

Information Sheet

S/N	Equipment	For Training	For Grading	For Competition
1	Taekwondo Uniform	○	○	○
2	Groin Guard	○ (For Green belt and above)	○ (For Green belt and above)	○ (For Green belt and above)
3	Shin Guard	△	△	○
4	Forearm Protector	△	△	○
5	Glove Protector	△	△	○
6	Body Gear / Protector	△	△	○
7	Mouth Guard	△	△	○
8	Head Gear	△	△	○
9	In Step Guard	△	△	△
10	Target for Kick Practice	△	△	△

Legend: ○ – Compulsory

△ - Optional

Note:

- *The above list is only applicable for PA Taekwondo classes conducted by its registered Trainers and affiliated with STF.*
- *Optional items (3 - 8) will become compulsory for training if the participants are learning contact sparring or preparing for 'kyorugi' competition.*