**STO Equipment Needed**

**POINTS FIGHTING**

**Points Gloves ( Open hand with top of Fingers covered)**

**Kick boots that fit well and in good condition.**

**Shin pads.**

**Groin guard – Male and Female is advised.**

**Chest guard – Female advised.**

**Head guard – Open face and in good condition**

**Gum shield.**

**Clothing:**

**Long kick boxing trousers:**

**Club T-shirt.**

**Club suit.**

**Light Con and Ring Light Con**

**10 oz boxing gloves in good condition**

**Kick boots that fit well and in good condition.**

**Shin pads.**

**Groin guard – Male and Female is advised.**

**Chest guard – Female advised.**

**Head guard – Open face and in good condition**

**Gum shield.**

**Clothing:**

**Long kick boxing trousers:**

**Club T-shirt.**

**Club suit.**

**Ring Low Kick**

**10 oz boxing gloves in good condition**

**Shin and Instep Guards ( no boots)**

**Groin guard – Male and Female is advised.**

**Chest guard – Female advised.**

**Head guard – Open face and in good condition**

**Gum shield.**

**Clothing:**

**Shorts**

**Club T-shirt.**