

KARATE DO ALLIANCE

Equipment requirements

- Red and blue set of gloves (mandatory)
- Red and blue belts (mandatory)
- Leg gear WKF style (mandatory)
- Mouth Guard (mandatory)
- Groin Gear (male, mandatory)
- Chest gear (female, mandatory if needed)
- Head Gear (optional)
- Body Armor WKF style (optional)

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Protecciones requeridas

- Rojo y azul pares de guantes (mandatorio)
- Rojo y azul Cintas (mandatorio)
- Protector de piernas estilo WKF (mandatorio)
- Protector de bocas (mandatorio)
- Protector de genitales hombres (mandatory)
- Protector de pecho para mujeres (mandatorio si es necesario)
- Protector de cabeza (opcional)
- Protector de cuerpo estilo WKF (opcional)



GENERAL INFORMATION

LOCAL CHAMPIONSHIPS

- Red & Blue glove sets (mandatory)
- Red & Blue belts (mandatory)
- Mouth Guard (mandatory)
- Groin Protector male (mandatory)
- Chest Gear women (if necessary)
- USAK Leg Gear(optional)
- Head Gear (optional)

USA NATIONALS & US OPEN

- USAK or WKF Approved Red & Blue glove sets (mandatory)
- Red & Blue belts. Not reversible (mandatory)
- Mouth Guard (mandatory)
- Groin Protector male (mandatory)
- USAK or WKF Approved Chest Gear women (if necessary)
- USAK or WKF Approved Leg Gear (mandatory)
- Head Gear (optional)

NATIONAL TEAM TRY OUT OR INTERNATIONAL

- WKF Approved only. Red & Blue glove sets (mandatory)
- Red & Blue belts. Not reversible (mandatory)
- Mouth Guard (mandatory)
- WKF Approved only. Groin Protector male (mandatory)
- WKF Approved only. Chest Gear women (if necessary)
- WKF Approved only. Leg Gear (mandatory)
- WKF Approved only. Face mask (mandatory for youth)
- WKF Approved only. Body Armor (mandatory)

