

# **KING**

## BOXING GLOVE SIZE CHART



| SIZE    | BEGINNER SAFETY WEIGHT      | INTERMEDIATE & ADVANCED                                                                   |
|---------|-----------------------------|-------------------------------------------------------------------------------------------|
| 4 oz    | -32 kg                      | If you favour speed,<br>or if you are competing<br>in an event, <b>use lighter gloves</b> |
| 6 oz    | 27 - 36 kg                  |                                                                                           |
| 8 oz    | 36 - 45 kg                  |                                                                                           |
| 10 oz   | 45 - 54 kg                  |                                                                                           |
| 12 oz   | 54 - 64 kg                  | If you tend to hit harder<br>than your weight class,<br><b>use heavier gloves</b>         |
| 14 oz   | 64 - 73 kg                  |                                                                                           |
| 16 oz   | 73 kg or more               |                                                                                           |
| 18-20oz | Speciality for Heavyweights |                                                                                           |

**Please ask your instructor which gloves to wear.**

**Please note :** The size chart is only a recommendation. Whether you choose a tight, regular, or loose fit depends entirely on your own personal preference.