

I.K.O.N. Protective Gear Guideline

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中村道場
IKO NAKAMURA

1) General Information

- a) Safety for the participants is our first priority.
- b) All fighters must use the standardized equipment outlined in this document and wear them to participate in a specific division.
- c) There will be **no rental gear** available due to hygiene reasons. If you do not have the mandatory gear for your division, you can purchase them at the event venue.
- d) The organizer will look at your gear to check their quality and conditions. In case we find them too worn out or their padding too thin, we might have to ask you to purchase new ones at the sales table. Again, we have to ensure the safety of competitors.
- e) For the children's soft class, the chest guard worn on inside the dogi is prohibited.
- f) For all the children's divisions (Soft and Champion Class), finger gloves made of soft materials are only allowed to be used.
- g) For all the divisions, knee pads are optional.
- h) For the women's divisions, the chest guard must be made of soft materials, not hard plastic ones.
- i) The color of all gear to be used must be **white**.



White Colored Gear Only:

Gear in colors other than white is not allowed.



2) Protective Gear by Division

- Mandatory
- ▲ Optional
- x Not Allowed

Division # \ Gear	Head	Torso Chest (Breast) / Abdomen			Leg	Groin / Lower Abdomen	Fist
	Head Gear	Body Pad	Chest Protector	Breast Guard	Shin/Instep Pad	Cup	Gloves
Boys Soft Class	○	○	x	x	○	○	○
Girls Soft Class	○	○	x	x	○	▲	○
Boys Champion Class	○	x	x	x	○	○	○
Girls Champion Class	○	x	○ (One of them)		○	▲	○
Boys Division #7 to #14	○	x	x	x	○	○	○
Girls Division #15 to #18	○	x	x	○	○	▲	○
Boys Division #19 to #22	○	x	x	x	○	○	○
Girls Division #23 to #26	○	x	x	○	○	▲	○
Men's Division #27 to #43	○	x	x	x	○	○	○
Women's Division #44 and #45	○	x	x	○	○	▲	○
Women Open Rank #46 and #47	▲	x	x	○	○	▲	x
Men's Division #48 to #51	○	x	x	x	○	○	○
Men Open Rank #52 to #55	x	x	x	x	x	○	x

3) Punching Gloves for the Children's Divisions (Division #1-A to #6-D)



A soft material covered by fabric is good to be used.



For other materials, the gloves manufactured by ISAMI (TN-1) is only approved to be used.



Leather gloves other than ISAMI are not approved.

4) Chest Protectors for the Boys/Girls and Women's Divisions

a) Boys/Girls "Soft Class"



A body pad that covers the entire torso on outside dogi is the only one to be approved for the boys and girls "Soft class".



A chest protector to be worn inside the dogi is not allowed.

b) Girls “Champion” Class



Chest Protector

Breast Guard

Chest Protector or Breast Guard that only covers the chest area is allowed to be used. Any protector which covers the abdominal area is not allowed.

The inner padding must be made of soft materials like sponge. Hard materials such as plastic are not allowed.

c) Girls and Women’s Divisions #15 and over



Breast Guard

Breast Guard is the only to be allowed for the chest protection.

The inner padding must be made of soft materials like sponge. Hard materials such as plastic are not allowed.



Chest Protector is not allowed.

5) Punching Gloves for all divisions #7 and over



Finger Gloves covered by fabric



Finger Gloves covered by leather

No much of restriction is applied to the gloves used for the 13 years old and over. However, ones looking too worn out or too thin are not allowed.



This type of gloves made by KWON is not allowed due to its thin padding.

6) Head Gear



As long as it covers the entire head, there is not much of restriction for types of head gear.

The one that has front face guard is not allowed. It must be taken off when using it for a match.



7) Protective Gear Recommended by IKO Nakamura (Manufactured by “Martial World”)



Finger Gloves covered by fabric (NG24)



Leather Finger Gloves (PG38)



Shi/Instep Pad covered by fabric (LG40)



“Flex” Knee Pads (KGP1)



Groin Cup with fabric straps (GG51)



Lightweight Body Pad (BP40)



Chest Protector (CP11)



Breast Guard (CG32)



Polyurethane Head Gear (HG39)