

(Komt uit de presentatie Congress 2008v2)

Technical specifications of the mitts

- Filling material : 2 components poly-urethane foam
- Surface : white Lycra
- Weight : max. 70g each
- Density : max. 0,25 kg/dm³
- Thickness : between 25 and 35 mm
- Width : max. 110 mm
- No publicity allowed, except on the wrist-bandage
- This shape has to be respected (see pictures)





European Shotokan Karate-do Association
Matters of importance for coaches



The number is to place on the base of the kimono – under the belt

