

Equipment:

Headgear

We usually spar without headgear during the (kick)boxing lessons. It is a little safer with headgear but there is a big misconception that you won't get hurt with headgear on. A hard hit can still hurt! Your vision is also more limited and your head becomes a little bit heavier. If you wish you can always bring and use your own.

Mouth guard

A mouth guard is not needed for the beginners training (but strongly recommended) but mandatory if you wish to partake in the sparring sessions during the advanced trainings. Don't forget to cook your mouth guard at home if you buy a new one, read and follow the instructions well.

Bandages

Bandages are a great piece of equipment that helps with the prevention of wrist and knuckle injuries. They are strongly recommended during the trainings. There are several types and lengths that we will discuss the pros and cons of.

Speedwraps

Speedwraps look like gloves and are easy to put on and take off. They usually come with a strap for the wrist as well. Although it has the wrist strap it doesn't really give that much support. The elastic material will stretch pretty easily and the fit will change over time. The speedwrap consists of elastic material, foam and velcro and are available in prefab sizes (S-XL). Speedwraps are also generally twice as expensive as bandages.

Bandages

Bandages look (like the name already says) like a long cotton strip with a thumb loop and velcro. They're usually around 5 cm in width (the ones for kids are 3,5 cm in width) and come in different lengths varying from 2,5m to 4,5m.

So, what length should I choose? As a complete beginner I would recommend 2,5 - 3,5 m. You have less material to wrap and are probably not fully aware yet where you need more support. If you plan to train more seriously and also safely I would recommend the 4,5 m. There is more material to use to wrap everything and the wrist feels more stabilized than when using a 2,5 m bandage.

With bandages you have the ability to set up different thickness in different areas of the hand. Are your knuckles more sensitive today? Wrap more around the knuckles and less around the wrist. Weak wrist? Wrap more around the wrist and less around the knuckles. Sore thumb? Wrap less around the knuckles and/or the wrist and more on the thumb.

There are many different techniques and everyone has their own way of wrapping their hand that may change depending on how they feel that day. There is no ultimate way to wrap your hands. As long as your knuckles are protected and your wrists stabilized.

Don't know how and where to start wrapping? See the instruction video.

<https://www.youtube.com/watch?v=GDIsG-LPGIc>

The few downsides of bandages are that they might take a while to wrap, especially if you're a beginner. But you'll get faster once you use them regularly. The other downside is that you get this big tangled mess after you've put them in the washing machine. It's the same fun detangling them like your earphones when you've put them in your pocket or bag for a while.

So in comparison:

Speedwraps	
Pros	Cons
Easy to put on/ take off	Does not give a lot of support (even with the strap)
Easy to store	Generally twice as expensive as bandages

Bandages

Bandages	
Pros	Cons
Custom wrapping	Might take a while to wrap (especially as a beginner)
Cheap	Takes a while to untangle and store after washing them

We have some limited custom IMPACT bandages available. See the Merchandise section on the IMPACT website for more info.

Gloves

Gloves are mandatory in both boxing and kickboxing. It makes it safer for you and your partner to practice the sport and it also protects your knuckles. There are different brands and sizes of gloves. The best brand comes down to personal experience. Each brand has a different fit. A 14 oz. glove of one brand may be tighter around your hand than one of a different brand. If it's possible, put on the gloves and try them out before you buy.

The sizes of the gloves are categorized by oz (ounces). For an adult the sizing chart is usually from 10 - 16 oz (sometimes you can find higher oz although it's not common) with 2 oz. steps. To know which one is the right one for you, you have to look at your own weight.

Weight in kg	Recommended oz.
< 55	10
56 - 71	12
72 - 85	14
86 >	16

If you want to train lighter get 2 oz. lower than your weight class. If you want to train harder opt for one step higher.

Groin protector

A groin protector is recommended for guys who take part in the kickboxing training. An accident is easily made when you're learning the basics or sparring. Although it can happen in boxing it is less likely to since you're only hitting above the belt.

Shin guards

Shin guards are mandatory in kickboxing. There are two different kinds of shin guards; foam and leather. Foam is recommended to start with since leather shin guards are quite expensive. Foam shin guards take a while to form to your leg while leather shin guards have a better fit. A reason to go for leather shin guards are if you're planning on training seriously or if you feel pain in your shin even with foam shin guards on (assuming they're not worn out).

It's recommended to try them on first to make a better choice. There are again differences in size in each brand. If the fit feels right you can focus on the length. The best way to measure it is to fully extend your leg and palpate below your kneecap until you feel a bone. When the knee is bent the shin guard should not go over or under that point too much.

The foot part should cover your whole foot (including toes). And the elastic band should wrap around the foot arch.

Foam shin guards	
Pros	Cons
Cheaper	Takes a while to fit
Lighter	Padding thickness is the same everywhere

Leather shin guards	
Pros	Cons

Better fit	Expensive
Thicker padding in the middle and thinner edges	Heavier than foam shin guards
More durable than foam shin guards	

Ankle supports

Ankle supports can be worn during the kickboxing training. It looks like a compression sock without toe and heel part. Some people like the compressed feeling around their feet so it's up to you if you want to wear it or not.

Boxing shoes

Clean indoor shoes are mandatory during boxing. Boxing shoes aren't. They are recommended if you plan to train more seriously. There are two types of boxing shoes, high (ankle wrapped) and low. Boxing shoes are lighter than normal sport shoes and have a flat heel. They also have a metal heel wrap and are reinforced around the toes which takes some time to get used to.

High boxing shoes are used more often than low boxing shoes due to ankle stability. Low boxing shoes look similar to normal sport shoes, that's why they're not used often. High boxing shoes on the other hand don't really have something comparable.

If you wish to compete seriously in boxing you have to wear boxing shoes since it's a requirement. Most sport shoes have a higher heel; they feel different than wearing a boxing shoe. Your center of mass shifts and that also may affect your feel of distance and footwork.

So everything summarized;

Normal sports shoe	
Pros	Cons
Can be used in different sports	No ankle support
Generally cheaper	Higher heel
More cushion	

High boxing shoes	
Pros	Cons
Light	Expensive
Ankle support	Boxing specific
Flat heel	Less cushion
Tight fit	Takes some time to get used to

Sports tape

It's recommended to have a roll if you're sensitive to chafing or have soft feet. Especially when you begin in kickboxing. It may take a while for your feet to adjust to the floor and grow some calluses if you already don't have it.

Here's a short summary of what equipment you should get

Mandatory gear for absolute beginners	
Boxing	Kickboxing
Gloves	Gloves
	Shin guards

Equipment for regular boxers	
Mandatory	Optional
Mouthguard	Headgear
Bandages	Groin protector
Gloves	Boxing shoes
	Sportstape

Equipment for regular kickboxers	
Mandatory	Optional
Mouthguard	Headgear
Bandages	Groin protector
Gloves	Ankle supports
Shin guards	Sportstape

Maintenance

It's important to keep your gear clean for yourself and the people around you. Here is a list of what you can do.

Wash machine friendly:

- Speedwraps
- Bandages
- Toque
- Ankle bandages
- Normal sport shoes

Note; don't set the temperature higher than 40C as it can loosen some parts or shrink them.

Hand wash:

- Headgear (only inside)
- Mouthguard
- Foam shin guards (in- and outside)
- Leather shin guards (only inside)
- Boxing shoes

Note; use mild soap and don't put them on a radiator as it may affect the durability and form.

Hard to wash:

- Gloves

To minimize the odor as much as possible it's recommended to take them out of your bag as soon as you can. Open the velcro strap as far as possible to let them dry. Do not put them on a radiator or near any heat source (except in sunlight) because it will stimulate the growth of bacteria and make it smell worse over time. You can also put a few empty toilet paper rolls in the gloves (and curl them in the finger part) to draw out some moisture.