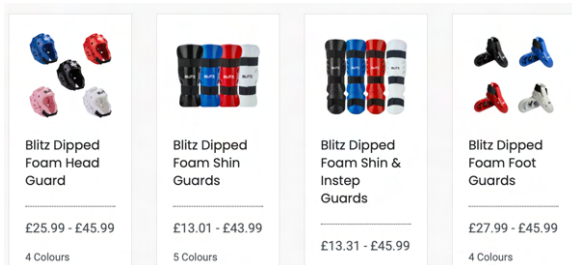


Here's a brief description of the various types of PPE we use at Widnes Martial Arts.

The recommended items below aren't just for those who partake in the Wednesday sparring & weapons classes, these are items that can be used in any regular class that involves striking or kicking on bags and pads.

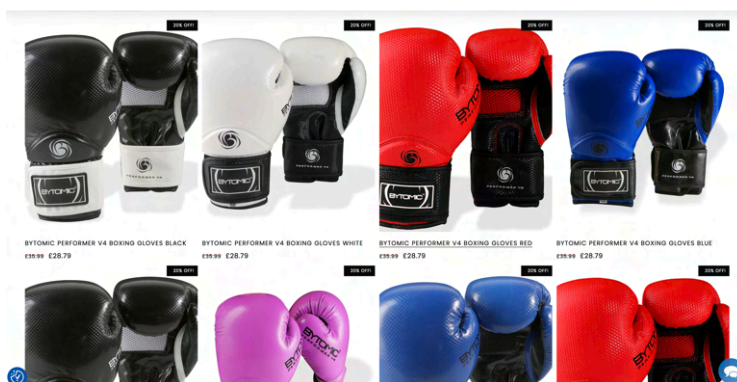
Dipped foam - These are the standard shiny Polyurethane (PU) items that we sell and use for competition; anyone who wishes to enter tournament **must** have these. The items we stock are WKSA approved, wipe clean and with current prices - very expensive!

The problem we have found the dipped foam is that they aren't very hardwearing, they tend to disintegrate with regular use. The higher ranks have always had a set of Dipped foam in their bag, saved exclusively for competition use, plus then a set of leather gear for weekly training, working on the kicking bags and doing pad work with a partner.

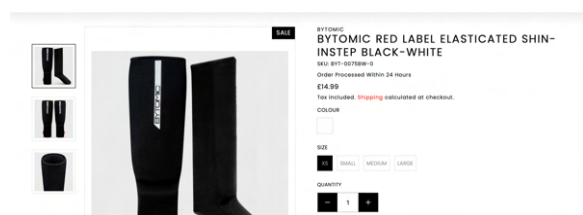


Heavy contact and regular training equipment. - The possibilities are endless here with the only limit being your budget. I recommend a good quality pair of boxing gloves and a shin guard with instep protection and have given my chosen products below.

Gloves



Shin guards & Foot protection.



I have found a great deal on the above equipment which is all currently on sale with our supplier. A good quality set of boxing gloves that will last most students their entire life can be purchased for less than a set of dipped foam hands and the same goes with the foot/leg protection.

Non-standard and additional PPE -

Full face protection - Ideal for those who wear glasses, don't like wearing mouth guards or just really don't like being hit in the face. This is normally a clear plastic shield that attaches to the standard dipped foam head guard.

Chest/body protection - Used for heavy contact sparring at advanced levels, we provide these free of charge when needed.

Focus striking pads - We provide use of these free of charge but should you wish to have your own pair, we can also supply these.

I will be doing a one time order for the items above whilst they are on sale, if you would like to order, please let me know by Monday 31st January at the latest for us to secure the discounted prices.