

Equipment; requirements in Sweden

Children 7–11 yrs

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Gum shield.

Others

Body protection and/or chest protectors may be used but are not mandatory.

Groin guard may be used but is not mandatory.

No helmet can be used.

Children 12–13 yrs

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Gum shield.
- Groin guard for male competitors.
- WKF Chest protector for female competitors.
- No helmet can be used.

Cadets, Juniors, U-21 and Seniors

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Gum shield.
- Groin guard for male competitors.
- WKF Chest protector for female competitors.

Others in all kumite

Body protection is not mandatory.

Glasses are forbidden.

Soft contact lenses can be worn at the contestant's own risk.