

General Choi Cup 2026

Approved Sparring Gear

This document outlines the minimum mandatory approved sparring protective equipment for all sparring divisions at the General Choi Cup 2026. All competitors must comply before entering the ring.

Mandatory Approved Sparring Gear

- **Head Guard:**



Approved head guard. Must fully cover the head. No hard plastic, metal, or exposed rigid parts.

- **Mouth Guard:** Transparent (clear), coloured or patterned mouth guards are permitted.

- **Gloves:**



Fingers fully covered. Gloves with exposed fingers are NOT permitted.

- **Boots:**



Toes fully covered. Foot protectors with exposed toes are NOT permitted.

- **Shin Guards:**



Optional. If worn, must be soft-type shin guards worn inside the dobok trousers.

- **Groin Guard (Male):** Mandatory for male competitors. Must be worn inside the dobok.
- **Chest Guard (Female):** Mandatory for female competitors. Must be worn inside the dobok.

General Safety Requirements

- All protective equipment must be clean, in good condition, and properly fitted.
- Equipment must not contain metal, hard plastic, zippers, studs, or sharp edges.
- All equipment is subject to inspection by the Equipment Verifier or Umpire Committee.
- Any equipment deemed unsafe or non-compliant must be replaced immediately.
- Failure to comply may result in refusal to compete or disqualification.

Note: This Approved Sparring Gear document must be read in conjunction with the General Choi Cup 2026 Rules and the One Legacy ITF Tournament Rules. The approved sparring gears are available for purchase by contacting generalchoicup@gmail.com