



TEAM SCS

martial arts. fitness. personal safety. character development

SPARRING GEAR INSTRUCTIONS

**BRING YOUR GEAR BAG TO EVERY CLASS! BOYS WEAR YOUR CUPS ON "B" DAYS.
HERE ARE SOME IMPORTANT GEAR TIPS FOR YOU AND YOUR STUDENT!**

PUT YOUR EQUIPMENT ON IN THIS ORDER

1. FEET/BOOTS/KICKS
2. SHINS
3. RIB
4. HEAD
5. MOUTHGUARD
6. GLOVES

FEET/BOOTS/KICKS

They go by all the names above. They protect others from your feet when you kick them.

Put them on like a shoe and make sure that the toes are covered.

Take the strap, stretch it as far as needed to wrap the strap in an "X" over the front of the boot. You will go from the back to the front on one side, under the foot, up the other side of the foot and attach it with the velcro around the back of the boot.

Sizing and Adjustments: We try to give kids a little bit of room so that when they grow, you don't immediately need to purchase new foot gear. But if that little strap by the toe is driving you nuts, cut it off, the large elastic strip that wraps around holds the foot in place well enough. These are washable if you have the Century ones, please refer to instructions that came with your gear.

However, this should be assessed regularly. If the toes are hanging out, it's time to get new ones.

SHIN GUARDS

They protect the shin from bruising when you kick and also protect your partner from that bony part of your leg when it makes contact.

Strap them to the front of your leg using the two or three straps that are connected.

Sizing and Adjustments: These should cover the bony part of the shin and should be below the knee.

RIB GUARD

Protects your stomach and sternum from contact.

Make sure the CENTURY logo is right side up, this allows the rib guard to cover the sternum, a part that is not fully developed until you are 17 or so. Feed the strap through the opening on the opposite side of the rib guard and loop it back and connect to the velcro strip when it's the right size.

Sizing and Adjustments: Should cover abdominal area. There may be a little slack, which allows for growth. That will be fine if it spins. **For more coverage, there is a more full chest protector available for purchase. See front desk.**

HEADGEAR

Protects your head from contact. These are washable if you have the Century C-Gear. Please follow directions that came with your equipment. **For more face coverage, there is an available face shield for purchase. See front desk.**

The chin rest on the headgear should be on the chin. Tighten the top to adjust this. Also the large velcro should go around the back of the head so that it is comfortable, but secure. It should not move on the head.

Sizing and Adjustments: Should cover the head without slack. Should have some growing room, but generally people do not outgrow their head gear.

MOUTH GUARD

Protects your pearly whites. **YOU CANNOT SPAR WITHOUT IT.**

This needs to be boiled to fit your teeth.

[Here is a great guide on how to boil and fit your mouthguard.](#)

If you have braces, please consult your orthodontist regarding desired mouthguard.

Sizing and Adjustments: Only required on top teeth. Use a Strapless Mouthguard. Should be reboiled or a new one used every 3-6 months. Sanitize in between use with mouthwash. Any changes in dental structure requires a refit or reboil of the mouthguard. Be sure to practice good dental hygiene including flossing and brushing to prevent gums bleeding.

GLOVES

Protects your head from contact. These are washable if you have the Century C-Gear. Please follow directions that came with your equipment.

For more face coverage, there is an available face shield for purchase. See front desk.

The chin rest on the headgear should be on the chin. Tighten the top to adjust this. Also the large velcro should go around the back of the head so that it is comfortable, but secure. It should not move on the head.

Sizing and Adjustments: Should cover the head without slack. Should have some growing room, but generally people do not outgrow their head gear.

ATHLETIC SUPPORTER MALES ONLY

Protects your private parts. **YOU CANNOT SPAR WITHOUT IT. NO EXCEPTIONS.** We do not provide these for men, but they are required.

These can be uncomfortable, but it is important. Please encourage your student to get comfortable with wearing it. Must be worn on Wednesday or Thursday to class. If they don't have it on before class, they cannot spar.

[Here is a great guide on why it's important to wear one.](#)

Sizing and Adjustments: Please see the link above for details.

PUTTING YOUR EQUIPMENT IN YOUR GEAR BAG

When you place your equipment in your gear bag, it should fit neatly. Please do not shove everything in. Please do not force the zipper. We are not responsible for bags that are broken due to force.

Place the rib guard in to create a "frame" in the bag. Use the side pockets for gloves or feet and shins. Put your head gear and the remaining items in the center of the rib guard. Shake the bag so that everything settles in and zip it up!