

WHAT YOU NEED

Protective Gear

- Hogu (Chest Protector): Worn to protect the torso and absorb the impact of punches and kicks. Contains sensors for hit detection.
- Helmet: Protects the head from kicks and accidental strikes. → Mandatory every competitions. Contains sensors for hit detection.
- Forearm Guards: Protects the forearms from injury during blocking and sparring.
- Shin Guards: Shields the shins from impact during kicks and blocks.
- Groin Protector: Worn under the uniform to protect against accidental strikes.
- Mouthguard: Protects teeth and gums from injury during sparring.
- Gloves: Lightly padded gloves to protect hands during punching. Contains sensors for hit detection.
- Foot Protectors: Covers the top and sides of the feet to reduce impact during kicks. Contains sensors for hit detection.

The Outfit

The Dobok, is the traditional uniform worn by practitioners. It consists of a lightweight jacket, pants, and a belt. Typically white in color, the Dobok symbolizes purity and humility. The belt, or Ti, is an integral part of the uniform, representing the practitioner's rank and progress. Belt colors range from white, signifying a beginner, to black, indicating mastery and expertise.

THE MAT



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