

KING

BOXING GLOVE SIZE CHART



SIZE	BEGINNER SAFETY WEIGHT	INTERMEDIATE & ADVANCED
4 oz	-32 kg	If your favour speed, or if you are competing in an event, use lighter glove
6 oz	27 - 36 kg	
8 oz	36 - 45 kg	
10 oz	45 - 54 kg	
12 oz	54 - 64 kg	If your tend to hit harder than your weight class, use a heavier glove
14 oz	64 - 73 kg	
16 oz	73 kg or more	
18-20oz	Speciality for Heavyweights	
Ask your instructor or event promoter which glove to wear. In general, sparring partners should wear equal weight gloves.		