each photo.
- The numbers on the tape must be clearly readable.
- Wear thin, form-fitting clothing to ensure accuracy.

Please provide clear photos for each of the following measurements:

I – Total height

A – Neck circumference

B – Chest circumference

C – Waist circumference

D – Hip circumference

E – Jacket length

F – Total sleeve length

F1 – Lower arm length

F2 – Upper arm length

G – Pant length (hip to below the knee)

G2 – Pant length (hip to mid-point of knee protector)

H – Shoulder width

H2 – Back width

K – Thigh circumference (widest part)

L – Circumference below the knee

M – Calf circumference (widest point)

**A - Neck band:**



**B - Chest:**



**C - Waist:**



**For individuals with a prominent midsection, Please measure the widest circumference around your abdomen for the most accurate sizing:**





**D - Hip:**  
(Same photos from different angles)



**Include the widest circumference of your bottom going upwards to your hip:**



**E – Length of the fencing jacket:  
From cervical bone to bottom of jacket**



**F – Total sleeve length:**  
From shoulder bone including elbow



**F1 – Length of the lower arm:**  
From elbow to wrist



**F2 – Length of the upper arm:**  
From shoulder bone to elbow





**G - Length of the pants:**  
**From hip to under the knee**



**G2 - Length of the pants:  
(from hip to middle of the knee protector)**



**H – Shoulder width:**  
(Same photos from different angles.)



**H2 - Back width:**





**K - Thigh circumference at the widest part:**



**L - Circumference under the knee:**





**M - Calf circumference at the widest point:**

