

WHAT YOU NEED

Judogi (Judo Uniform)

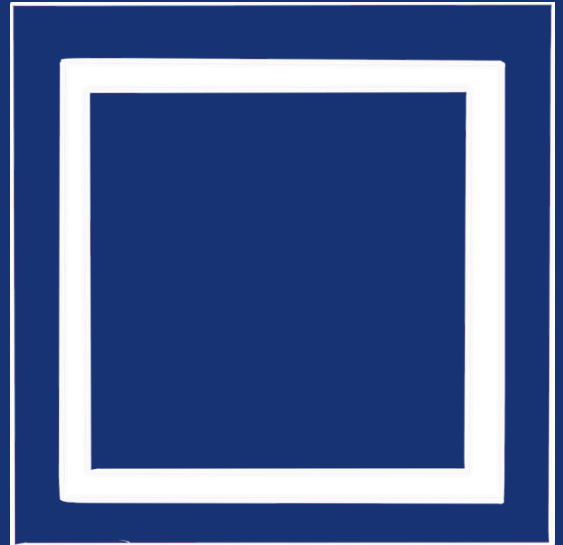
Protective Gear

- Protective Gear is optional for Judokas
Protective gear consists of:
- A mouthguard: Protects teeth during intense sparring sessions or competitions
- Knee Pads or Elbow Pads: For extra cushioning, especially for beginners or Judokas who are recovering from injuries
- Finger Tape: Helps protect fingers from strain and injury during gripping
- Groin protector (men)

The Outfit

Judokas wear a uniform called a judogi. It is specifically designed for the sport of judo and consists of a thick, durable cotton jacket (Uwagi), that is reinforced in areas like the shoulders, chest and collar. It is secured with a belt (obi) and should be long enough to cover the hips. Further it consists of loose-fit light pants. The belt (obi) indicates the judoka's rank or skill level. The colors range from white (beginner) to black (expert). Judogi comes in two standard colors: blue and white. The Sleeves must reach the wrist and the pants must cover the ankles but not drag on the floor.

THE MAT



Fighting area: 8x8m to 10x10m

Safety area (white): 3m

Total area: 14x14m to 16x16m

