

BLITZ

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welcome

For the past 30 years, we have worked to turn our passion for Martial Arts into a full time obsession with the help of our loyal customers and a great operational team.

Our journey from a humble corner shop to a major player in the Martial Arts family has been fulfilling and challenging but, above all, has taught us the values of continuous learning and improving.

Lee Bindra (CEO)

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HOW TO ORDER

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Telephone: +44 (0) 208 317 8280

Email: sales@blitzsport.com



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SMAI WKF APPROVED GLOVES WITH THUMB

Item number: SMA006
Colour: Blue, Red
Size: XS, S, M, L, XL



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SMAI WKF APPROVED MITTS WITHOUT THUMB

Item number: SMA008
Colour: Blue, Red
Size: XS, S, M, L, XL



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SMAI WKF APPROVED SHIN AND INSTEP GUARDS

Item number: SMA009
Colour: Blue, Red
Size: XS, S, M, L, XL



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SMAI WKF APPROVED FOOT GUARDS

Item number: SMA005
Colour: Blue, Red
Size: XS, S, M, L, XL



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SMAI WKF APPROVED BODY PROTECTOR

Item number: SMA002
Colour: White
Size: S, M, L, XL, XXL



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ODACHI WKF APPROVED KARATE SUIT: 14oz

Item number: BLI235
Colour: White
Size: 140cm - 200cm



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SHUHARI WKF APPROVED KARATE SUIT: 8oz

Item number: BLI237
Colour: White
Size: 100cm - 200cm

WKF APPROVED RANGE

We stock WKF Approved Karate equipment and clothing for those who compete in WKF competitions. Approved Martial Arts equipment is compulsory for all WKF competitions.



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**WACOKU WT APPROVED
DIPPED FOAM HEAD GUARD**

Item number: WAC001
Colour: Blue, Red, White
Size: S, M, L, XL



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**WACOKU WT APPROVED
REVERSIBLE BODY ARMOUR**

Item number: WAC005
Colour: Blue/Red
Size: XXS, XS, S, M, L, XL



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**WACOKU WT APPROVED
FOREARM PADS**

Item number: WAC003
Colour: White
Size: S, M, L, XL



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**WACOKU WT APPROVED
SPARRING GLOVES**

Item number: WAC007
Colour: White
Size: S, M, L, XL



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**WACOKU WT APPROVED
SHIN PADS**

Item number: WAC006
Colour: White
Size: S, M, L, XL



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**WACOKU WT APPROVED
FOOT GUARD**

Item number: WAC008
Colour: White
Size: XS, S, M, L, XL, XXL



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**WACOKU WT APPROVED
MALE GROIN GUARD**

Item number: WAC004
Colour: White
Size: S, M, L, XL

WT APPROVED RANGE

Each product has been tested and manufactured to high set guidelines by the World Taekwondo Federation. Our Wacoku range of approved equipment is compulsory for all WT competitions.

UNIFORMS









STUDENT KARATE GI - 7oz

Item number: BLI229

- Traditional wrap over Karate suit. Ideal first gi for students.
- Soft to touch and non-abrasive to the skin.
- Trousers have an elastic/tie waistband for a precise fit.
- Woven Blitz label on lapel and on the top of left leg.
- Plain design allows suit to be personalised with club logos.
- White belt included.
- 7oz gi. 65% polyester, 35% cotton.

Size: 100cm - 210cm

Colours: Black, Blue, Mixed, Red, White

COTTON STUDENT KARATE GI - 7oz

Item number: BLI230

- Traditional wrap over Karate suit. Ideal first gi for students.
- Soft to touch and non-abrasive to the skin.
- Trousers have an elastic/tie waistband for a precise fit.
- Woven Blitz label on lapel and on the top of left leg.
- Plain design allows suit to be personalised with club logos.
- White belt included.
- 7oz gi. 100% cotton.

Size: 100cm - 200cm

Colours: Black, White



BLITZ LIGHTWEIGHT KARATE GI - 6oz

Item number: BLI228

- Ideal first gi for Karate students.
- Traditional wrap over Karate suit.
- Extra room in the gusset area to prevent hitching and to maximise movement.
- Trousers have an elastic/tie waistband, allowing for perfect fit and comfort.
- Double stitched seams for additional durability.
- Blitz label on lapel and on the top of left leg.
- Plain, minimalistic design for club personalisation.
- White belt included.
- 6oz. 65% polyester, 35% cotton.

Size: 90cm - 200cm

Colours: White





SHINZOU MARTIAL ARTS GI - 8.5oz

Item number: BLI238

- Lighter alternative for training and competition.
- European cut providing a full-length sleeve and trouser leg, with reinforced seams for durability.
- Shinzou label on lapel and on the top of left leg.
- Plain, minimalistic design allows suit to be personalised with club logos and associations.
- Pre-shrunk to keep size retention to a maximum.
- Trousers have an elastic/tie waistband, allowing for perfect fit and comfort.
- Belt not included.
- 8.5oz. 65% polyester, 35% cotton.

Size: 100cm - 200cm

Colours: Black, White





Siobhan Hayes
British Silver Medallist
5 x English Champion
2 x Grand Slam Team Champion (England)

KAMAKIRI KARATE GI - 8oz

Item number: BLI236

- Perfect Karate gi for kumite professionals.
- Latest technologies for ventilated shoulder, waist, hip, underarm and backside areas.
- Three-sectional gusset and a super-soft rippled interior, helping the material glide over the skin during intense training sessions.
- Kamakiri artwork on lapel and top of left leg.
- Plain, minimalistic design for club personalisation.
- Great design for hot climates.
- Belt not included.
- 8oz. 100% polyester.

Size: 100cm - 200cm

Colours: White



Devante Walters
England Karate Team (Kumite)



**SHUHARI WKF APPROVED
KARATE GI - 8oz**

Item number: BLI237



- Approved and licensed by the WKF (World Karate Federation).
- Suitable for National and International competition, as well as club use.
- Ventilated shoulder, waist, hip, underarm and backside areas. Great design for hot climates.
- Three-sectional gusset and a super-soft rippled interior, helping the material glide over the skin during intense training sessions.
- Belt not included.
- 8oz. 100% polyester.

Size: 100cm - 200cm

Colours: White





KOKORO KARATE GI - 10oz

Item number: BLI231

- For intense training sessions and competition.
- European cut providing a full-length sleeve and trouser leg, with reinforced seams for durability.
- Kokoro label on lapel and on the top of left leg.
- Plain, minimalistic design allows suit to be personalised with club logos and associations.
- Pre-shrunk to keep size retention to a maximum.
- Trousers have a traditional tie waist.
- Comes with a drawstring bag to store suit.
- Belt not included.
- 10oz. 100% cotton canvas.

Size: 140cm - 200cm

Colours: Black, White





ZANSHIN KARATE GI - 12oz

Item number: BLI232

- A classic Karate gi that offers maximum comfort and unrestricted movement.
- European cut providing a full-length sleeve and trouser leg.
- Pre-shrunk to keep size retention to a maximum.
- Zanshin label on lapel and on the top of left leg.
- Plain, minimalist design for club personalisation.
- Trousers have a traditional tie waist.
- Comes with a drawstring bag to store suit.
- Belt not included.
- 12oz. 100% cotton canvas.

Size: 140cm - 200cm

Colours: Black, White



Amelia Harvey
 Karate 1 Premier League Medallist
 University World Bronze Medallist
 University European Games Bronze Medallist



SILVER TOURNAMENT KARATE GI - 14oz

Item number: BLI233

- A classic Karate gi that offers maximum comfort and unrestricted movement.
- European cut providing a full-length sleeve and trouser leg.
- Pre-shrunk to keep size retention to a maximum.
- Artwork on lapel and on the top of left leg.
- Plain, minimalistic design for club personalisation.
- Trousers have a traditional tie waist.
- Comes with a drawstring bag to store suit.
- Belt not included.
- 14oz. 100% cotton canvas.

Size: 140cm - 200cm (half sizes available)

Colours: Black, White





DIAMOND KARATE GI - 14oz

Item number: BLI234

- Designed for advanced students and instructors.
- Set includes a jacket, one pair of kata trousers (Japanese cut: 3/4 length with a tie waist) and one pair of kumite trousers (European cut: full length with an elastic/tie waist).
- Jacket is a Japanese cut with 3/4 length sleeves.
- Plain, minimalistic design for club personalisation.
- Artwork on lapel and on the top of left leg.
- Comes with a drawstring bag to store suit.
- Belt not included.
- 14oz. 100% cotton canvas.

Size: 140cm - 200cm (half sizes available)

Colours: Black, White



Aimee Sell
 Senior English and British Champion
 Triple European Silver Medallist
 World Bronze Medallist



**ODACHI WKF APPROVED
 KARATE GI - 14oz**



Item number: BLI235

- Approved and licensed by the WKF (World Karate Federation).
- Suitable for National and International competition, as well as club use.
- Japanese tailored cut.
- Includes a three-sectional gusset to prevent hitching and to maximise movement.
- Trousers have a traditional tie waist.
- Comes with a drawstring bag to store suit.
- Belt not included.
- 14oz. 100% cotton canvas.

Size: 140cm - 200cm (half sizes available)
Colours: White





TRADITIONAL TANG SOO DO JACKET - 7oz

Item number: BLI247

- Made accordingly to Tang Soo Do specifications.
- Traditional, wrap over, Tang Soo Do jacket.
- Features a colour collar and lapel.
- Four colour trims to choose from: white/black, white/blue, white/green and white/red.
- Lapel, cuffs and hems have 7 rows of stitching for superior strength.
- Comfortable, smooth and non-abrasive to the skin when training.
- A woven Blitz label is placed on the lapel.
- Plain, minimalistic design allows suit to be personalised with club logos and associations.
- 65% polyester/35% cotton.
- Lightweight 7oz.

Size: 100cm - 200cm

Colours: White/Black, White/Blue, White/Green, White/Red





STUDENT MARTIAL ARTS TROUSERS - 7oz

Item number: BLI443

- Designed for Karate, Taekwondo and other Martial Arts.
- Luxuriously soft to touch and non-abrasive to the skin.
- Additional reinforced gusset for durability.
- Woven Blitz label on the top of left leg.
- Plain design allows trousers to be personalised with club logos.
- Elastic/tie waistband for a precise fit.
- 7oz. 65% polyester, 35% cotton.

Size: 100cm - 200cm

Colours: White, Black



MIDDLEWEIGHT MARTIAL ARTS TROUSERS - 12oz

Item number: BLI444

- Designed for Karate, Taekwondo and other Martial Arts.
- Luxuriously soft to touch and non-abrasive to the skin.
- Additional reinforced gusset for durability.
- Woven Blitz label on the top of left leg.
- Plain design allows trousers to be personalised with club logos.
- Traditional tie waistband for a precise fit.
- 12oz. 100% cotton.

Size: 140cm - 200cm

Colours: White, Black





BLITZ V-NECK MARTIAL ARTS GI - 7oz

Item number: BLI287

- Suitable for multiple Martial Art disciplines.
- Smart, classic suit. Ideal for any club.
- Jacket has an elastic and button down skirt to hold in place, with a v-neck opening.
- Additional slits either side of the jacket for unrestricted movement.
- Ankle to ankle gusset enabling practitioners to comfortably perform leg techniques with ease.
- Cuffs and hems have 8 rows of stitching for superior strength.
- Small woven Blitz label on left of jacket skirt and top of left leg.
- Plain, minimalistic design allows suit to be personalised with club logos and associations.
- Trousers have an elastic/tie waist.
- White belt included.
- 7oz. 65% cotton, 35% polyester.

Size: 100cm - 200cm

Colours: Black, White, White/Black





STUDENT JUDO GI - 350g

Item number: BLI224

- Lightweight Judo gi perfect for beginners; or adults who require a light suit for gentle training and coaching.
- Precision woven polycotton weave to minimise suit shrinkage and prolong durability.
- Reassuringly thick collar that's difficult to grab.
- Luxuriously soft inner lining for additional comfort.
- Extra stitching on the knees and a reinforced gusset ensuring longevity on areas affected by intense groundwork.
- Trousers have an elastic/tie waist.
- Plain, minimalistic design allows suit to be personalised with club logos and associations.
- White belt included.
- 350g. 35% cotton, 65% polyester.

Size: 100cm - 200cm

Colours: Black, Blue, White

STUDENT JUDO TROUSERS

Item number: BLI44-

- Ideal for Judo practitioners that train more than once a week.
- Extra stitching on the knees and a reinforced gusset ensure longevity on areas affected by intense groundwork.
- White trousers (sizes up to 150cm) are made from a lightweight, smooth, cotton canvas.
- Black, blue and white trousers (160cm and above) are made from a heavyweight cotton canvas.
- Trousers sizes 100cm to 150cm have an elastic/tie waistband for a precise and comfortable fit.
- Trousers sizes 160cm and above have a traditional tie waist.
- Minimalistic design allows for club personalisation.
- 100% cotton.

Size: 100cm - 200cm

Colours: Black (BLI445), Blue (BLI445), White up to size 150cm (BLI445), White over 160cm (BLI446)



LIGHTWEIGHT JUDO GI - 300g

Item number: BLI223

- Specifically designed for children.
- Ideal gi for beginners, allowing young judokas to learn the basics of Judo in a soft and comfortable suit.
- Made from the finest quality interlocking single weave, ensuring minimal shrinkage and maximum durability.
- Lightweight, non-abrasive polycotton fabric, perfect for training.
- Jacket includes reinforced seams and double stitching where needed most.
- Luxuriously soft inner lining for additional comfort.
- Reassuringly thick collar for added durability to a more readily stressed area, whilst also giving the opponent a more cumbersome grip.
- Reinforced knees for longevity when on the mat.
- Woven Blitz logo on lapel.
- Embroidered Blitz logo on top of left leg.
- Trousers have an elastic/tie waist.
- Plain, minimalistic design allows suit to be personalised with club logos and associations.
- White belt included.
- 300g. 60% cotton, 40% polyester.



Size: 100cm - 150cm

Colours: Blue, White



Owen Livesey (Blue Gi)
2014 Commonwealth Champion
8 Judo World Cup Medals
2 Judo Grand Prix 5th Places





MIDDLEWEIGHT JUDO GI - 450g

Item number: BLI225

- Ideal for all levels of Judoka.
- Precision woven polycotton weave to minimise suit shrinkage; allowing the suit to retain its shape and prolong durability.
- Reassuringly thick collar that's difficult to grab.
- Trousers include reinforced, double layered knees and a fully lined reinforced gusset, ensuring longevity on areas affected by intense groundwork.
- Luxuriously soft inner lining for additional comfort.
- Elastic/tie waistband for a precise fit.
- Woven Blitz logo on lapel.
- Embroidered Blitz logo on top of left leg.
- Plain, minimalistic design for club personalisation.
- Belt not included.
- 450g. 35% cotton, 65% polyester.

Size: 100cm - 200cm

Colours: Black, Blue, White



Julia Scardone
English Open Champion
Scottish Open Champion

Henry Wakes
Junior British Champion
Junior Northern Irish Champion
Venray International Gold Medallist



OSHIMA HEAVYWEIGHT JUDO GI - 750g

Item number: BLI226

- Manufactured in accordance with all major competition rulings.
- Designed for the well accomplished Judoka.
- Reassuringly thick collar that's difficult to grab.
- Reinforced knees for longevity on the mat.
- Trousers have a traditional tie waist.
- Plain, minimalistic design allows suit to be personalised with club logos and associations.
- Precision woven, cotton-rich, polycotton weave.
- Belt not included.
- 750g. 60% cotton, 40% polyester.

Size: 160cm - 200cm

Colours: Blue, White





Valmyr Neto

IBJJF European Champion Gi and No-Gi
NAGA European Champion Gi and No-Gi
British National Champion



Liliana Franco Robinson (White Belt)
Pro Nationals Bronze Medallist

Liz Pereira (Blue Belt)
English Open No-Gi Champion



ARTE SUAVE BRAZILIAN JIU JITSU GI

Item number: BLI062

- A minimalistic Brazilian Jiu Jitsu design, to allow clubs to add their own branding and badges.
- Heavyweight fabric ideal for groundwork.
- Reinforced collar for added durability to a more readily stressed area, whilst also giving the opponent a more cumbersome grip.
- Trousers have an elastic/tie waist.
- Rash guard and belt not included.
- Manufactured from 325g (children sizes) and 550g (adult sizes) double weave fabric.
- 60% cotton, 40% polyester.

Size: M0, M1, M2, M3, M4, A1, A2, A3, A4

Colours: White



Sam Teague (White Gi)

IBJJF British National Champion
 NAGA European Champion Gi and No-Gi
 IBJJF London Open Champion

**LUTADOR BRAZILIAN JIU JITSU GI**

Item number: BLI063

- A minimalistic Brazilian Jiu Jitsu design, to allow clubs to add their own branding and badges.
- Heavyweight fabric with reinforced stitching for longevity.
- Reinforced collar gives added durability to a more readily stressed area, whilst also giving the opponent a more cumbersome grip.
- Embroidered Lutador artwork is strategically placed on the left chest, right arm, back of the neck and top of the left leg.
- Blue gi has a white trim around the sleeve cuffs, ankle cuffs and the bottom of the jackets. Contrast white stitching is also featured.
- White gi has a red trim around the sleeve cuffs, ankle cuffs and the bottom of the jackets. Contrast red stitching is also featured.
- Trousers have a traditional tie waist.
- Ideal for groundwork and grappling.
- Competition fit for maximum comfort.
- Rash guard and belt not included.
- Manufactured from 325g (children sizes) and 550g (adult sizes) double weave fabric.
- 60% cotton, 40% polyester.



Size: M0, M1, M2, M3, M4, A1, A2, A3, A4

Colours: Blue (02-10), White (02-09)



VENCEDOR BRAZILIAN JIU JITSU GI

Item number: BLI065

- Durable, lightweight, gi made of a double weave fabric with reinforced stitching for longevity.
- Ideal for groundwork and grappling.
- Reinforced collar gives added durability to a more readily stressed area, whilst also giving the opponent a more cumbersome grip.
- Embroidered Vencedor artwork placed on the back of the neck and top of the left leg.
- Colour options are black gi with grey artwork, blue gi with white artwork and white gi with blue artwork.
- A minimalistic Brazilian Jiu Jitsu design, to allow clubs to add their own branding and badges.
- Competition fit for maximum comfort.
- Trousers have a traditional tie waist.
- Rash guard and belt not included.
- 350g. 60% cotton, 40% polyester.

Size: M0, M1, M2, M3, M4, A0, A1, A2, A3, A4

Colours: Black, Blue, White

Geoff Harris
Inducted into the Masters Hall of Fame
Authorised instructor to British Special
Forces and Royal Marines





TRADITIONAL JUJITSU GI

Item number: BLI227

- A traditional Jujitsu suit designed for all abilities.
- Excellent for all levels of fighting.
- A versatile suit strong enough to combat intense groundwork, whilst remaining unrestrictive.
- Jacket includes a wrap-around opening with cord ties to fasten securely.
- Suit includes reinforced chest areas, and heavy duty stitching, to withstand regular training sessions and competitions.
- Reinforced collar gives added durability to a more readily stressed area, whilst also giving the opponent a more cumbersome grip.
- Additional reinforced knee padding and gusset on the trousers for superior protection and durability.
- Trousers have an elastic/tie waist.
- Woven Blitz logo on lapel and on top of left leg.
- Plain, minimalistic design allows suit to be personalised with club logos and associations.
- Belt not included.
- Children's sizes: 10oz. 60% cotton, 40% polyester.
- Adult sizes (160cm+): 14oz. 100% cotton canvas.



Size: 100cm - 200cm

Colours: Black, White



NINJA SUIT

Item number: BLI246

- Traditional Ninja suit for students and instructors.
- Customary wrap-over jacket with a secret pocket.
- Jacket includes ties on both sides of the body.
- Trousers include calf ties and waistband ties.
- Sold as a complete set: hood (inner and outer), jacket, trousers, gauntlets, hand cover gloves and black sash belt.
- Full black uniform to go undercover and blend into the shadows.
- Tabi boots and socks are not included.
- 8oz. 100% cotton.

Size: 100cm - 200cm

Colours: Black





HAKAMA

Item number: BLI043

- Classic traditional Japanese cut Hakama designed to be worn over a kimono.
- High quality, heavy duty, plain black Hakama.
- Flexible backplate (Koshi Ita) and reinforced side vents for additional strength.
- Seven deep pleats are partially stitched to keep the Hakama shape (five on the front and two on the back).
- Four ties are included for a perfect fit.
- Armour not included.
- 65% Polyester, 35% Rayon.

Size: 100cm - 200cm

Colours: Black





Barry Phelan
2014 I.W.F. World Champion
2014 I.W.F. Taiji World Champion
2014 B.C.C.M.A British Nationals Champion



KUNG FU SUIT

Item number: BLI239

- Authentic and durable Kung Fu suit, consisting of a jacket and trousers with full length sleeves, full length trouser legs and cuffed ankles.
- Traditional mandarin collar and flower bud button and loop fastening on the jacket.
- Trousers have an elastic/tie waist.
- Sash not included.
- 8oz. 100% cotton.

Size: 100cm - 200cm

Colours: Black



KUNG FU TROUSERS

Item number: BLI447

- Designed for Kung Fu or Tai Chi.
- Perfect for general training and leisurewear.
- Full length trousers with elasticated cuffed ankles and reinforced seams.
- Small woven Blitz label on the front.
- Same trousers design sold with the Kung Fu suit.
- Trousers have an elastic/tie waist.
- 8oz. 100% cotton.

Size: 100cm - 200cm

Colours: Black





CLASSIC POLYCOTTON FREESTYLE TOP

Item number: BLI451

- V-neck, slip over the head design and 3/4 length sleeves.
- Black with contrast colour stripes and neck trim.
- Complements the Full Contact Trousers collection.
- Polycotton.

Size: 120cm - 200cm

Colours: Black/Red, Black/White, Black/Yellow



CLASSIC POLYCOTTON FULL CONTACT TROUSERS

Item number: BLI449

- Ideal for all styles of Martial Arts and intense training sessions.
- Black trousers with two contrasting colour stripes either side.
- Elasticated waist with additional tie for perfect fit.
- Polycotton.

Size: 100cm - 200cm

Colours: Black/Red, Black/White, Black/Yellow



CLASSIC SATIN FULL CONTACT TROUSERS

Item number: BLI450

- Ideal for all styles of Martial Arts and intense training sessions.
- Black trousers with two contrasting colour stripes either side.
- Elasticated waist with additional tie for perfect fit.
- Satin.

Size: 100cm - 200cm

Colours: Black/Red, Black/White, Black/Yellow



CLUB FULL CONTACT TROUSERS

Item number: BLI448

- Ideal for all styles of Martial Arts and intense training sessions.
- Built-in gusset area to give full flexibility and range of movement.
- Black trousers with a single contrasting 5cm stripe either side.
- 65% polyester / 35% cotton.

Size: 100cm - 200cm

Colours: Black/Red, Black/White, Black/Yellow



TROJAN COMPRESSION LEGGINGS

Item number: BLI099

- Can be worn on its own or under a gi/sports wear for support.
- 4-way stretch fabric allows for greater mobility.
- Elasticated waistband allows for a perfect, secure fit.
- Fabric wicks moisture away from the body to keep dry.
- Ultra-soft flatlock seams to reduce chafing. Ideal for groundwork.
- 85% nylon, 15% spandex.

Size: S, M, L, XL

Colours: Black



TROJAN COMPRESSION TOP

Item number: BLI100

- Can be worn on its own or under a gi/sports wear for support.
- Crewneck collar, short sleeves and ultra-soft flatlock seams.
- 4-way stretch fabric allows for greater mobility.
- Stretch-mesh underarm panels provide extra ventilation.
- Fabric wicks moisture away from the body to keep dry.
- 85% nylon, 15% spandex.

Size: S, M, L, XL

Colours: Black



TROJAN COMPRESSION SHORTS WITH CUP

Item number: BLI276

- Compression shorts with vented groin cup for extra protection and to reduce the risk of injury, when training or competing.
- 4-way stretch fabric allows for greater mobility.
- Elasticated waistband allows for a perfect, secure fit.
- Fabric wicks moisture away from the body to keep dry.
- 85% nylon, 15% spandex. Removable polycarbonate cup.

Size: XS, S, M, L, XL

Colours: Black





DIABLO TRAINING FIGHT SHORTS

Item number: BLI273

- Ultra-lightweight shorts, designed with kickboxers in mind.
- Mid-thigh cut and side splits ensures unrestricted movement.
- Large elasticated waistband, with drawstring, for a secure fit.
- Polyester.

Size: S, M, L, XL

Colours: Black, Red



FALCON MMA SHORTS

Item number: BLI274

- Lightweight, breathable and incredibly comfortable training fight shorts designed for training and competition.
- Split side seams for unrestricted movement.
- Secure inside pocket for small items.
- Non-abrasive Velcro/tie waist for precise fit.
- 97% polyester, 3% spandex.

Size: S, M, L, XL

Colours: Black



NEW CLASSIC MUAY THAI SHORTS

Item number: BLI272

- Lightweight and free-flowing Muay Thai shorts.
- Mid-thigh cut, wider leg design, with small side splits, for unrestricted movement and comfort when training.
- Large elasticated waistband, with drawstring, for a secure fit.
- Minimalistic black base with a red trim and red artwork.
- Polyester.

Size: XXXS, XXS, XS, S, M, L, XL

Colours: Black



NEW SLIM CUT MUAY THAI SHORTS

Item number: BLI275

- Lightweight and free-flowing Muay Thai shorts.
- Mid-thigh cut, slimmer leg design, with large side splits, designed to be more fitted to the leg; but, still unrestricted.
- Large elasticated waistband, with drawstring, for a secure fit.
- Minimalistic black base with a silver trim and silver artwork.
- Polyester.

Size: XXXS, XXS, XS, S, M, L, XL

Colours: Black



CLUB BOXING SHORTS

Item number: BLI079

- Lightweight and free-flowing shorts for full range of movement.
- Specifically cut and shaped to maximise function and comfort.
- Large elasticated waistband, with drawstring, for a secure fit.
- Polyester.

Size: XXS, XS, S, M, L, XL, XXL

Colours: Black, Blue, Red



BELTS & SASHES





BLITZ

BLITZ

280 CM
100% COTTON



PLAIN COLOURED LIGHTWEIGHT BELT
Item number: BLI044

- 4cm wide. High quality stitching.
- Blitz woven label on one end.
- 100% colour fast. Easy to tie.

Size: 230cm, 250cm, 280cm, 320cm



PLAIN COLOURED BELT
Item number: BLI045

- 4.5cm wide. High quality stitching.
- Blitz woven label on one end.
- 100% colour fast. Easy to tie.

Size: 230cm, 250cm, 280cm, 320cm



VELCRO PLAIN COLOURED BELT
Item number: BLI053

- 4cm wide. High quality stitching.
- Adjustable Velcro fastening at back for children.

Size: 150cm



COLOUR BELT/BLACK STRIPE
Item number: BLI047

- 4.5cm wide. High quality stitching.
- Blitz woven label on one end.
- 100% colour fast. Easy to tie.

Size: 250cm, 280cm, 320cm



WHITE BELT/COLOUR STRIPE
Item number: BLI046

- 4.5cm wide. High quality stitching.
- Blitz woven label on one end.
- 100% colour fast. Easy to tie.

Size: 230cm, 250cm, 280cm, 320cm



COLOUR BELT/WHITE STRIPE
Item number: BLI050

- 4.5cm wide. High quality stitching.
- Blitz woven label on one end.
- 100% colour fast. Easy to tie.

Size: 230cm, 250cm, 280cm, 320cm



COLOUR BELT/COLOUR STRIPE
Item number: BLI048

- 4.5cm wide. High quality stitching.
- Blitz woven label on one end.
- 100% colour fast. Easy to tie.

Size: 250cm, 280cm, 320cm



COLOUR BELT/DOUBLE STRIPE
Item number: BLI049

- 4.5cm wide. High quality stitching.
- Blitz woven label on one end.
- 100% colour fast. Easy to tie.

Size: 250cm, 280cm, 320cm



SPLIT LENGTH BELT
Item number: BLI051

- 4.5cm wide. High quality stitching.
- Blitz woven label on one end.
- 100% colour fast. Easy to tie.

Size: 250cm, 280cm



**PINK BELT**

Item number: BLI054

- Ideal for club fundraising.
- 4cm wide. High quality stitching.
- 100% colour fast. Easy to tie.

Size: 230cm, 250cm, 280cm, 320cm**MON BELT**

Item number: BLI052

- For Judo Mon Grade syllabus.
- 4.5cm wide. High quality stitching.
- 100% colour fast. Easy to tie.

Size: 250cm, 280cm, 320cm**Colour:** 1st Mon - 18th Mon**COMPETITION SILK BELT**

Item number: BLI055

- Blue and red belts for competition.
- 4cm wide. High quality stitching.
- 100% silk.

Size: 240cm, 280cm, 320cm**DELUXE COTTON MASTER BELT**

Item number: BLI059

- 5cm wide. 17 rows of stitching.
- Gold Blitz label on one end.
- 100% cotton.

Size: 280cm, 300cm, 320cm, 340cm**BJJ RANK BELT**

Item number: BLI060

- 4cm wide. 8 rows of stitching.
- Rank bar at one end of belt.
- 80% cotton, 20% polyester.

Size: 250cm, 280cm**KUNG FU SASH**

Item number: BLI061

- 10.5cm wide.
- Blitz woven label on one end.
- Polyester with a satin finish.

Size: 300cm**STANDARD SILK BLACK BELT**

Item number: BLI056

- 4.5cm wide. 11 rows of stitching.
- Silver Blitz label on one end.
- 100% silk.

Size: 240cm, 250cm, 260cm, 280cm, 300cm, 320cm, 340cm**DELUXE SILK BLACK BELT**

Item number: BLI057

- 5cm wide. 17 rows of stitching.
- Gold Blitz label on one end.
- 100% silk.

Size: 240cm, 250cm, 260cm, 280cm, 300cm, 320cm, 340cm**DELUXE COTTON BLACK BELT**

Item number: BLI058

- 5cm wide. 17 rows of stitching.
- Gold Blitz label on one end.
- 100% cotton.

Size: 240cm, 260cm, 280cm, 300cm, 320cm, 340cm

BLITZ PERSONALISED

Personalise your Martial Arts belt and accessories with our in-house embroidery services.

If you're an aspiring Martial Artist progressing through the ranks, browse our **student belts** where we can embroider on all grade colours and belt sizes. Or, if you're an accomplished black belt, check out our **black belt** design choices to add a special touch to your well earned belt.

We are continuing to expand our service to other Personalised products too. Take a look at **blitzsport.com/personalised** to keep updated with all on offer!

**FUNDRAISING BELT**

Item number: BPL010

- Personalise your pink belt for fundraising events with your chosen text, dates, or event names to mark the occasion.
- Add your text in English Script.
- Black and white thread colours.

**STUDENT BELT: PREMADE JAPANESE**

Item number: BPL014

- Add a Japanese Martial Arts design to your student belt.
- Over 45 designs to choose from.
- Showcase your achievements.
- Several thread colours to select.
- Eight belt colours available.

**STUDENT BELT: PREMADE KOREAN**

Item number: BPL015

- Add a Japanese Martial Arts design to your student belt.
- Many designs to choose from.
- Showcase your achievements.
- Several thread colours to select.
- Eight belt colours available.

**STUDENT BELT: ESSENTIAL JAPANESE**

Item number: BPL011

- Embroider your chosen Japanese Martial Art on one belt end and, add your text in English Script on the other.
- Several thread colours to select.
- Eight belt colours available.

**STUDENT BELT: ESSENTIAL KOREAN**

Item number: BPL012

- Embroider your chosen Korean Martial Art on one belt end and, add your text in English Script on the other.
- Several thread colours to select.
- Eight belt colours available.

**STUDENT BELT: ONE END**

Item number: BPL009

- Embroider the plain end of your belt by embroidering your name, date you first began training, or your chosen text.
- Add your text in English Script.
- Several thread colours to select.

**BLACK BELT: DAN BARS ONLY**

Item number: BPL002

- Add Dan Bars to the plain end of a black belt.
- Showcase your Martial Arts achievements.
- Several thread colours to select.
- Three belt types available.

**BLACK BELT: PREMADE JAPANESE**

Item number: BPL003

- Add a Japanese Martial Arts design to your black belt.
- Over 45 designs to choose from.
- Showcase your achievements.
- Several thread colours to select.
- Three belt types available.



BLACK BELT: PREMADE KOREAN

Item number: BPL004

- Add a Japanese Martial Arts design to your black belt.
- Many designs to choose from.
- Showcase your achievements.
- Several thread colours to select.
- Three belt types available.



BLACK BELT: ESSENTIAL JAPANESE

Item number: BPL005

- Embroider your chosen Japanese Martial Art on one belt end and, add your text in English Script on the other.
- Several thread colours to select.
- Three belt types available.



BLACK BELT: ESSENTIAL KOREAN

Item number: BPL006

- Embroider your chosen Korean Martial Art on one belt end and, add your text in English Script on the other.
- Several thread colours to select.
- Three belt types available.



BLACK BELT: CUSTOMISED ONE END

Item number: BPL007

- Embroider plain end of belt.
- Add Dan Bars and/or text.
- Text options in both English and Japanese.
- Several thread colours to select.
- Three belt types available.



BLACK BELT: CUSTOMISED TWO ENDS

Item number: BPL008

- Embroider both ends of belt.
- Add Dan Bars and/or text.
- Text options in both English and Japanese.
- Several thread colours to select.
- Three belt types available.



PERSONALISED DRAWSTRING BAG

Item number: BPL001

- Personalise your drawstring bag.
- Add your text in English Script.
- Select one thread colour.
- Ideal for students, clubs, gyms, schools and activities.
- Bag size: 46cm x 37cm.



BULK DISCOUNTS: CLUB BELT

Item number: BPL013

- Embroider your club name.
- Add your text in English Script.
- 11 belt types and multiple belt colours available.
- Minimum order - 20 belts.
- Bulk discount prices offered.



WOODEN PRESENTATION BELT BOX

Item number: BLI041

- Traditional Japanese belt box.
- Bushido engraved on the top.
- Paulownia wood.

Size: Size A or Size B

CONNECT WITH US

There are multiple ways to shop, follow or interact with us:

WEBSITE

blitzsport.com/personalised

ETSY

blitzsport.com/personalised

INSTAGRAM

@blitz_personalised



For special requests, queries or suggestions, email our team:

EMAIL

personalised@blitzsport.com

LEISUREWEAR







BLITZ JUDO TRAINING HOODED TOP

Item number: 35-27

- Regular fit, pull over, hooded top designed to keep you warm.
- Kangaroo-style pocket pouch at the front to hold essentials.
- Judo artwork is displayed across the chest and on the back.
- 280gsm. Cotton/polyester LFS fleece.

Size: S, M, L, XL

Colours: Black, Blue, Red, White



BLITZ TAEKWONDO TRAINING HOODED TOP

Item number: 35-28

- Regular fit, pull over, hooded top designed to keep you warm.
- Kangaroo-style pocket pouch at the front to hold essentials.
- Taekwondo artwork is displayed across the chest and on the back.
- 280gsm. Cotton/polyester LFS fleece.

Size: S, M, L, XL

Colours: Black, Blue, Red, White



BLITZ KARATE TRAINING HOODED TOP

Item number: 35-26

- Regular fit, pull over, hooded top designed to keep you warm.
- Kangaroo-style pocket pouch at the front to hold essentials.
- Karate artwork is displayed across the chest and on the back.
- 280gsm. Cotton/polyester LFS fleece.

Size: S, M, L, XL

Colours: Black, Blue, Red, White



BLITZ JUDO CLUB HOODED TOP

Item number: BLI220

- Regular fit, pull over, hooded top designed to keep you warm.
- Kangaroo-style pocket pouch at the front to hold essentials.
- Minimalistic Judo design for club and athlete personalisation.
- 280gsm. Cotton/polyester LFS fleece.

Size: S, M, L, XL

Colours: Black, Blue, Red, White



BLITZ TAEKWONDO CLUB HOODED TOP

Item number: BLI222

- Regular fit, pull over, hooded top designed to keep you warm.
- Kangaroo-style pocket pouch at the front to hold essentials.
- Minimalistic Taekwondo design for club personalisation.
- 280gsm. Cotton/polyester LFS fleece.

Size: S, M, L, XL

Colours: Black, Blue, Red, White





BLITZ KARATE CLUB HOODED TOP

Item number: BLI221

- Regular fit, pull over, hooded top designed to keep you warm.
- Kangaroo-style pocket pouch at the front to hold essentials.
- Minimalistic Karate design for club and athlete personalisation.
- 280gsm. Cotton/polyester LFS fleece.

Size: S, M, L, XL

Colours: Black, Blue, Red, White





BLITZ PATRIOT TRACKSUIT

Item number: BLI288

- Lightweight, durable, tracksuit that can be worn over a gi, to the club and gym, or for general leisurewear.
- Jacket features two outside zip pockets, one inside pocket, pull ties on the hem and a full length zip.
- Trousers include an elastic/tie waist, two side zip pockets and zips on the ankles for an adjustable fit when training.
- 100% polyester.

Size: XS, S, M, L, XL, XXL

Colours: Navy



COTTON SOLE KUNG FU SHOES

Item number: BLI173

- Specifically designed for indoor training.
- Fully lined and padded for superior comfort.
- Elasticated sides for the shoes to easily slip on and off whilst remaining secure during training and activities.
- Upper shoe is made from a thick cotton canvas.
- Sole is made from contrast colour cotton.

Size: 3-11 UK / 36-45 EU

Colours: Black



RUBBER SOLE KUNG FU SHOES

Item number: BLI178

- Classic traditional shoe, designed for indoor training.
- Fully lined and padded for superior comfort.
- Elasticated sides for the shoes to easily slip on and off whilst remaining secure during training and activities.
- Upper shoe is made from a thick cotton canvas.
- Sole is made from an anti-slip rubber.

Size: 6-12 UK / 39-46 EU

Colours: Black



ZORI SANDALS

Item number: BLI-

- Traditional Japanese Zori Sandals for indoor and outdoor use.
- X-Style sandals feature velvet cross across the top of the foot.
- Y-Style sandals feature velvet, y-style, thong toe straps.
- Grooved rubber sole for superior grip.
- Lightweight and durable foam inner core with a PVC top lining.

Size: 6-12 UK / 39-46 EU

Colours: As shown / X-Style (BLI182), Y-Style (BLI183)



OUTDOOR TABI BOOTS

Item number: BLI177

- Traditional all-black, long-length, Outdoor Tabi Boots.
- Fit securely on the calf with a resilient full-length Velcro fastening.
- Flat sole and unique split toes to help with Ninjutsu training.
- Grooved rubber sole for superior grip when training outdoors.
- Extra stitching within the sole is to assist against wear and tear.
- Cotton canvas boot.

Size: 6-12 UK / 39-46 EU

Colours: Black



TABI SOCKS

Item number: BLI181

- Plain black socks with a traditional split toe.
- Designed to be worn with Ninja split toe shoes and boots but, can also be worn with thonged sandals.
- Sock length reaches the mid-calf area.
- Prolongs shoe life by protecting them from perspiration.
- 80% cotton, 15% nylon, 5% polyester.

Size: UK shoe sizes 3 - 10

Colours: Black



SUPERLIGHT SPORTS SHOES

Item number: BLI180

- Additional, thin, protective layer to your foot (much like a sock).
- Super lightweight, incredibly flexible, quick-drying shoe.
- Non-slip rubber sole sections offer the ultimate grip and stability.
- Breathable, honeycomb insoles for comfort and protection.
- Ideal for any activity giving freedom of movement.
- 80% Lycra, 20% polyester.

Size: XS, S, M, L, XL, XXL, XXXL, XXXXL

Colours: Black



SUPERFLEX SPORTS SHOES

Item number: BLI179

- Super lightweight, incredibly flexible, quick-drying shoe.
- Shoe can bend, roll and fold, whilst retaining its shape after use.
- Breathable, honeycomb insoles for comfort and protection.
- 5mm non-slip rubber sole offers the ultimate grip and stability.
- Ideal for any activity giving freedom of movement.
- 80% Lycra, 20% polyester.

Size: XS, S, M, L, XL, XXL, XXXL, XXXXL

Colours: Black



AERO TRAINING SHOES

Item number: BLI172

- Multi-functional shoe for Martial Arts or leisure.
- Convenient slip-on shoe with a non-slip rubber sole.
- Pivot spot on the sole to allow for kicking and spinning techniques.
- Quality stitching with attention to stress points, ensuring resilience.
- White shoe with black tongue, heel, sole and padded inside.
- Soft Nama Hide™ Leather.

Size: Adult size 6-11 UK / 39-45 EU

Colours: White



MARTIAL ARTS TRAINING SHOES: BLACK/WHITE

Item number: BLI174

- Multi-functional shoe for Martial Arts or leisure activities.
- Convenient slip on shoe.
- Plain black design with double white stripes and black sole.
- Thin wedged shaped sole makes the shoe comfortable to wear.
- Pivot spot on the sole is ideal for kicking and spinning techniques.
- Soft Nama Hide™ leather.

Size: Adult size 6-11 UK / 39-45 EU

Colours: Black/White



MARTIAL ARTS TRAINING SHOES: BLACK

Item number: BLI174

- Multi-functional shoe for Martial Arts or leisure activities.
- Convenient slip on shoe.
- Plain black design with double black stripes and black sole.
- Thin wedged shaped sole makes the shoe comfortable to wear.
- Pivot spot on the sole is ideal for kicking and spinning techniques.
- Soft Nama Hide™ leather.

Size: Adult size 6-11 UK / 39-45 EU

Colours: Black/Black



MARTIAL ARTS TRAINING SHOES: WHITE/BLACK

Item number: BLI174

- Multi-functional shoe for Martial Arts or leisure activities.
- Convenient slip on shoe.
- Plain white design with double black stripes and black sole.
- Thin wedged shaped sole makes the shoe comfortable to wear.
- Pivot spot on the sole is ideal for kicking and spinning techniques.
- Soft Nama Hide™ leather.

Size: Adult size 6-11 UK / 39-45 EU

Colours: White/Black



BLITZ GYM BAG

Item number: BLI200

- Smaller gym bag with a large main compartment.
- Two carry handles and one adjustable shoulder strap.
- Selection of zip pockets, inside and out, to secure smaller items.
- Mesh pockets on both ends of the bag. Can hold drinks bottle.
- Ventilated shoe pocket or wet/dry pocket for storage.
- 100% polyester.

Size: 45cm x 25cm x 25cm

Colours: Black



BLITZ TRAINING HOLDALL

Item number: BLI218

- Basic gym or sports bag with a large main compartment.
- Two carry handles, one side handle and one adjustable shoulder strap.
- Ventilated shoe pocket or wet/dry pocket for storage.
- Selection of zip pockets to secure smaller items.
- 100% polyester.

Size: 51cm x 28cm x 25cm

Colours: Black



BLITZ COLOSSAL HOLDALL

Item number: BLI198

- Larger sports bag with a main compartment.
- Two carry handles, one side handle and an adjustable shoulder strap. Selection of zip pockets to secure smaller items.
- Ventilated shoe pocket or wet/dry pocket for storage.
- Robust bag used to store large amounts of sports equipment.
- 100% polyester.

Size: 79cm x 30cm x 35cm

Colours: Black



PRO COACH SUPER BAG

Item number: BLI212

- Basic gym or sports bag with a large main compartment.
- Carry handles for bag to be placed on shoulder comfortably.
- Includes three large and one small pocket at the front.
- Sturdy and robust bag, great for storing sports equipment.
- Heavy duty zipper to fasten bag securely.
- Durable PVC coated fabric.

Size: 90cm x 31cm x 30cm

Colours: Black/Red



BLITZ DRAWSTRING BAG

Item number: BLI199

- Ideal for the club, gym, school and trips.
- One main compartment for storing and carrying items.
- Drawstring shoulder straps to carry the bag and to keep all items inside secure when tightened.
- Lightweight, durable and showerproof.
- Polyester.

Size: 46cm x 37cm

Colours: Black



MESH EQUIPMENT BAG WITH DRAWSTRING

Item number: BLI210

- Basic bag ideal for keeping equipment together.
- Can be used on its own, as a divider in a sports bag or to keep items together when in the wash.
- The top of the bag closes with a drawstring fastening.
- Perfect for students, instructors and fitness fanatics.
- Nylon mesh.

Size: 44cm x 71cm

Colours: Black



BLITZ TRAVEL BACKPACK

Item number: BLI219

- Ideal for travelling and the perfect size for hand luggage.
- Large compartment with a number of varied sized pockets.
- Lockable compartments, zipped and slide-in pockets feature.
- Adjustable, padded, shoulder straps and a top carry handle.
- Lightweight, durable and showerproof.
- Polyester.

Size: 55cm x 40cm x 20cm

Colours: Black



MARTIAL ARTS DRUM BAG

Item number: BLI-

- Barrel bag design with two carry handles and single zip.
- Adjustable shoulder strap that is removable.
- Designs include: Judo, Karate, Kickboxing and Taekwondo.
- Canvas.

Size: 48cm x 27cm x 27cm

Designs: Judo (BLI203), Karate (BLI208), Kickboxing (BLI209), Taekwondo (BLI217)



BLITZ DISCIPLINE HOLDALL

Item number: BLI-

- Smaller holdall with a large main compartment.
- Two carry handles and one adjustable shoulder strap.
- Martial Art designs include: Judo, Karate and Taekwondo.
- 100% polyester.

Size: 45cm x 25cm x 25cm

Designs: Judo (BLI202), Karate (BLI207), Taekwondo (BLI216)





DISCIPLINE DUFFLE BAG: WHITE

Item number: BLI-

- Drawstring duffle bag with a single cord shoulder strap.
- Removable black belt that fastens at the front of the bag.
- Designs include: BJJ, Judo, Jujitsu, Karate and Taekwondo.
- 14oz cotton canvas.

Size: 40cm x 45cm

Designs: BJJ (BLI197), Judo (BLI201), Jujitsu (BLI204), Karate (BLI206), Taekwondo (BLI215)



DISCIPLINE DUFFLE BAG: BLACK

Item number: BLI-

- Drawstring duffle bag with a single cord shoulder strap.
- Removable black belt that fastens at the front of the bag.
- Designs include: Karate, Shotokan and Taekwondo.
- 14oz cotton canvas.

Size: 40cm x 45cm

Designs: Karate (BLI205), Shotokan (BLI213), Taekwondo (BLI214)



PROTECTION





**FINGER WRAPS**

Item number: BLI023

- Elastic finger wraps.
- Extra support and protection.
- Suitable for all Martial Arts.
- Sold in packs of ten.

Size: One size**Colours:** Black**ELASTIC HAND PADS**

Item number: BLI112

- Padded elasticated hand pads.
- Towelling inner ensures comfort.
- Ideal for sparring and pad work.
- Sold in pairs.

Size: XS, Junior, Senior**Colours:** Black, Blue, Red, White**ELASTIC FOREARM PADS**

Item number: BLI111

- Padded slip-on forearm support.
- Towelling inner ensures comfort.
- Ideal for light sparring.
- Sold in pairs.

Size: XS, S, M, L**Colours:** Black, Blue, Red, White**ELASTIC ELBOW PADS**

Item number: BLI110

- Padded slip-on elbow supports.
- Towelling inner ensures comfort.
- Ideal for groundwork training.
- Sold in pairs.

Size: S, M, L**Colours:** Black, Blue, Red, White**ELASTIC KNEE PADS**

Item number: BLI113

- Padded slip-on knee supports.
- Towelling inner ensures comfort.
- Ideal for groundwork training.
- Sold in pairs.

Size: S, M, L**Colours:** Black, Blue, Red, White**ELASTIC SHIN PADS**

Item number: BLI115

- Padded elasticated shin supports.
- Towelling inner ensures comfort.
- For all types of Martial Arts.
- Sold in pairs.

Size: S, M, L**Colours:** Black, Blue, Red, White**ELASTIC SHIN/INSTEP PADS**

Item number: BLI114

- Padded elasticated shin/instep pads for all Martial Arts.
- Towelling inner ensures comfort.
- Sold in pairs.

Size: XS, S, M, L**Colours:** Black, Blue, Red, White**ELASTIC ANKLE SUPPORT**

Item number: BLI286

- Non-padded elasticated slip-on ankle supports.
- Towelling inner ensures comfort.
- Sold in pairs.

Size: S, M, L**Colours:** Black, White**COMPRESSION ANKLE SUPPORTS**

Item number: BLI285

- Lightweight, slip-on, flexible nylon compression ankle support.
- Relief from ankle pain and injury.
- Sold singularly.

Size: S, M, L, XL**Colours:** As shown



STANDARD MALE GROIN GUARD

Item number: BLI186

- Standard groin guard with a detachable plastic cup.
- Elasticated waistband and support straps.
- Cup is enclosed in a layered fabric pocket with popper opening.
- Cup feature is designed specifically for men.
- Can be worn under or over trousers.
- Polyester/cotton/lycra mix.

Size: XS, Junior, Senior

Colours: Black, White



DELUXE MALE GROIN GUARD

Item number: BLI185

- Shock absorbing protection to the groin area.
- Elasticated waistband and support straps.
- Cup is built in and therefore, not detachable.
- Cup has a deep curve. Designed specifically for men.
- Can be worn under or over trousers.
- Premium synthetic leather.

Size: S, M, L, XL

Colours: Black, White



DELUXE FEMALE GROIN GUARD

Item number: BLI184

- Shock absorbing protection to the groin area.
- Elasticated waistband and support straps.
- Anatomically designed exclusively for women.
- Suitable for training and competition.
- Can be worn under or over trousers.
- Premium synthetic leather.

Size: XS, S, M, L, XL

Colours: Black, White



WACOKU WT APPROVED MALE GROIN GUARD

Item number: WAC004



- World Taekwondo Federation approved.
- Cup is made from a shock absorbing EVA foam.
- Elastic waistband holds the guard firmly in position.
- Superior protection and comfort to the groin and lower belly.
- Lightweight cup with a deep curve. Designed for men.
- Suitable for training and competitions.

Size: S, M, L, XL

Colours: White



WACOKU WT APPROVED FEMALE GROIN GUARD

Item number: WAC002



- World Taekwondo Federation approved.
- Cup is made from a shock absorbing EVA foam.
- Elastic waistband holds the guard firmly in position.
- Superior protection and comfort to the groin and lower belly.
- Lightweight cup and shaped to fit the female figure.
- Suitable for training and competitions.

Size: S, M, L

Colours: White

**FEMALE COOL GUARD: INSERTS ONLY**

Item number: BLI073

- 2mm thick plastic inserts for maximum protection.
- Side vents for breathability, keeping the wearer cool.
- Cool Guard and inserts are sold separately, for perfect fit and to allow a greater buying choice.
- Sold as a pair.
- Moulded polyethylene.

Size: XS, S, M, L, XL**Colours:** White**FEMALE VEST TOP: COOL GUARD**

Item number: BLI075

- Comfortable, non-wired, sports bra for protection and support.
- Can be used as a sports bra or crop top on its own.
- Plastic inserts can be added for extra protection. Layered pockets ensure plastic inserts do not touch skin.
- Plastic inserts sold separately.
- Nylon spandex mix.

Size: S, M, L, XL**Colours:** White**FEMALE VEST TOP: COOL GUARD**

Item number: BLI075

- Comfortable, non-wired, sports bra for protection and support.
- Can be used as a sports bra or crop top on its own.
- Plastic inserts can be added for extra protection. Layered pockets ensure plastic inserts do not touch skin.
- Plastic inserts sold separately.
- Nylon spandex mix.

Size: S, M, L, XL**Colours:** Black**FEMALE MAXI GUARD: INSERT ONLY**

Item number: BLI074

- 2mm thick plastic guard for maximum protection.
- Ventilation holes for breathability, keeping the wearer cool.
- Perfect for protecting the whole upper chest area.
- Maxi Guard and inserts are sold separately, for perfect fit and to allow a greater buying choice.
- Moulded polyethylene.

Size: XXS, XS, S, M, L, XL**Colours:** White**FEMALE VEST TOP: MAXI GUARD**

Item number: BLI076

- An adaptable guard that can also be used as a training vest.
- Breathable fabric for ventilation and temperature control.
- Perspex guard is easy to insert at the front of the vest.
- Layered pocket ensures plastic insert does not touch the skin.
- Perspex maxi guard insert sold separately.
- Nylon spandex mix.

Size: S, M, L, XL**Colours:** White

**FEMALE VEST TOP: MAXI GUARD**

Item number: BLI076

- An adaptable guard that can also be used as a training vest.
- Breathable fabric for ventilation and temperature control.
- Perspex guard is easy to insert at the front of the vest.
- Layered pocket ensures plastic insert does not touch the skin.
- Perspex maxi guard insert sold separately.
- Nylon spandex mix.

Size: S, M, L, XL**Colours:** Black



CLUB REVERSIBLE BODY ARMOUR

Item number: BLI067

- Reversible body armour: blue one side and red on the other.
- Adjustable hook and loop straps for the perfect fit when worn.
- Protects the chest, upper abdomen and ribs when sparring.
- Resilient padding is covered in a strong Nama Hide™ leather.

Size: XXS, XS, S, M, L, XL, XXL

Colours: Blue/Red



DELUXE REVERSIBLE BODY ARMOUR

Item number: BLI070

- Reversible body armour: blue one side and red on the other.
- Secured by reinforced cotton straps that tie at the back.
- Designed for semi contact sparring. Ideal for competitions.
- Resilient padding is covered in a strong Nama Hide™ leather.

Size: XXS (size 1), XS (size 2), S (size 3), M (size 4), L (size 5), XL (size 6)

Colours: Blue/Red





CLUB REVERSIBLE SPOT BODY ARMOUR

Item number: BLI068

- Reversible body armour: blue spots one side and red on other.
- Adjustable hook and loop straps for the perfect fit when worn.
- Protects the chest, upper abdomen and ribs when sparring.
- Resilient padding is covered in a strong Nama Hide™ leather.

Size: XXS, XS, S, M, L, XL, XXL

Colours: Blue/Red



DELUXE REVERSIBLE SPOT BODY ARMOUR

Item number: BLI071

- Reversible body armour: blue spots one side and red on other.
- Secured by reinforced cotton straps that tie at the back.
- Designed for semi contact sparring. Ideal for competitions.
- Resilient padding is covered in a strong Nama Hide™ leather.

Size: XXS (size 1), XS (size 2), S (size 3), M (size 4), L (size 5), XL (size 6)

Colours: Blue/Red



INTERCEPT REVERSIBLE BODY PROTECTOR

Item number: BLI077

- Designed to protect your chest, upper abdomen and ribs.
- Reversible body armour: blue one side and red on the other.
- Adjustable nylon straps with Velcro fastening at the back.
- Resilient padding is covered in a strong Nama Hide™ leather.

Size: S, M, L, XL

Colours: Blue/Red



SENTINEL BODY ARMOUR

Item number: BLI078

- Ideal for all Martial Arts disciplines.
- Protects your chest, upper abdomen and ribs by fitting close to the body for maximum coverage without inhibiting movement.
- Bamboo padded plates strategically placed to disperse impact.
- Adjustable hook and loop nylon straps at the back.
- Bamboo plates and foam filling covered in a nylon canvas.

Size: S, M, L, XL

Colours: Black



WACOKU WT APPROVED REVERSIBLE COMPETITION BODY ARMOUR

Item number: WAC005

- Approved by the WT for competition use.
- Reversible body armour: blue one side and red on the other.
- 13mm thick, shock absorbing, EVA padding. CE approved.

Size: XXS (size 1), XS (size 2), S (size 3), M (size 4), L (size 5), XL (size 6)

Colours: Blue/Red





SMAI WKF APPROVED BODY PROTECTOR

Item number: SMA002



- Compulsory for male and female WKF competitions.
- Protects against strikes to the chest.
- Elasticated back panel and strap allows unrestricted movement.
- Lightweight and comfortable to wear under any karate suit.
- Anti-impact inner material with a high shock absorbency rate.
- Highest tenacity fibre to resist tears, scuffs and abrasions.

Size: S, M, L, XL, XXL

Colours: White



SMAI WKF APPROVED CHILDREN'S CHEST GUARD

Item number: SMA003



- Approved by the World Karate Federation.
- Designed with children in mind.
- Superior level of chest protection against strikes and blows.
- Comfortably worn without restricting the user's movement.
- Adjustable Velcro strap enclosures for precise fit.
- 4cm thick EVA multi-layered foam padding, finished in PU.

Size: S, M, L, XL

Colours: White



COACHING BODY ARMOUR

Item number: BLI069

- Sturdy and robust body armour that absorbs hard body strikes.
- 4" raised sides and mid-section, excellent for knee, round kicks and other undesirable blows.
- Secured around the neck and double snap clicks to the rear.
- Padded shoulder straps for extra comfort for the wearer.
- Nama Hide™ leather.

Size: One size (adult)

Colours: Black



BELLY PROTECTOR

Item number: BLI066

- Designed for front kicks, foot jabs, knee strikes and punches.
- Sturdy and robust belly protector that absorbs hard body strikes.
- Raised, padded, side targets to improve strike accuracy.
- 3" thick foam padding on the mid-section for protection.
- Fastens at the rear with an adjustable Velcro strap.
- Nama Hide™ leather.

Size: One size (adult)

Colours: Black



DIPPED FOAM HEAD GUARD

Item number: BLI103

- Light and safe head guard that is easy to put on and remove.
- For any Martial Art, semi contact training and competitions.
- Air holes for breathability and a Velcro fastening chin strap.
- Soft EVA foam dipped in a PVC resin.

Size: XXS, XS, S, M, L

Colours: Black, Blue, Pink, Red, White



DOUBLE PADDED DIPPED FOAM HEAD GUARD

Item number: BLI108

- Light and safe head guard that is easy to put on and remove.
- Extra padding around the ears, forehead and rear of head.
- Air holes for breathability and a Velcro fastening chin strap.
- Soft EVA foam dipped in a PVC resin.

Size: XXS, XS, S, M, L

Colours: Black, Blue, Red





WACOKU WT APPROVED DIPPED FOAM HEAD GUARD

Item number: WAC001



- Approved by the World Taekwondo Federation and includes the necessary requirements for use in competitions.
- Adjustable Velcro strap for a secure fit.
- 2cm thick NBR sponge with a urethane coated surface.

Size: S, M, L, XL

Colours: Blue, Red, White



SCORPION HEAD GUARD

Item number: BLI196

- Ideal for children and adults when training and competing.
- Additional padding on forehead and ear guards for protection.
- Ventilated openings to keep the wearer cool and comfortable.
- Made from the most durable and shock absorbent EVA.

Size: S, M, L

Colours: Black, Blue, Red



SCORPION FACE MASK

Item number: BLI195

- Clear face mask to protect against sparring punches and kicks.
- Full peripheral vision and padding on the chin for support.
- Air vents for easier breathing and to reduce fogging when worn.
- Designed to be attached to the Blitz Scorpion Head Guard using the four hook and loop Velcro straps.
- Plastic.

Size: One size

Colours: As shown



CLEAR PROTECTIVE VISOR

Item number: BLI190

- Full contact head guard with unrestricted head movement.
- Excellent field of vision. Plastic visor cannot be removed.
- Adjustable Velcro straps to the top and rear of the head.
- Specifically designed for full contact sports.
- Great protection when trying to master solo weaponry skills.
- Nama Hide™ leather with a tough plastic visor.

Size: One size (adult)

Colours: Black



GRILLED HEAD GUARD

Item number: BLI193

- Full contact head guard with detachable face grill.
- Shock absorbent padding specifically designed for full contact.
- Adjustable Velcro straps to hold the head guard in position.
- Nama Hide™ leather with a tough plastic grill.

Size: M, L

Colours: Black, Red





CLUB SEMI CONTACT HEAD GUARD

Item number: BLI192

- Semi contact head guard with bound ear sections.
- Adjustable Velcro straps on top of the head and under the chin.
- Breathable, moisture absorbing, anti-microbial lining.
- Nama Hide™ leather.

Size: S, M, L

Colours: Black, Blue, Red



CLUB FULL CONTACT HEAD GUARD

Item number: BLI191

- Full face head guard with additional padding to the chin, ears, cheeks, forehead and back of the head.
- Adjustable Velcro straps at the back of the head.
- Nama Hide™ leather.

Size: S, M, L

Colours: Black, Blue, Red



NEW NITRO SEMI CONTACT HEAD GUARD

Item number: BLI467

- Semi contact head guard with bound ear sections.
- Adjustable Velcro straps at rear and under chin.
- Breathable, moisture absorbing, anti-microbial lining.
- Nama Hide™ leather with high density foam padding.

Size: One size (adult)

Colours: Black, Blue, Red



NEW NITRO FULL CONTACT HEAD GUARD

Item number: BLI466

- Full face head guard with additional padding to the chin, ears, cheeks, forehead and back of the head.
- Adjustable Velcro straps at the back of the head.
- Nama Hide™ leather with high density foam padding.

Size: One size (adult)

Colours: Black, Blue, Red



CENTURION HEAD GUARD

Item number: BLI189

- Semi face head guard with peripheral vision. Lightweight, high density, foam padding providing superior shock absorption.
- Adjustable Velcro straps at the rear of head and under the chin.
- Nama Hide™ leather.

Size: One size (adult)

Colours: Black/Blue, Black/Gold, Black/Red





MAGNUS GRAPPLING EAR GUARD

Item number: BLI194

- Designed to protect your head and ears during grappling moves.
- Resilient plastic ear shield and foam padding to absorb shock.
- Adjustable Velcro straps on the forehead, to the back of the head and under the chin for a secure and comfortable fit.
- Ideal for wrestling, grappling, BJJ and MMA training.
- Made from nylon with robust plastic ear guards.

Size: One size

Colours: Black



DIPPED FOAM GLOVES

Item number: BLI102

- Moulded foam that fits securely around the knuckles.
- Lightweight and compact to absorb blows, knocks and impact.
- Adjustable elasticated Velcro strap for precise fit.
- Designed for semi contact Martial Arts. Ideal for young students.

Size: XXS, XS, S, M, L

Colours: Black, Blue, Pink, Red, White



DOUBLE PADDED DIPPED FOAM GLOVES

Item number: BLI107

- Moulded foam that fits securely around the knuckles.
- Extra padding across the back of the hand and knuckles.
- Adjustable elasticated Velcro strap for precise fit.
- Designed for semi contact Martial Arts. Ideal for young students.

Size: XS, S, M, L

Colours: Black, Blue, Red



SEMI CONTACT OPEN PALM GLOVES

Item number: BLI255

- Designed for semi contact, full contact or bag work.
- Lightweight and compact to absorb blows, knocks and impact.
- Adjustable elasticated Velcro strap for precise fit.
- Nama Hide™ leather.

Size: XS, S, M, L, XL

Colours: Black, Blue, Red



SMAI WKF APPROVED MITTS WITHOUT THUMB

Item number: SMA008

- Approved by the World Karate Federation.
- Absorbs the knocks and blows associated with kumite.
- Adjustable elasticated Velcro strap for precise fit.
- Premium synthetic leather.

Size: XS, S, M, L, XL

Colours: Blue, Red



SMAI WKF APPROVED GLOVES WITH THUMB

Item number: SMA006

- Approved by the World Karate Federation.
- Additional thumb to absorb the blows associated with kumite.
- Adjustable elasticated Velcro strap for precise fit.
- Premium synthetic leather.

Size: XS, S, M, L, XL

Colours: Blue, Red





ELITE MITTS WITHOUT THUMB

Item number: BLI250

- Lightweight and durable mitt without the thumb section.
- Adjustable elasticated Velcro strap for precise fit.
- Suitable for Martial Arts training and competition.
- Nama Hide™ leather.

Size: XS, S, M, L, XL

Colours: Black, Blue, Red, White



ELITE GLOVES WITH THUMB

Item number: BLI249

- Lightweight and durable mitt with enclosed thumb.
- Adjustable elasticated Velcro strap for precise fit.
- Suitable for Martial Arts training and competition.
- Nama Hide™ leather.

Size: XS, S, M, L, XL

Colours: Black, Blue, Red, White





KIDS TRAINING BOXING GLOVES

Item number: BLI091

- Specifically designed for children.
- Multi purpose glove for boxing, semi/full contact and ring work.
- Velcro strap for further support to minimise unnecessary injuries.
- Nama Hide™ leather.

Size: 6oz, 8oz, 10oz
Colours: Black, Blue, Red, White



TRAINING BOXING GLOVES

Item number: BLI095

- Multi purpose glove for boxing, semi/full contact and ring work.
- Superior comfort design for a snug, lightweight fit.
- Velcro strap for further support to minimise unnecessary injuries.
- Nama Hide™ leather.

Size: 8oz, 10oz, 12oz, 14oz, 16oz
Colours: Black, Blue, Red, White





KIDS PRO BOXING GLOVES

Item number: BLI090

- Specifically designed for children.
- Multi purpose glove for boxing, semi/full contact and ring work.
- Velcro strap for further support to minimise unnecessary injuries.
- Leather/PU mix.

Size: 6oz

Colours: Black, Blue, Red



PRO BOXING GLOVES

Item number: BLI094

- Multi purpose glove for boxing, semi/full contact and ring work.
- Additional padded thumb to minimise risk of injury on impact.
- Velcro strap for further support to minimise unnecessary injuries.
- Leather/PU mix.

Size: 10oz, 12oz, 14oz, 16oz

Colours: Black, Blue, Red





KIDS COUNTRY BOXING GLOVES

Item number: BLI086

- Specifically designed for children.
- Multi purpose glove for boxing, semi/full contact and ring work.
- Pre-curved, foam-injected technology to absorb blows.
- Nama Hide™ leather.

Size: 6oz

Colours: England, United Kingdom



COUNTRY BOXING GLOVES

Item number: BLI082

- Multi purpose glove for boxing, semi/full contact and ring work.
- Cool mesh system improving hand grip and hygiene.
- Velcro wrist fastening to minimise unnecessary injuries.
- Nama Hide™ leather.

Size: 10oz

Colours: England, United Kingdom





KIDS OMEGA BOXING GLOVES

Item number: BLI089

- Specifically designed for children.
- Multi purpose glove for boxing, semi/full contact and ring work.
- Nama Hide™ leather.

Size: 6oz

Colours: Black, Blue, Neon Green, Neon Orange, Neon Pink, Neon Yellow, Purple, Red, White



OMEGA BOXING GLOVES

Item number: BLI093

- Multi purpose glove for boxing, semi/full contact and ring work.
- Pre-curved, foam-injected technology to absorb blows.
- Nama Hide™ leather.

Size: 8oz, 10oz, 12oz, 14oz, 16oz

Colours: Black, Blue, Neon Green, Neon Orange, Neon Pink, Red, White





KIDS CARBON BOXING GLOVES

Item number: BLI085

- Specifically designed for children.
- Multi purpose glove for boxing, semi/full contact and ring work.
- Pre-curved, foam-injected technology to absorb blows.
- Nama Hide™ leather.

Size: 6oz

Colours: Black, White



CARBON BOXING GLOVES

Item number: BLI080

- Pre-curved, foam-injected technology to absorb blows.
- Cushioned support panel for extra protection and hand safety.
- Cool mesh system to improve hand grip and hygiene.
- Nama Hide™ leather.

Size: 10oz, 12oz, 14oz, 16oz

Colours: Black, White



CENTURION BOXING GLOVES

Item number: BLI081

- Multi purpose glove for boxing, semi/full contact and ring work.
- Pre-curved, foam-injected technology to absorb blows.
- Velcro strap for further support to minimise unnecessary injuries.
- Nama Hide™ leather.

Size: 10oz, 12oz, 14oz, 16oz

Colours: Black/Blue, Black/Gold, Black/Red



KICKBOXING GLOVES

Item number: Kids: BLI088 / Adults: BLI084

- Pre-curved, foam-injected technology to absorb blows.
- Cushioned panel on the palm to assist with clenching.
- Lengthened wrist support to rear of hand to protect against kicks.
- Kid's gloves - Nama Hide™ leather. Adult gloves - Buffalo leather.

Size: Kids - 6oz / Adults - 10oz, 12oz, 14oz, 16oz

Colours: Black/Red, Black/White



BLITZ MUAY THAI BOXING GLOVES

Item number: BLI092

- Designed for heavy bag workouts, sparring and pad work.
- Superior comfort design for a snug, lightweight fit.
- Thick Velcro wrist strap to minimise unnecessary injuries.
- Leather/PU mix.

Size: 8oz, 10oz, 12oz, 14oz, 16oz

Colours: Black, Blue, Red





KIDS FIREPOWER MUAY THAI BOXING GLOVES

Item number: BLI087

- Specifically designed for children.
- Superior comfort design for a snug, lightweight fit.
- Velcro wrist strap for precise fit and to minimise injuries.
- Nama Hide™ leather.

Size: 6oz

Colours: Black, Red, White



FIREPOWER MUAY THAI BOXING GLOVES

Item number: BLI083

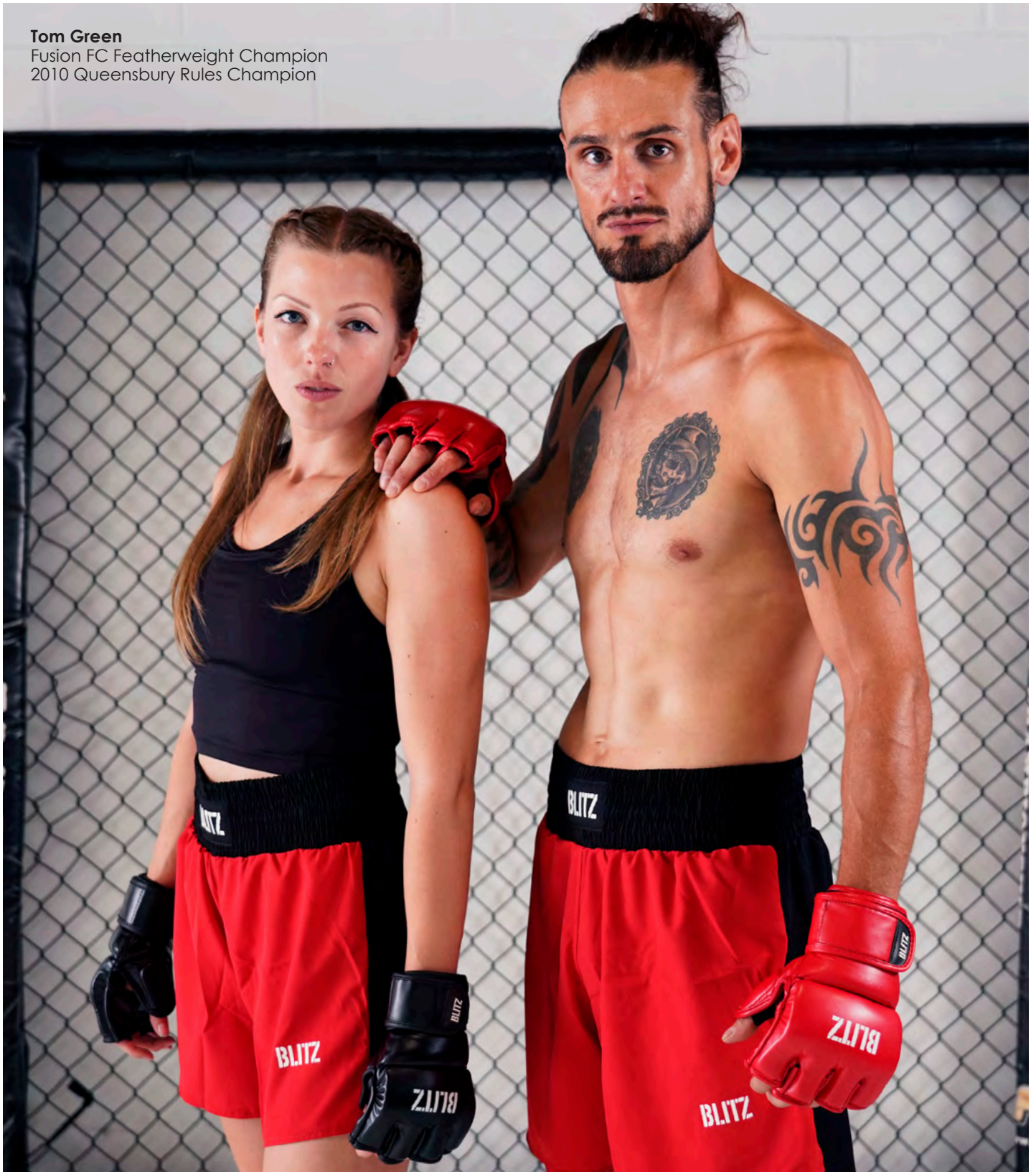
- Designed for heavy bag workouts, sparring and pad work.
- Pre-curved, foam-injected technology to absorb blows.
- Thick Velcro wrist strap to minimise unnecessary injuries.
- Buffalo leather.

Size: 10oz, 12oz, 14oz, 16oz

Colours: Black, Red, White



Tom Green
Fusion FC Featherweight Champion
2010 Queensbury Rules Champion



PROTECTION



RAPTOR MMA GLOVES

Item number: BLI254

- 4oz competition MMA glove with padded thumb.
- 1 inch of absorbing foam to protect the knuckles.
- Velcro wrap around wrist strap for precise fit.
- Nama Hide™ leather.

Size: S/M, L/XL

Colours: Black, Blue, Red, White





STRYKER MMA GLOVES

Item number: BLI256

- For gruelling training sessions and intense combat.
- Shock absorbent, gel padded, MMA gloves with padded thumb.
- Open palm design allows for ventilation and a natural grip.
- Inner glove is coated in neoprene to decrease restriction.
- Velcro wrap around wrist support strap for secure fit.
- Nama Hide™ leather.

Size: S/M, L/XL

Colours: Black



AVENGER MMA SPARRING GLOVES

Item number: BLI248

- For bag work, MMA sparring and semi-professional tournaments.
- Ultimate shock absorption against the hardest impact.
- Additional padding on knuckles and thumb for extra protection.
- Open palm design allows for ventilation and a natural grip.
- Velcro wrap around wrist support strap for secure fit.
- Nama Hide™ leather.

Size: S/M, L/XL

Colours: Black



MITT TYPE BAG GLOVES

Item number: BLI253

- For perfecting power shots or focusing on pinpoint striking.
- Pre-curved, multi layered, foam-injected technology.
- Cool mesh system to improve hand grip and hygiene.
- Open thumb allows for grappling and freedom to make a fist.
- Soft, lightweight glove great for intense workouts.
- Velcro wrist strap for further support and precise fit.
- Nama Hide™ leather.

Size: S, M, L, XL

Colours: Black



FINGERLESS BAG GLOVES

Item number: BLI251

- Lighter, more flexible, alternative to traditional bag mitts.
- High density foam padding across the back of the hand, knuckles and thumb, providing superior shock absorption.
- Adjustable Velcro strap for a precise fit.
- Suitable for training on speedballs and floor to ceiling balls.
- Nama Hide™ leather.

Size: S, M, L, XL

Colours: Black



PRO GEL HAND WRAPS

Item number: BLI188

- Designed to be worn inside boxing gloves or bag gloves.
- Can be worn alone for bag work, pad work, speedball training, grappling and MMA training.
- Gel padding on exterior for protection to the hand.
- Extra long wrist strap for stability and support.
- Neoprene with gel padding.

Size: S/M, L/XL

Colours: Black



VIPER SPARRING GLOVES

Item number: BLI257

- Lightweight and incredibly comfortable sparring gloves.
- Sectioned EVA pads protect the knuckles from external shocks.
- Open palm allows for maximum movement and flexibility.
- Ventilated palm for additional breathability.
- Adjustable elasticated Velcro strap for precise fit.
- Nama Hide™ leather with neoprene strap.

Size: S, M, L, XL

Colours: White/Black



WACOKU WT APPROVED SPARRING GLOVES

Item number: BLI257



- Approved by the World Taekwondo Federation.
- CE approved for safety assurance.
- Sectioned EVA pads protect the knuckles from external shocks.
- Open palm allows for maximum movement and flexibility.
- Adjustable elasticated Velcro strap for precise fit.
- Suitable for training, sparring and competitions.

Size: S, M, L, XL

Colours: White/Black



INNER BAG GLOVES

Item number: BLI252

- Fingerless, elasticated, gloves for a snug fit around the hand.
- Designed to be worn inside Boxing gloves, Muay Thai gloves, MMA gloves or general fitness gloves for extra comfort.
- Cotton/polyester mix. Sold in pairs.

Size: S, M, L, XL

Colours: Black, White



VELOCITY FOREARM PADS

Item number: BLI116

- Designed to cushion painful blows to the forearm.
- Contoured to fit the forearm naturally, with two elasticated wrap around Velcro straps for a precise and comfortable fit.
- For Taekwondo, Sanda, Kickboxing and other combat sports.
- Sold as a pair.
- Nama Hide™ leather with shock absorbing EVA padding.

Size: S, M, L, XL

Colours: White



WACOKU WT APPROVED FOREARM PADS

Item number: WAC003



- Approved by the World Taekwondo Federation.
- Maximum protection during training and when blocking.
- Two elasticated wrap around Velcro straps for precise fit.
- Branded with the WTF and Wacoku logo.
- Sold as a pair.
- Vinyl with shock absorbing EVA padding.

Size: S, M, L, XL

Colours: White



HAND WRAPS

Item number: BLI187

- Extra durable, elasticated hand wraps with Velcro strap.
- Designed to be worn with Boxing gloves or bag gloves.
- 60% nylon, 40% cotton. Sold in pairs.

Size: 120", 180"

Colours: Black, Blue, Neon Green, Neon Orange, Neon Pink, Neon Yellow, Pink, Red, White, Yellow, Union Jack



NEW MESH HAND WRAPS

Item number: BLI471

- Designed to protect the knuckles and hand when using bag gloves, boxing gloves or on their own.
- Additional strength to soft hand tissues during impact of a punch.
- Breathable and lightweight keeping your hands cool.
- 3m long wrist strap for stability and support.
- Mesh elastic. Sold in pairs.

Size: 3m

Colours: Black



DIPPED FOAM SHIN GUARDS

Item number: BLI105

- Light and safe shin guards, suitable for a variety of sports.
- Air holes allow for maximum breathability and comfort.
- Two elasticated wrap around Velcro straps for precise fit.
- Foam dipped in a PVC resin and vacuum moulded to finish.

Size: XXS, XS, S, M, L

Colours: Black, Blue, Pink, Red, White





DOUBLE PADDED DIPPED FOAM SHIN GUARDS

Item number: BLI109

- Light and safe shin guards, suitable for a variety of sports.
- Extra padding across shin when protection is needed most.
- Air holes allow for maximum breathability and comfort.
- Foam dipped in a PVC resin and vacuum moulded to finish.

Size: XXS, XS, S, M, L

Colours: Black, Blue, Red



DIPPED FOAM SHIN AND INSTEP GUARDS

Item number: BLI104

- Light and safe shin and instep, suitable for a variety of sports.
- Air holes allow for maximum breathability and comfort.
- Three elasticated wrap around Velcro straps for precise fit.
- Foam dipped in a PVC resin and vacuum moulded to finish.

Size: XXS, XS, S, M, L

Colours: Black, Blue, Pink, Red, White



ELITE SHIN GUARDS WITH REMOVABLE FOOT

Item number: BLI268

- Shin guard and foot guard can be worn together or separately. Removable foot is attached to shin with Velcro.
- Three elasticated Velcro straps for precise fit.
- Nama Hide™ leather.

Size: XS, S, M, L, XL

Colours: Blue, Red



SMAI WKF APPROVED SHIN AND INSTEP

Item number: SMA009



- Approved by the World Karate Federation.
- Shin guard and foot guard can be worn together or separately. Removable foot is attached to shin with Velcro.
- Premium synthetic leather.

Size: XS, S, M, L, XL

Colours: Blue, Red



WACOKU WT APPROVED SHIN PADS

Item number: WAC006



- Approved by the World Taekwondo Federation.
- Maximum protection during training and when blocking.
- Two elasticated wrap around Velcro straps for precise fit.
- Branded with the WTF and Wacoku logo.
- Sold as a pair.
- Vinyl with shock absorbing EVA padding.

Size: S, M, L, XL

Colours: White



CENTURION SHIN GUARDS

Item number: BLI267

- Absorbs the hardest of blows giving high impact protection.
- Soft, non-abrasive inner that moulds perfectly to your shin.
- Two Velcro straps for precise fit and comfort.
- Nama Hide™ leather.

Size: S/M, L/XL

Colours: Black/Blue, Black/Gold, Black/Red



SEMI CONTACT SHIN AND INSTEP

Item number: BLI271

- Absorbs the hardest of blows, giving high impact protection.
- Soft, non-abrasive inner that moulds perfectly to your shin.
- Two Velcro straps and elastic strap under foot for precise fit.
- Nama Hide™ leather.

Size: XS, S, M, L, XL

Colours: Black, Red





NITRO SHIN GUARDS

Item number: BLI270

- High density foam with extra padding on the shin and instep.
- Non-abrasive inner lining moulds perfectly to your shin.
- Two Velcro adjustable straps allowing a precise fit.
- Nama Hide™ leather.

Size: S/M, L/XL

Colours: Black, Blue, Red



FUSION SHIN GUARD

Item number: BLI269

- High density foam with extra padding on the shin for protection.
- Non-abrasive inner lining moulds perfectly to your shin.
- Two Velcro adjustable straps allowing a precise fit.
- Nama Hide™ leather.

Size: S/M, L/XL

Colours: Black, Blue, Red





DIPPED FOAM FOOT GUARDS

Item number: BLI101

- Light and safe foot guard, suitable for a variety of sports.
- Air holes allow for maximum breathability and comfort.
- An elasticated wrap around Velcro strap for precise fit.
- Foam dipped in a PVC resin and vacuum moulded to finish.

Size: XXS, XS, S, M, L

Colours: Black, Blue, Pink, Red, White





DOUBLE PADDED DIPPED FOAM FOOT GUARDS

Item number: BLI106

- Light and safe foot guards, suitable for a variety of sports.
- Extra padding across the top of the foot for added protection.
- An elasticated wrap around Velcro strap for precise fit.
- Foam dipped in a PVC resin and vacuum moulded to finish.

Size: XS, S, M, L

Colours: Black, Blue, Red



ELITE FOOT GUARDS

Item number: BLI170

- Can be worn in National Karate Championships.
- Held securely in place with a Velcro fastening at the back and an elastic strap under the arch of the foot and at the toes.
- Nama Hide™ leather.

Size: XS, S, M, L, XL

Colours: Blue, Red



SEMI CONTACT FOOT PROTECTOR

Item number: BLI171

- Designed for Kickboxing and full contact sports.
- Elasticated wrap around Velcro strap at the back and elastic strap underneath for precise fit.
- Anti-slip. Nama Hide™ leather.

Size: XS, S, M, L, XL

Colours: Black, Blue, Red



SMAI WKF APPROVED FOOT GUARDS

Item number: SMA005



- Approved by the World Karate Federation.
- Held securely in place with a Velcro fastening at the back and an elastic strap under the arch of the foot and at the toes.
- Premium synthetic leather.

Size: XS, S, M, L, XL

Colours: Blue, Red



WACOKU WT FOOT GUARD

Item number: WAC008



- Approved by the World Taekwondo Federation.
- Ventilated inner mesh with unobtrusive vinyl covered EVA panels.
- Panels sectioned to enable unrestricted manoeuvrability.
- Dual function Velcro strapping around the ankle and elastic strapping across the arch area of the sole and toes.
- Sold in pairs.

Size: XS, S, M, L, XL, XXL

Colours: White



SINGLE LAYER MOUTH GUARD

Item number: BLI245

- Conventional gum shield.
- Mould after being submerged in boiling water for perfect fit.
- Prevents serious injuries to the mouth and jaw.
- Sold with a matching case and fitting instructions.
- Latex free. CE approved.

Size: Junior, Senior

Colours: Black, Blue, Clear, Gold, Green, Pink, Red, Silver, White





DOUBLE MOUTH GUARD

Item number: BLI244

- Double protection for upper and lower teeth.
- Air vent at the front allows for improved breathing and speech.
- Mould after being submerged in boiling water for perfect fit.
- Sold with a matching case and fitting instructions.
- Latex free. CE approved.

Size: One size fits all

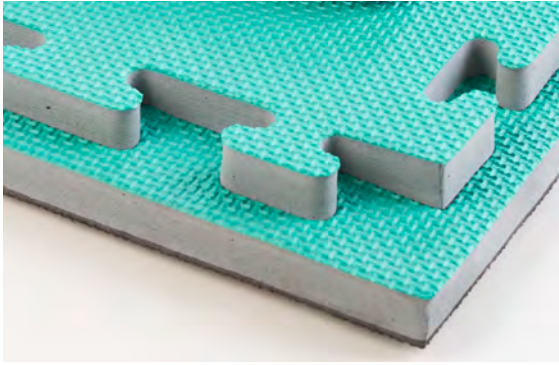
Colours: Black, Blue, Clear, Red, White



EQUIPMENT





**BLITZ REVERSIBLE JIGSAW MAT: 20mm DEEP**

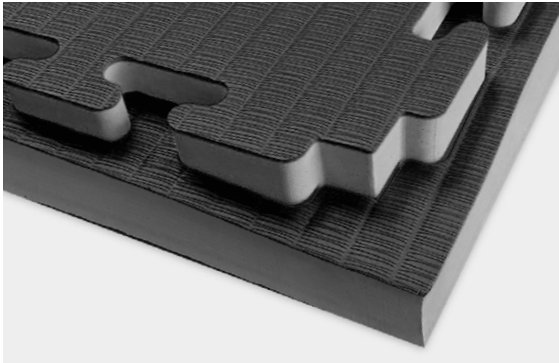
Item number: BLI242

- Reversible, two colour, interlocking jigsaw mat.
- Lightweight, heavy duty, and very easy to store.
- Textured micro-grid pattern for perfect grip. Easy to clean.
- Each mat is provided with a one piece, four sided, edging strip.
- Ideal for Karate, Taekwondo and kicking/punching disciplines.
- Triple layer EVA foam.

Size: 1m x 1m**Colours:** Black/Green, Blue/Red**BLITZ REVERSIBLE JIGSAW MAT: 30mm DEEP**

Item number: BLI242

- Reversible, two colour, interlocking jigsaw mat.
- Lightweight, heavy duty, and very easy to store.
- Textured micro-grid pattern for perfect grip. Easy to clean.
- Each mat is provided with a one piece, four sided, edging strip.
- Deep soft core is great for groundwork.
- Triple layer EVA foam.

Size: 1m x 1m**Colours:** Black/Green, Blue/Red**BLITZ REVERSIBLE JIGSAW MAT: 40mm DEEP**

Item number: BLI242

- Reversible, two colour, interlocking jigsaw mat.
- Lightweight, heavy duty, and very easy to store.
- Textured Tatami pattern for perfect grip. Easy to clean.
- Each mat is provided with a one piece, four sided, edging strip.
- Deep soft core provides better protection than other mats.
- Triple layer EVA foam.

Size: 1m x 1m**Colours:** Black/Green, Blue/Red**BLITZ JUDO MAT**

Item number: BLI241

- Heavy duty, easy wipe, material.
- Smooth non-textured surface.
- Anti-skid waffle bottom with hotmelt reinforcement.
- Ideal for practicing Judo throws and takedowns.
- 40mm in depth. 17kg in weight.
- PVC leather (vinyl) and PU foam, with a rubber backing grip.

Size: 2m x 1m**Colours:** Green, Red**BLITZ CRASH MAT**

Item number: BLI240

- Suitable for sports that involve tumbling, throws and heavy falls.
- Breather holes to expel air for a cushioned landing.
- Toggles to attach several mats together for a larger surface area.
- Anti-slip base to grip the mat to the floor safely.
- Polyurethane foam inner encased in heavy duty, flame retardant, PVC. Zip close cover is nylon PVC.

Size: 2.44m x 1.37m x 30cm**Colours:** Blue



BLITZ ROLL MAT

Item number: BLI243

- Roll up mat that is easy to set up and put away.
- High impact absorption, yet remains balanced underfoot.
- Smooth, non-textured surface.
- Comes with fastening storage strap.
- 40mm in depth. 10kg in weight.
- XPE foam and PVC leather (vinyl).

Size: 3m x 1.5m

Colours: Black



BLITZ YOGA MAT

Item number: BLI152

- Multi-purpose mat to cushion your spine, hips, knees and elbows.
- Double sided texture surfaces to grip floor and maintain balance.
- Ideal for yoga, Pilates, stretching and toning workouts.
- Strap included to keep mat compact and easy to store.
- Can easily be wiped clean before and after use.
- Premium non-slip EVA material

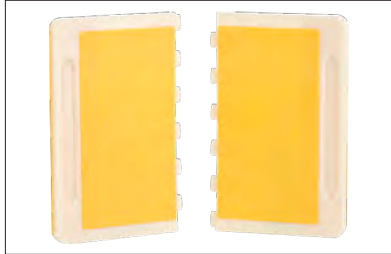
Size: 183cm long x 61cm wide x 6mm thick

Colours: Black

Devante Walters
England Karate Team (Kumite)

Amelia Harvey
Karate 1 Premier League Medallist
University World Bronze Medallist
University European Games Bronze Medallist





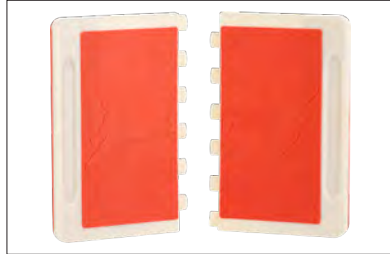
**SWIFTLICK SMASH BOARD:
NEW STARTER**

Item number: BLI097

- Inspires confidence in children.
- Perfect for learning what hitting a solid object may feel like.
- Rebreakable, interchangeable, padded boards. 2cm thick.

Size: 24cm x 29cm

Colours: Yellow



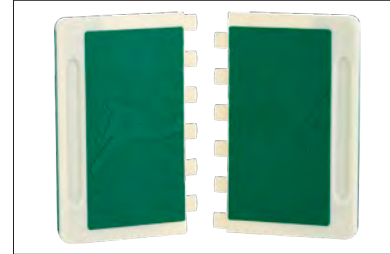
**SWIFTLICK SMASH BOARD:
BEGINNER**

Item number: BLI097

- For children progressing in their training and developing confidence with hitting objects.
- Rebreakable, interchangeable, padded boards. 2cm thick.

Size: 24cm x 29cm

Colours: Orange



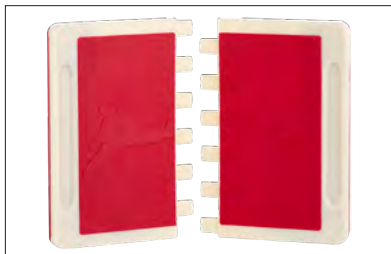
**SWIFTLICK SMASH BOARD:
INTERMEDIATE**

Item number: BLI097

- Ideal for teenagers.
- For those who find the Beginner Swiftlock Smash Board easy.
- Rebreakable, interchangeable, padded boards. 2cm thick.

Size: 24cm x 29cm

Colours: Green



**SWIFTLICK SMASH BOARD:
ADVANCED**

Item number: BLI097

- Ideal for adults. To develop Martial Artists' strength before using the Padded Smash Boards.
- Rebreakable, interchangeable, padded boards. 2cm thick.

Size: 24cm x 29cm

Colours: Red



**PADED SMASH BOARD:
INTERMEDIATE**

Item number: BLI096

- For students progressing in their training. Ideal for demos.
- Reusable board when broken.
- Foam padding on plastic frame.
- 1.6cm thick.

Size: 33.5cm x 25cm

Colours: Red



**PADED SMASH BOARD:
ADVANCED**

Item number: BLI096

- For advanced practitioners.
- Reusable board when broken.
- Foam padding on plastic frame.
- Designed to develop strength.
- 2cm thick.

Size: 28.5cm x 28.5cm

Colours: Black



**WOODEN
SMASH BOARDS**

Item number: BLI098

- Single use only. Cannot be reused.
- Perfect for demonstrations.
- Available in 9mm, 12mm, 15mm.
- Paulownia wood.
- Sold in packs of 20 boards.

Size: 29cm x 21cm

Colours: As shown



**WOODEN
MAKIWARA**

Item number: BLI169

- Foam padding on wood base.
- Secured to the wall with three dowel hooks. Spring loaded.
- Practice open and closed hand strikes, kicks and elbow strikes.

Size: 28cm x 15cm x 7cm

Colours: As shown

BREAK BOARDS

Ideal for club use, tournaments and demonstrations, our collection of high quality Blitz break boards are perfect for Martial Artists to exhibit their skill by executing an impromptu or choreographed sequence of breaks.

Designed for all ages and abilities, our Padded Smash Boards are great for inspiring confidence in younger students when training to punch and kick solid objects; whereas, our Swiftlock Smash Boards are designed to test the more experienced Martial Artists. We also offer Wooden Smash Boards that are ideal for exhibitions and gradings.



CIRCULAR FOCUS PADS: BLACK

Item number: BLI154

- Lightweight pads that absorb impact effectively.
- Smaller target demanding fast and precise punches.
- One padded holding strap with additional adjustable Velcro wrist strap for precise fit and ultimate protection.
- Vinyl/PU mix with nylon webbing straps. Sold as a pair.

Size: 26cm (h) x 26cm (w) x 6.5cm (d)

Colours: Black, Red



CLUB FOCUS PADS

Item number: BLI155

- Designed to withstand countless training sessions.
- Super light, shock absorbent focus pads.
- Flat strike surface and target circle for precise punches.
- Fingerless gloves with covered fingers for a comfortable hold.
- Adjustable Velcro wrist strap for a precise fit.
- Nama Hide™ leather. Sold as a pair.

Size: 30cm (h) x 20cm (w) x 6cm (d)

Colours: Black



DELUXE CIRCULAR FOCUS PADS

Item number: BLI158



- Light and versatile pads perfect for workouts and fitness training.
- For speed work, tight movements and accurate strikes.
- Smaller target allows holder to position themselves in tight angles, demanding fast and precise punches from the striker.
- Adjustable Velcro wrist strap with additional wrist padding.
- Nama Hide™ leather. Sold as a pair.

Size: 24cm (h) x 24cm (w) x 7cm (d)

Colours: Black

LEGACY FOCUS PADS

Item number: BLI163



- Designed for speed work and power combinations.
- Shock absorbent centre features an air pocket to cushion powerful blows when defending punches.
- Open hand, half finger, slip-on design providing a solid grip.
- Ventilated holes for air flow and to prevent moisture build-up.
- Nama Hide™ leather. Sold as a pair.

Size: 27cm (h) x 20cm (w) x 7cm (d)

Colours: Black



CYCLONE FOCUS PADS

Item number: BLI157

- Designed to withstand countless training sessions.
- Ideal for coordination training, speed work and power drills.
- Ventilated holes for air flow and to prevent moisture build-up.
- Adjustable hook and loop Velcro wrist strap offers a comfortable fit, without the chance of slipping when struck.
- Nama Hide™ leather. Sold as a pair.

Size: 30cm (h) x 18cm (w) x 6cm (d)

Colours: Black



TORNADO FOCUS PADS

Item number: BLI166

- Ideal for practicing punches, jabs, hooks and uppercuts.
- Shock absorbent centre to cushion powerful blows.
- Open hand, half finger, slip-on design providing a solid grip.
- Ventilated holes for air flow and to prevent moisture build-up.
- Extra padding on the wrist offers further support and stability.
- Nama Hide™ leather. Sold as a pair.

Size: 24cm (h) x 18cm (w) x 7cm (d)

Colours: Black



HURRICANE FOCUS PADS

Item number: BLI162

- For speed work, pin-point accuracy and power drills.
- Constructed to fit the natural curvature of the hand.
- Breathable mesh lining improving hand grip and hygiene.
- Extra padding on the wrist offers further support and stability.
- Ideal for fitness and boxercise classes.
- Nama Hide™ leather. Sold as a pair.

Size: 24.5cm (h) x 19cm (w) x 7cm (d)

Colours: Black



TYPHOON FOCUS PADS

Item number: BLI167

- Designed to withstand countless training sessions.
- Soft gel padded strike area for ultimate shock absorption.
- Constructed to fit the natural curvature of the hand.
- Breathable mesh lining improving hand grip and hygiene.
- Adjustable hook and loop Velcro wrist strap for perfect fit.
- Nama Hide™ leather. Sold as a pair.

Size: 23cm (h) x 18cm (w) x 8cm (d)

Colours: Black





CLUB THAI PADS

Item number: BLI156

- Designed to withstand countless training sessions
- Perfect for conditioning kicks, punches, elbows and knees.
- Flat strike surface great for workouts, building speed and stamina.
- A handle and two adjustable Velcro straps for precise fit. Each strap is padded and reinforced for longevity.
- Nama Hide™ leather. Sold as a pair.

Size: 38cm (h) x 17.5cm (w) x 8.5cm (d)

Colours: Black



FURY THAI PADS

Item number: BLI160

- Perfect for conditioning kicks, punches, elbows and knees.
- Flat strike surface great for workouts, building speed and stamina.
- A handle and two adjustable Velcro straps for precise fit. Each strap is padded and reinforced for longevity.
- Ideal for coaching and developing a fighter's skill.
- Nama Hide™ leather. Sold as a pair.

Size: 38cm (h) x 18cm (w) x 6cm (d)

Colours: Black



HAVOC THAI PADS

Item number: BLI161

- Ideal for demanding fast and precise strikes from the fighter.
- Curved strike surface absorbs the strongest blows and is perfect for uppercuts, angled strikes and technical movements.
- A handle and two adjustable Velcro straps for precise fit. Each strap is padded and reinforced for longevity.
- Nama Hide™ leather. Sold as a pair.

Size: 35cm (h) x 19cm (w) x 8.5cm (d)

Colours: Black



IRANIAN KICK STRIKE SHIELD

Item number: BLI281

- Flat surface area makes this shield perfect for general workouts, whilst building speed and stamina.
- Two adjustable straps and two handles on the back to increase shield functionality. Ideal for Taekwondo and clubs.
- Durable foam gives shield protection from powerful blows.
- Nama Hide™ leather.

Size: 35cm (h) x 45cm (w) x 15cm (d)

Colours: Black



MELON STRIKING BALL

Item number: BLI164

- 1.5kg striking ball designed to be the shape of a human head for striking and kicking training.
- Hold to simulate a moving or static target of the aggressor.
- Two handles to increase shield functionality.
- Comes filled. Filling can be changed via zipper and Velcro.
- Strong canvas,

Size: 35cm (l) x 79cm central circumference

Colours: Black



BARRICADE FLAT STRIKE SHIELD

Item number: BLI279

- For all styles of training to improve fighter's striking ability.
- Flat surface area for all workouts to build speed and stamina.
- Two adjustable straps and two handles on the back to increase shield functionality. Can be held length ways or on its side.
- Nama Hide™ leather.

Size: Small: 45cm (h) x 36cm (w) x 13cm (d), Medium: 55cm (h) x 36cm (w) x 13cm (d), Large: 65cm (h) x 36cm (w) x 13cm (d)

Colours: Black



BARRICADE CURVED STRIKE SHIELD

Item number: BLI278

- For all styles of training to improve fighter's striking ability.
- Curved surface area to practice uppercuts and angled strikes.
- Two adjustable straps and two handles on the back to increase shield functionality. Can be held length ways or on its side.
- Nama Hide™ leather.

Size: Small: 45cm (h) x 36cm (w) x 13cm (d), Medium: 55cm (h) x 36cm (w) x 13cm (d), Large: 65cm (h) x 36cm (w) x 13cm (d)

Colours: Black



VORTEX KICK SHIELD

Item number: BLI284

- To improve the speed, accuracy and striking ability of a fighter.
- Designed to withstand countless training sessions.
- Pre-curved strike surface provides the ultimate shock absorption.
- Four handles, with two extra holding straps for stability, allow for a variety of techniques and styles of training to be practiced.
- Nama Hide™ leather.

Size: 58cm (h) x 44cm (w) x 13cm (d)

Colours: Black



APEX CIRCULAR STRIKE SHIELD

Item number: BLI277

- For speed work, tight movements and accurate strikes.
- Allows holder to position themselves in a variety of tight angles, demanding fast and precise punches or kicks from the striker.
- Two solid handles either side of the shield for a secure hold.
- High density foam core for maximum shock absorption.
- Nama Hide™ leather.

Size: 38cm (h) x 38cm (w) x 8cm (d)

Colours: Black



DELUXE THIGH PADS

Item number: BLI072

- Designed for coaches. Allows full force leg kicking without having to move pads or focus mitts. Accommodates belly pad.
- Six white targets to develop leg speed, timing and accuracy.
- Adjustable Velcro leg and waist straps for precise fit.
- Recommended to use with a groin guard.
- Sold in pairs. Nama Hide™ leather.

Size: One size fits all

Colours: Black



FULL SIZE RIOT SHIELD

Item number: BLI280

- Giant body shield that is worn to protect the front of the body.
- Curves around the body for maximum protection to the wearer.
- Held by adjustable nylon straps, worn over the shoulders and across the back. Two padded grip handles on the inside.
- Ideal for developing kicks, punches, elbows and knees.
- Canpak artificial leather with high-density foam filling.

Size: 120cm (h) x 100cm (w) x 12cm (d)

Colours: Black



SINGLE BAT TYPE TARGET PAD

Item number: BLI165

- Single target pad gives a snap sound effect when hit correctly.
- Perfect for developing timing and accuracy when practicing speed kick training and spinning kick techniques.
- Elastic wrist strap allows the pad to be held securely.
- Ideal for Taekwondo and Karate practitioners.
- Smooth vinyl with a compact foam. Sold singularly.

Size: 40cm long x 21 cm wide

Colours: Black, Red



DOUBLE BAT TYPE TARGET PAD

Item number: BLI159

- Double target pad gives a loud snap sound effect when hit.
- Perfect for developing timing and accuracy when practicing speed kick training and spinning kick techniques.
- Elastic wrist strap allows the pad to be held securely.
- Ideal for Taekwondo and Karate practitioners.
- Smooth vinyl with a compact foam. Sold singularly.

Size: 40cm long x 21 cm wide

Colours: Black, Red

**BLOCKER PAD**

Item number: BLI153

- Soft foam baton that can be used by an instructor with a student or, by pairs of students blocking against one another.
- Designed to assist with training students to block, kick and punch without the risk of injury and ideal for allowing young students to perfect their defensive skills effectively and safely.
- Foam strike area with nylon cover and plastic handle.

Size: 41cm long x 15cm diameter (plus 18.5cm long handle)**Colours:** Black, Red**WALL MOUNTABLE TARGET PAD**

Item number: BLI168

- Spring-loaded, soft padded, kick paddle that mounts to a wall.
- Allows for a fast rebound and for absorbing high impact hits.
- Practice light sparring accuracy and quick striking techniques.
- Ideal for home, club and gym use.
- Paddle: 39cm long x 21cm wide. Spring/wall mount: 11cm long.
- Wipe-clean PVC with foam core. Wood screws included.

Size: 50cm**Colours:** Black, Red**SQUARE PUNCH WALL PAD**

Item number: BLI283

- Square heavy duty punch wall pad.
- Designed for conditioning punches and kicks.
- High density rebound padding for ultimate shock absorption.
- Hang on the wall with four eyelets to hold in place.
- Perfect for target accuracy and coordination drills.
- Nama Hide™ leather. Wall fixings not included.

Size: 30cm (h) x 30cm (w) x 10cm (d)**Colours:** Black/White**JUNIOR GRAPPLING DUMMY**

Item number: BLI264

- Ideal for Judo, Jujitsu, Brazilian Jiu Jitsu and MMA.
- All limbs are movable and all areas can be struck.
- Perfect for grappling drills and groundwork.
- Complete with straps attached to the back, head, hands and feet, allowing the dummy to be hung in a variety of positions.
- Heavy duty canvas. 1.2m tall. 8kg in weight.

Size: Junior**Colours:** Blue**SENIOR GRAPPLING PARTNER**

Item number: BLI282

- Ideal for Judo, Jujitsu, Brazilian Jiu Jitsu and MMA.
- Perfect for grappling drills and groundwork.
- All limbs are movable and all areas can be struck.
- Complete with straps attached to the back, hands, head and shoulders. Can be hung if you want to work on your stand-up.
- Heavy duty canvas. 1.7m tall. 14kg in weight.

Size: Senior**Colours:** Black



DELUXE PUNCH BAG

Item number: **Filled** - BLI260 / **Unfilled** - BLI261

- Designed to give you a full contact, total body workout.
- Ultimate training partner for conditioning strikes and takedowns.
- Fitted with a D-ring on the bottom of the bag.
- 1.5mm thickness with multiple polyester linings for durability.
- 4ft bag weighs 22kg. 5ft bag weighs 27kg. 6ft bag weighs 30kg.
- Nama Hide™ leather. Complete with heavy duty chains.

Size: 4ft, 5ft, 6ft

Colours: Black



FREESTANDING NEMESIS BAG

Item number: BLI263

- Portable freestanding punch bag.
- 360° accessibility for cardio and agility training.
- Withstands powerful punches, kicks, knees and elbows.
- Blitz logo one side and target numbers on the other.
- High density aerated foam encased within a tough webbed vinyl cover. Fill base with sand or water for stability.

Size: 180cm

Colours: Black



MULTI KICK AND PUNCH

Item number: BLI265

- For kick combinations to test speed, timing and accuracy.
- Central pole can be adjusted, and all paddles manoeuvred to different directions, to cater for all heights and training practices.
- Targets are numbered from one to seven for combination drills.
- Paddles are 52cm in length.
- Fill base with sand or water. Allen key and wrench included.

Size: 170cm

Colours: Black



FLOOR TO CEILING SPEEDBALL

Item number: BLI262

- Develop speed, reactions and hand-eye coordination.
- Perfect training tool for a variety of Martial Arts and sports that involve punching.
- Great addition to a gym or club.
- Internal rubber bladder is easily inflated with a standard pump.
- Nama Hide™ leather speedball with elasticated clip on ropes.

Size: 57cm circumference

Colours: Black, Red/Black



BAG CHAINS

Item number: BLI258

- Four separate chains attached to one main swivel.
- Enables bags to hang and pivot evenly.
- Suitable for punch bags that use a D-ring connection.
- Can be used with any wall bracket or ceiling hook.
- Holds up to 30kg.
- Top grade steel.

Size: 34cm long

Colours: Silver



SOLID WALL BRACKET

Item number: BLI266

- Solid steel right angled wall bracket.
- Maximum weight limit is 30kg.
- Hangs punch bags 58cm away from the wall.
- Basic bracket to be used in clubs, gyms or at home.
- Pre-assembled but, screw fixings are not supplied since some surfaces require specialist fittings. Please consult D.I.Y expert.

Size: 58cm from the wall

Colours: Black



CEILING HOOK

Item number: BLI259

- Incredibly sturdy, fixed ceiling bracket with D shackle that will not fracture with weight or pressure.
- D shackle provides a smooth movement when bag or ball is hit.
- High grade steel, with an oxide coating to prevent corrosion.
- Complete with fixings. Must be fitted to a solid surface.
- Ideal for home or light commercial use. Holds up to 45kg.

Size: 13cm long x 3.8cm wide

Colours: Black

FITNESS







CLUB SKIPPING ROPE

Item number: BLI124

- Basic club skipping rope ideal for CrossFit, Boxing, MMA, circuit training and any exercise regime.
- Adjustable rope length caters for all heights and fitness workouts.
- Rotating plastic bearing allows for a consistent rotation and prevents the rope from twisting when in use.
- PVC coated steel cable with sturdy 12cm plastic handles. 106g.

Size: 305cm (10ft)

Colours: Black



TRAINING SKIPPING ROPE

Item number: BLI148

- Designed to improve your power, speed and endurance.
- Perfect grip for speed training and versatile workouts.
- Adjustable rope length caters for all heights and fitness workouts.
- 360° swivel ball bearing system allows the rope to rotate at a very quick rate and prevents the rope from twisting when in use.
- PVC coated steel cable with 15cm aluminium handles. 187g.

Size: 305cm (10ft)

Colours: Black



SLIMLINE SKIPPING ROPE

Item number: BLI142

- Ideal for speed training and versatile workouts.
- Sleek, slimline, handles offering the perfect grip.
- Adjustable rope length caters for all heights and fitness workouts.
- 360° swivel ball bearing system allows the rope to rotate at a very quick rate and prevents the rope from twisting when in use.
- PVC coated steel cable with 12cm aluminium handles. 114g.

Size: 305cm (10ft)

Colours: Black



SELF-LOCKING SKIPPING ROPE

Item number: BLI140

- For toning muscles, burning fat and reaching peak fitness.
- Quick release button on handle for adjustable rope length.
- 360° swivel ball bearing system allows the rope to rotate smoothly and quickly whilst preventing the rope from twisting.
- PVC coated steel cable with 15cm non-slip aluminium handles, that provide a comfortable and solid grip. 184g.

Size: 305cm (10ft)

Colours: Black



JUNIOR FOAM SPONGE DODGE BALL 200mm

Item number: BLI028

- For general use in warming up and cooling down.
- Great substitute for rubber or harder balls.
- Perfect for developing hand-eye coordination and training drills.
- Size is approximately the same as a normal football.
- Made from a lightweight, soft foam for safety.
- Sold singularly.

Size: 200mm diameter

Colours: Yellow



JUNIOR FOAM SPONGE DODGE BALLS 70mm

Item number: BLI029

- For general use in warming up and cooling down.
- Great substitute for rubber or harder balls.
- Perfect for developing hand-eye coordination and training drills.
- Size is approximately the same as a tennis ball.
- Made from a lightweight, soft foam for safety.
- Sold in packs of 3.

Size: 70mm diameter

Colours: Yellow



STACKING DISCS WITH CARRY HANDLE

Item number: BLI146

- To mark out areas and zones for training and competitions.
- Great for footwork and coordination drills. Discs can be assembled randomly to create a variety of games and drills.
- Can be used to designate court positions or mark distances.
- Ideal for clubs, gyms, schools and home use.
- 50 plastic discs with stacking handle.

Size: 18cm diameter

Colours: Red



DRILL CONES

Item number: BLI127

- To mark out areas and zones for training and competitions.
- Ideal for speed, agility and coordination drills. Cones can be assembled randomly to create a variety of games and drills.
- Can be used to designate court positions or mark distances.
- Perfect for both indoor and outdoor training.
- 20 plastic cones.

Size: 9" height

Colours: Red



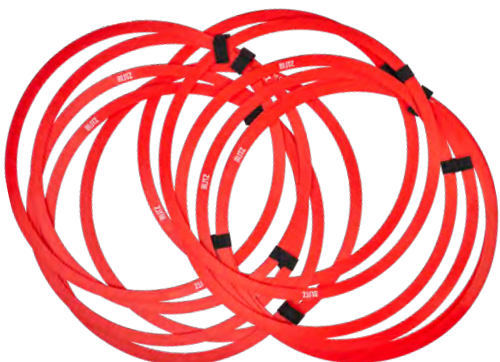
SPEED AGILITY LADDER

Item number: BL1144

- For fitness training as well as warm up and cool down sessions.
- Designed to improve foot speed, stamina and coordination, as well as knee and ankle stability.
- Can be used with added weights to stabilise the position.
- Perfect for both indoor and outdoor training.
- Plastic ladder stored in a zip bag.

Size: 4m (l) x 37cm (w)

Colours: Red/Black



SPEED AGILITY HOOPS

Item number: BL1143

- For fitness training as well as warm up and cool down sessions.
- Designed to improve foot speed, stamina and coordination, as well as knee and ankle stability.
- Each hoop comes in a vibrant red colour for visibility.
- Hoops are attached with Velcro backed fabric straps.
- 12 flat plastic hoops stored in a drawstring bag.

Size: 44cm diameter

Colours: Red/Black



MULTI JUMP DRILL AID

Item number: BLI132

- Heavy dome and cross poles that adjust to various heights and directions, for a variety of Martial Arts training drills.
- Versatile all surface trainer that is a great complement to our drill section for children and adults.
- Perfect for running and jumping, or even fly kicking over.
- Ideal for clubs, gyms, schools and home use.

Size: 50cm long poles x 2.5cm diameter base

Colours: Black/Red



SEQUENCING DISCS

Item number: BLI141

- To mark out areas and zones for training and competitions.
- Multitude of drills can be combined incorporating various Martial Arts techniques.
- Offering students a varied twist to lessons to increase motivation.
- Bright colours aid directional skills.
- Six multi-coloured rubber discs stored in a drawstring bag.

Size: 26cm diameter

Colours: As shown



RESISTANCE LOOP BAND SET

Item number: BLI137

- Set of four resistance bands that can be used for all types of resistance workouts and mobility exercises.
- Individual or multiple bands to provide the right level of resistance.
- Perfect for injury prevention, injury rehabilitation, glute exercises, and improving sport performance.
- 100% latex. Designed to be repeatedly stretched.

Size: X-Light, Light, Medium, Heavy

Colours: Green, Yellow, Red, Black



RUBBER RESISTANCE BAND

Item number: BLI139

- Multi-purpose resistance bands ideal for pull-ups, push-ups, powerlifting, CrossFit, boxing, bench press and even, gymnastics.
- For strengthening and toning, allowing for controlled muscle tension, flexibility and stretching in multiple directions.
- Great for injury prevention and injury rehabilitation.
- 100% latex. Designed and tested to be durable and safe.

Size: 12-24kg (26-54lbs), 18-36kg (40-80 lbs), 22-54kg (48lbs-120lbs)

Colours: Green, Yellow, Red



RESISTANCE TUBE SET

Item number: BLI138

- Perfect for resistance training and strength training when toning your chest, abs, shoulders, biceps, triceps, quads and glutes.
- Five 100% latex colour-coded resistance tube bands that can be used alone or stacked in a variety of resistance combinations.
- 11 pcs: Two foam handles, two padded ankle straps and two non-slip door anchors for a versatile range of exercise options.

Size: 10lbs, 20lbs, 30lbs, 40lbs, 50lbs

Colours: As shown



POWER LIFTING BAG

Item number: BLI133

- Perfect alternative to a medicine ball, dumbbells or barbells.
- Three strategically placed, non-slip, rubber handles to provide a variety of workout options to increase strength and endurance.
- Zip enclosure included for instant weight adjustment if required.
- For both outdoor and indoor use. Ideal for clubs, gyms and homes.
- Wipe-clean PVC. Bag dimensions: 52cm long x 21cm diameter.

Size: 5kg, 8kg, 12kg

Colours: Green, Yellow, Red



EVASION BELT

Item number: BLI130

- For distance, mirror and marking training as well as multi-directional speed skills.
- Requires two people: Attacker tries to break from the defender, by ripping the Velcro tab.
- Approximately 5 feet with an adjustment range of 1 foot.
- Soft nylon webbed straps. Comes with a nylon bag.

Size: 5ft long
Colours: Black



CLUB WRIST EVASION BELTS

Item number: BLI125

- For distance, mirror and marking training as well as multi-directional speed skills.
- A fast paced game for all levels that requires quick reactions.
- Play as a team (red or blue) or in pairs.
- The Velcro strips easily detach by means of a tug.
- 12 adjustable belts, 6 red tags, 6 blue tags and a storage bag.

Size: One size
Colours: As shown



SPEED RESISTANCE LEG TONER

Item number: BLI145

- Maintains body positioning for kicking and lateral movements.
- Exercises will develop leg power and faster reaction times.
- Strong resistance band that connects padded ankle collars.
- Hold onto something solid or carry out the exercise on the floor.
- Velcro straps for precise fit.
- Soft nylon webbed straps.

Size: One size

Colours: Black/Red



DUAL WAIST RESISTANCE TRAINER PRO

Item number: BLI129

- For short sprints, lateral and longitudinal shuffles, and leg training.
- Maximise motions specific to your sport with resistance and assistance training.
- Requires two people: One provides the resistance by holding, whilst the other runs when securely placed into the waist harness.
- Nylon. Comes with a nylon bag.

Size: One size

Colours: Black/Red





PUSH UP BARS

Item number: BLI135



- Ideal for fitness routines, physio exercises and daily workouts.
- Lightweight, slip-resistant and compact S-shaped frame.
- Strengthen the muscles in your back and shoulders.
- Tone the muscles in your chest and biceps.
- Sculpt your upper arms and triceps.
- Steel tube frame and high-density foam handles.

Size: 16cm x 22cm x 14cm (h)

Colours: As shown

38MM TRAINING BATTLE ROPE

Item number: BLI118



- Versatile training tool, ideal for all abilities.
- Uses multiple muscle groups simultaneously to increase overall strength, core strength, hand strength and endurance.
- Suitable for indoor and outdoor use.
- 15 metre rope weighing 12.5kg. Wrapped ends for additional grip.
- Polyester rope covered with a water resistant nylon jacket.

Size: 15m (12.5kg)

Colours: Black



3 BAR METAL LEG STRETCHER

Item number: BLI117

- Ideal for any athlete who needs maximum leg flexibility, such as practitioners of yoga or Martial Arts which involve kicking.
- Pull the middle bar towards you and hold position. Middle bar is adjustable to increase the stretch further as you progress.
- Allows you to stretch up to 180 degrees.
- Powder coated metal with foam padding.

Size: 107cm

Colours: Blue



PUNISHER LEG STRETCHER MACHINE

Item number: BLI134

- Strengthen the whole of your lower body, from your lower back, to your glutes and hamstrings by turning the steering wheel.
- The leg holders, with wheels, allow you to stretch beyond 180°.
- Features an adjustable cushioned seat, leg holders and back support with a detachable self-locking steering wheel.
- Metal structure with vinyl cushioned areas. No assembly required.

Size: 150cm (l) x 40cm (w)

Colours: Black



CONTENDER BAND

Item number: BL1126

- To condition and strengthen Martial Artists' hands.
- Designed to replicate a Judo collar.
- Built to test and increase pulling power and grip.
- Pull against an opponent or train on your own.
- Ideal for clubs, gyms and home use.
- Made from heavyweight Judo gi material.

Size: 190cm total length

Colours: White



UCHIKOMI BAND

Item number: BL1149

- To condition and strengthen Martial Artists' hands.
- Designed to increase pulling power and speed for throws.
- Pull against an opponent or train on your own.
- Ideal for clubs, gyms and home use. 27cm hand grips, 132cm elasticity each side and 31cm centre strap.
- Made from heavyweight Judo gi material.

Size: 349cm total length

Colours: White



WRIST WEIGHTS

Item number: BLI151

- Designed to add extra weight to your workout.
- Enhance body weight movements, whilst toning and strengthening muscles, for more challenging training sessions.
- For muscle building, fat burning and core strength.
- Thumb loop and adjustable Velcro fastening for comfortable fit.
- Soft neoprene with a weighted filling. Sold as a pair.

Size: 0.5kg, 1kg, 1.5kg

Colours: Black



ANKLE WEIGHTS

Item number: BLI120

- Designed to add extra weight to your workout.
- Enhance body weight movements, whilst toning and strengthening muscles, for more challenging training sessions.
- For muscle building, fat burning and core strength.
- Adjustable Velcro, hook and loop, fastening for comfortable fit.
- Soft neoprene with a weighted filling. Sold as a pair.

Size: 0.5kg, 1kg, 1.5kg

Colours: Black



BOULDER MEDICINE BALL

Item number: BLI121

- Strengthen shoulders, back, arms and legs as well as improve your core strength and joint integrity.
- Ideal for improving hand-eye coordination, flexibility and balance. Great abdominal exercise tool to tone muscles.
- 107cm circumference, 35cm height.
- Nama Hide™ leather.

Size: 3kg, 5kg, 8kg, 10kg

Colours: Black



CARBON MEDICINE BALL

Item number: BLI122

- Designed for multiple exercises that effectively train and strengthen all of your muscle groups.
- Strengthen shoulders, back, arms and legs, as well as improve your core strength and joint integrity.
- Perfect for gym and club use.
- Nama Hide™ leather.

Size: 3kg, 5kg, 8kg, 10kg

Colours: Black



WEIGHTED VEST

Item number: BLI150

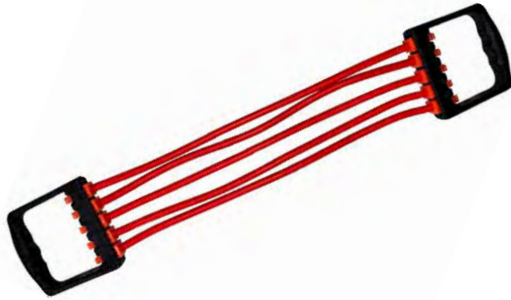
- Perfect for building muscle, burning fat and strengthening core.
- Comes with a full set of weights that can adjust from 1 to 10kg.
- Shoulder straps include padding to ease weight on your shoulders.
- Spacious around arms and neck to give full range of motion.
- Two Velcro straps for a precise and comfortable fit.
- Ideal for running, push-ups, sit-ups and Martial Arts workouts.

Size: 10kg

Colours: Black

CHEST EXPANDER

Item number: BLI123



- Strengthen and condition your upper body muscles.
- Five adjustable rubber resistance tubes, to select the best tension intensity for your workout. Tubes are 40cm long x 0.9cm diameter.
- Designed to build your pectoral muscle, latissimus dorsi muscle, shoulder muscles, triceps and overall body muscle.
- Easy to grip plastic handles feature finger indents for a solid hold.

Size: 50cm long / 40cm long rubber tubes

Colours: Black/Red

FOAM ROLLER

Item number: BLI131



- Ultimate self-massaging tool perfect for trigger point massage, training recovery, muscle strength, and posture alignment.
- Instantly relieves tight muscles, scar tissue and deep knots.
- Reduce pain and enhance mobility by rolling roller over soreness.
- Three surface areas for light, medium and intense massages.
- EVA foam, with a PVC tube inside.

Size: 33cm long x 15cm wide

Colours: Black

REACTION BALL

Item number: BLI136



- Uneven surface provides a bounce of unknown direction and height, requiring concentration and anticipation.
- Develop reaction time, quick agile movements or hand, eye and feet coordination.
- Offers agility training either individually, in pairs or groups.
- Bouncy rubber. Suitable for all ages and levels of sports.

Size: 6.4cm

Colours: Colours may vary

ADJUSTABLE HAND GRIPPER

Item number: BLI119



- Train your fingers, hand grip and forearms.
- Ergonomically designed to fit small to large hand sizes.
- For injury prevention, injury rehabilitation, improving sport performance, and even, stress relief.
- Choose from various resistance levels between 10kg to 40kg.
- Plastic handles and stainless-steel spring to endure frequent use.

Size: 10kg to 40kg

Colours: Black



ZINC OXIDE TAPE

Item number: BLI042

- Non-stretchy, multi-purpose tape that provides rigid support and immobilisation of injuries, as well as being used for additional grip, blister protection and hand wrapping in Boxing.
- Smooth, strong, and flexible tape.
- Serrated edge that's easy to tear when applying to the skin.
- Woven fabric tape backed with zinc oxide and latex adhesive.

Size: 10m (l) x 3.8cm (w)

Colours: Black, Blue, Red, White



PROFESSIONAL BOXING HAND TAPE - BOX OF 12

Item number: BLI035

- Non-stretchy, multi-purpose tape that provides rigid support and immobilisation of injuries, as well as being used for additional grip, blister protection and hand wrapping in Boxing.
- Smooth, strong, and flexible tape.
- Serrated edge that's easy to tear when applying to the skin.
- Woven fabric tape backed with zinc oxide and latex adhesive.

Size: 13.7m (l) x 2.4cm (w) each / Box of 12

Colours: White



TALLY COUNTER

Item number: BLI147

- Compact, handheld design to ergonomically fit to your hand.
- Four digit tally counter can count up to 9999 and can be restarted at any time.
- Ideal for taking inventory or counting attendance.
- Great for competitions, referees, instructors and clubs.
- Chrome plated steel casing with a plastic base.

Size: One size

Colours: As shown



RING BELL

Item number: BLI037

- Gentle tap on the silver ring bell produces a loud 'ting'.
- Use the ring bell amongst drill sets to encourage students to change routines or to bring the class to an end.
- Great for competitions, club lessons and drill sessions.
- Ideal for boxing gyms, sports centres and schools.
- Polished metal for a high chrome finish.

Size: 8.5cm diameter

Colours: As shown



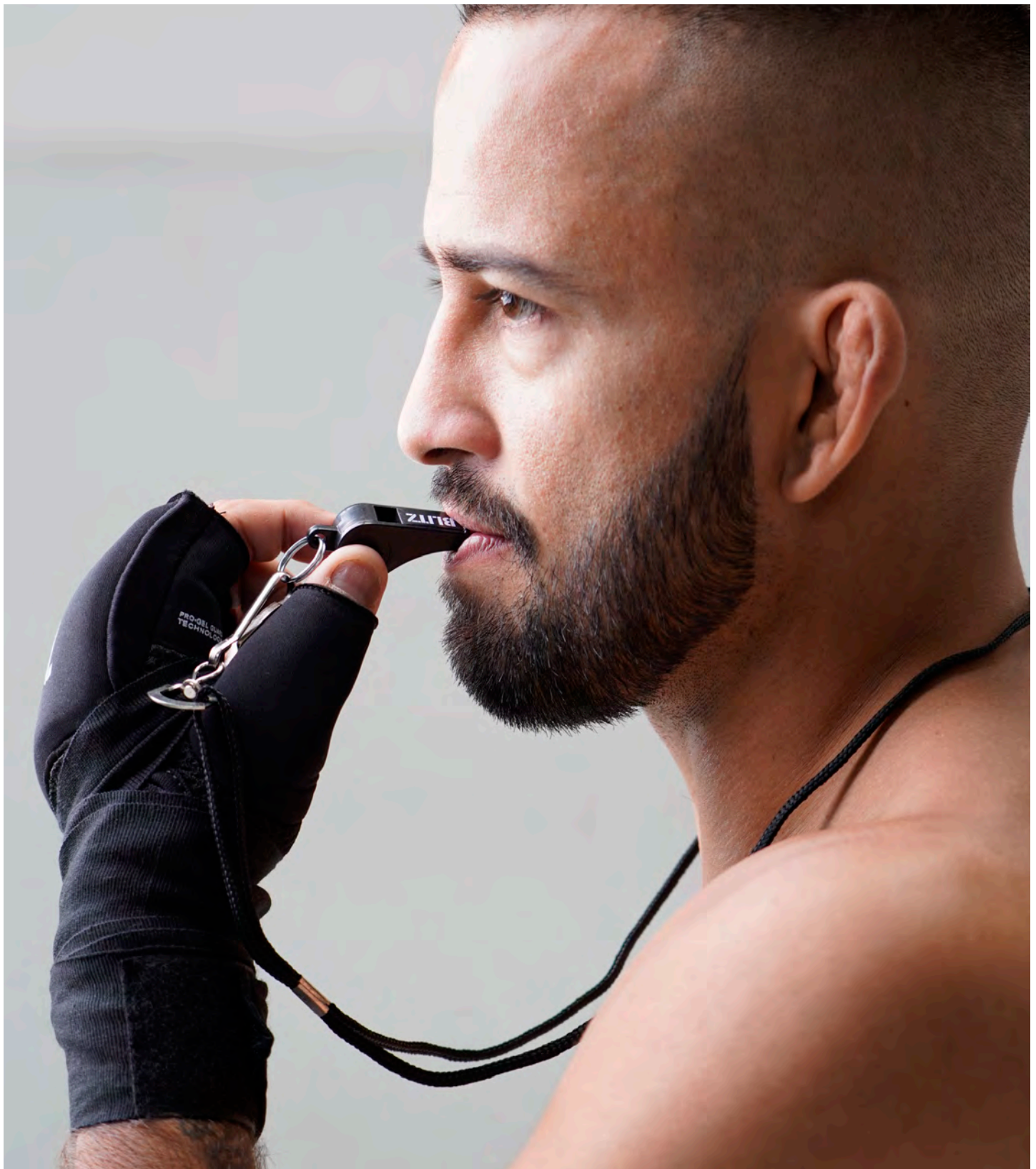
STOP WATCH

Item number: BLI038

- Multifunctional watch providing a stop watch, timer, pacer, time display and alarm, when keeping track of your training.
- 1/100 second large LCD display where the total time, split times and lap times can be shown.
- Memory is capable of recalling the latest data after resetting.
- Complete with 1.3m nylon cord. User manual included.

Size: 8cm x 6.5cm

Colours: As shown



DRILL WHISTLE WITH LANYARD

Item number: BLI128

- Use the whistle amongst drill sets to encourage students to change routines or to bring the class to an end.
- Ideal for competitions, club lessons and drill sessions.
- Black plastic whistle with Blitz branding.
- Complete with key chain hook and lanyard. Can be worn around the neck.

Size: One size

Colours: Black

WEAPONS







FOAM BO STAFF - PACK OF 10

Item number: BLI518 **Size:** 182cm



PLASTIC BO STAFF - PACK OF 10

Item number: BLI519 **Size:** 182cm



RATTAN BO STAFF WITH SKIN - PACK OF 10

Item number: BLI521 **Size:** 182cm



RATTAN BO STAFF WITHOUT SKIN - PACK OF 10

Item number: BLI520 **Size:** 180cm



RATTAN DELUXE BURNED BO STAFF - PACK OF 10

Item number: BLI522 **Size:** 180cm



WOODEN BO STAFF: RED - PACK OF 10

Item number: BLI526 **Size:** 180cm



WOODEN BO STAFF: WHITE - PACK OF 10

Item number: BLI526 **Size:** 180cm



WOODEN TAPERED BO STAFF - PACK OF 10

Item number: BLI524 **Size:** 180cm



WOODEN TOOTHPICK BO STAFF - PACK OF 10

Item number: BLI523 **Size:** 180cm



BO WEAPON CASE

Item number: BLI310 **Size:** 190cm x 12cm



RED CANVAS BO CASE

Item number: BLI398 **Size:** 204cm x 9cm

BO AND JO STAFFS Perfect for practicing forms, demonstrations, spinning, sweeping and sparring.



Aimee Sell
Senior English and British Champion
Triple European Silver Medallist
World Bronze Medallist





FOAM JO STAFF - PACK OF 10

Item number: BLI513 Size: 127cm



PLASTIC JO STAFF - PACK OF 10

Item number: BLI512 Size: 129cm



RATTAN DELUXE BURNED JO STAFF - PACK OF 10

Item number: BLI514 Size: 127cm



WOODEN JO STAFF: RED - PACK OF 10

Item number: BLI525 Size: 127cm



WOODEN JO STAFF: WHITE - PACK OF 10

Item number: BLI525 Size: 127cm



WOODEN TAPERED JO STAFF - PACK OF 10

Item number: BLI515 Size: 127cm



WOODEN TOOTHPICK RED JO STAFF - PACK OF 10

Item number: BLI516 Size: 127cm



JO WEAPON CASE

Item number: BLI327 Size: 130cm x 12cm



NEW FOAM HANBO STAFF

Item number: BLI473 Size: 90.5cm



WOODEN HANBO STAFF: RED


Item number: BLI428 Size: 100cm



WOODEN HANBO STAFF: WHITE

Item number: BLI428 Size: 100cm


PLEASE NOTE: All training aids are practice training aids only and should not be used for full contact training. Any damage incurred through misuse of this item is the sole responsibility of the customer. Training aids are not for sale to individuals under the age of 18. By placing an order, you declare that you are 18 years of age or older.



BAHI ESCRIMA STICK Item number: BLI292
Size: 66cm




FOAM ESCRIMA STICK: RED Item number: BLI319
Size: 66cm




BLACK STRIPED ESCRIMA STICK Item number: BLI306
Size: 66cm




NATURAL STRIPED ESCRIMA STICK Item number: BLI340
Size: 66cm




CARVE ESCRIMA STICK Item number: BLI313
Size: 66cm



PLAIN ESCRIMA STICK Item number: BLI347
Size: 66cm



DELUXE BURNED ESCRIMA STICK Item number: BLI315
Size: 66cm




PLASTIC ESCRIMA STICKS Item number: BLI360
Size: 70.5cm




FOAM ESCRIMA STICK: BLACK Item number: BLI319
Size: 66cm




RATTAN ESCRIMA STICK Item number: BLI395
Size: 66cm




FOAM ESCRIMA STICK: BLACK/BLUE Item number: BLI319
Size: 61cm



SPIRAL ESCRIMA STICK Item number: BLI414
Size: 66cm



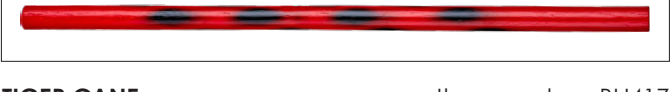
FOAM ESCRIMA STICK: BLACK/RED Item number: BLI319
Size: 61cm



NEW SPIRAL CANE ESCRIMA STICK Item number: BLI470
Size: 65cm



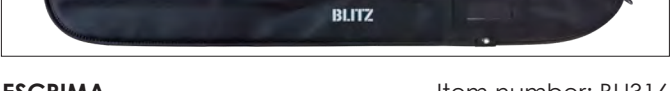
FOAM ESCRIMA STICK: BLACK/YELLOW Item number: BLI319
Size: 61cm



TIGER CANE ESCRIMA STICK Item number: BLI417
Size: 66cm



FOAM ESCRIMA STICK: BLUE Item number: BLI319
Size: 66cm



ESCRIMA WEAPON CASE Item number: BLI316
Size: 74cm x 11cm








BLACK OAK BOKKEN Item number: BLI303
Size: 102cm




PLASTIC BOKKEN Item number: BLI351
Size: 104cm




CHANBARA SPARRING SWORD: SMALL Item number: BLI314
Size: 45cm




NEW PLASTIC JUNIOR BOKKEN Item number: BLI481
Size: 84cm



CHANBARA SPARRING SWORD: MEDIUM Item number: BLI314
Size: 59.5cm



RED OAK BOKKEN Item number: BLI401
Size: 102cm




CHANBARA SPARRING SWORD: LARGE Item number: BLI314
Size: 97cm



RED OAK SUBURITO Item number: BLI402
Size: 116cm



FOAM BOKKEN Item number: BLI318
Size: 102cm




WHITE OAK BOKKEN Item number: BLI422
Size: 102cm



JAPANESE RED OAK BOKKEN WITH BLACK HANDLE Item number: BLI326
Size: 102cm




BOKKEN WEAPON CASE Item number: BLI312
Size: 111cm x 15cm




JUNIOR RED OAK BOKKEN Item number: BLI328
Size: 91cm



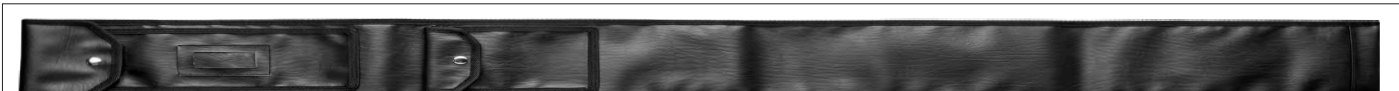
PLASTIC BOKKEN SCABBARD Item number: BLI352
Size: 79cm



JUNIOR WHITE OAK BOKKEN Item number: BLI329
Size: 91cm



NEW PLASTIC JUNIOR BOKKEN SCABBARD Item number: BLI482
Size: 63.5cm



BOKKEN AND JO CASE Item number: BLI311 Size: 140cm x 16cm



**BLACK FOAM SAFETY
CORD NUNCHAKU**
Item number: BLI301
Size: 30.5cm



**BLACK FOAM SAFETY
B.BEARING NUNCHAKU**
Item number: BLI300
Size: 30.5cm



**BLUE FOAM
CORD NUNCHAKU**
Item number: BLI309
Size: 31cm



**BLUE FOAM BALL
BEARING NUNCHAKU**
Item number: BLI308
Size: 28cm



**RED FOAM
CORD NUNCHAKU**
Item number: BLI400
Size: 31cm



**RED FOAM BALL
BEARING NUNCHAKU**
Item number: BLI399
Size: 28cm



**BLACK/BLUE FOAM
SAFETY CORD NUNCHAKU**
Item number: BLI295
Size: 30.5cm



**BLACK/BLUE FOAM SAFETY
B.BEARING NUNCHAKU**
Item number: BLI294
Size: 30.5cm



**RED/BLACK FOAM
CORD NUNCHAKU**
Item number: BLI397
Size: 30.5cm



**RED/BLACK FOAM
B.BEARING NUNCHAKU**
Item number: BLI396
Size: 30.5cm



**YELLOW/BLACK FOAM
CORD NUNCHAKU**
Item number: BLI442
Size: 30.5cm



**YELLOW/BLACK FOAM
B.BEARING NUNCHAKU**
Item number: BLI441
Size: 30.5cm



**BLACK/YELLOW TIP FOAM
CORD NUNCHAKU**
Item number: BLI299
Size: 30.5cm



**BLACK/YELLOW TIP FOAM
B.BEARING NUNCHAKU**
Item number: BLI297
Size: 30.5cm



**BLACK/RED TIP FOAM
CORD NUNCHAKU**
Item number: BLI297
Size: 30.5cm



**BLACK/RED TIP FOAM
B.BEARING NUNCHAKU**
Item number: BLI296
Size: 30.5cm



**BLACK HARD RUBBER
B.BEARING NUNCHAKU**
Item number: BLI302
Size: 30.5cm



**BLACK WOOD ENGRAVED
B.BEARING NUNCHAKU**
Item number: BLI307
Size: 30.5cm



**NATURAL ROUND WOOD
CORD NUNCHAKU**
Item number: BLI339
Size: 30.5cm



**NATURAL HEXAGONAL
WOOD CORD NUNCHAKU**
Item number: BLI338
Size: 30.5cm



**NATURAL WOOD BOUND
B.BEARING NUNCHAKU**
Item number: BLI341
Size: 30.5cm



**OCTAGONAL WHITE
OAK NUNCHAKU**
Item number: BLI346
Size: 30.5cm



**PLASTIC
OCTAGONAL NUNCHAKU**
Item number: BLI377
Size: 30cm



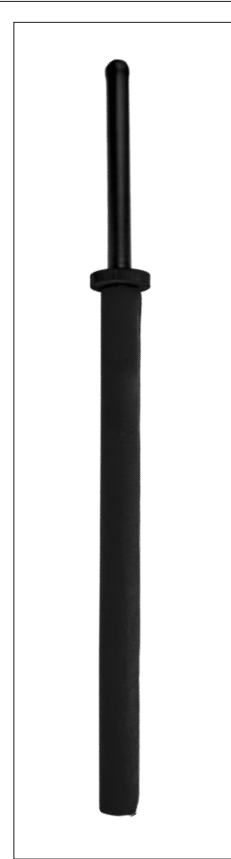
**FOAM THREE
SECTIONAL STAFF**
Item number: BLI323
Size: 66cm section length



**NUNCHAKU
WEAPON CASE**
Item number: BLI343
Size: 47cm x 11cm



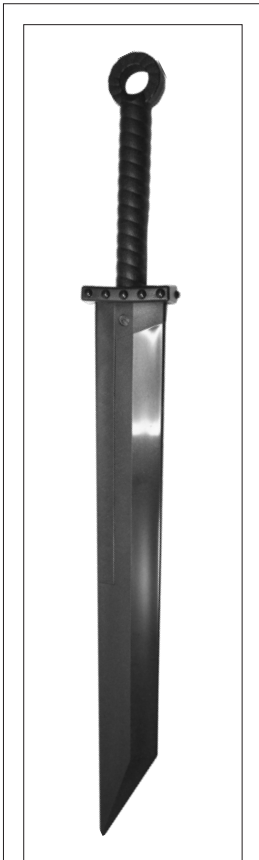
**NUNCHAKU CASE
WITH DRAWSTRING**
Item number: BLI342
Size: 40cm x 10cm



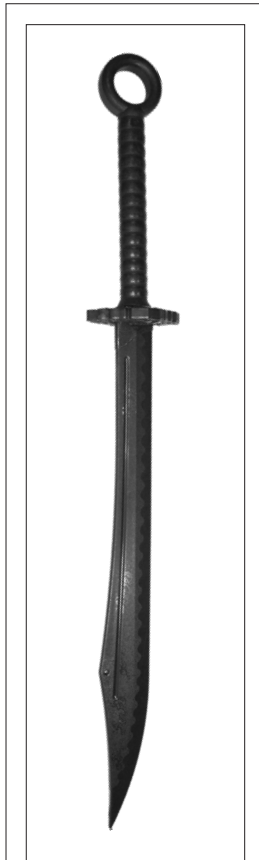
**CHANBARA
SPARRING SWORD**
Item number: BLI314
Size: S, M, L



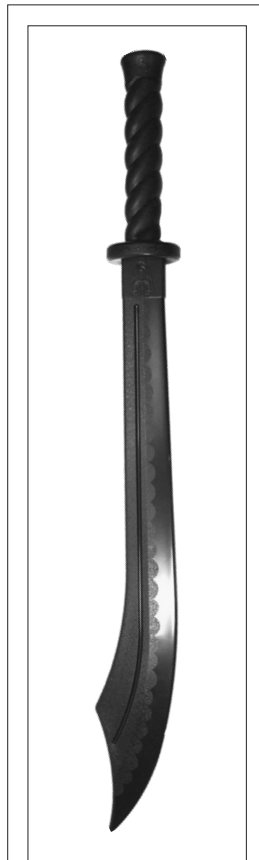
**NEW PLASTIC
BARONG SWORD**
Item number: BLI474
Size: 44cm (blade)



**NEW PLASTIC
BATTLE SWORD**
Item number: BLI475
Size: 67.5cm (blade)



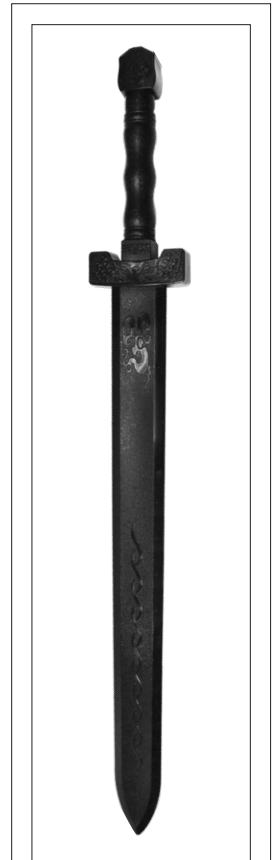
**NEW PLASTIC DADAO
KUNG FU SWORD**
Item number: BLI477
Size: 63cm (blade)



**NEW PLASTIC DAO
KUNG FU SWORD**
Item number: BLI478
Size: 61cm (blade)



**NEW PLASTIC
EUROPEAN SWORD**
Item number: BLI479
Size: 60cm (blade)



**NEW PLASTIC
GLADIUS SWORD**
Item number: BLI480
Size: 60.5cm (blade)



PLASTIC JUNGLE SWORD
Item number: BLI364
Size: 43cm (blade)



PLASTIC KATANA SWORD
Item number: BLI367
Size: 72.5cm (blade)



PLASTIC KUKRI SWORD
Item number: BLI368
Size: 45cm (blade)



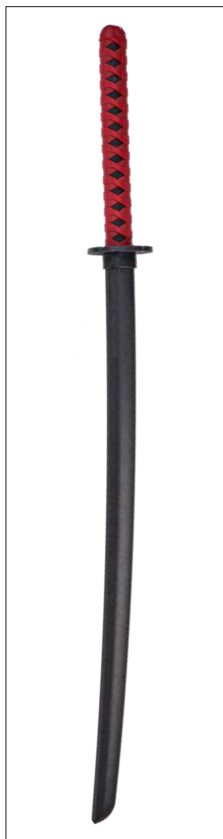
PLASTIC KUNG FU SWORD
Item number: BLI370
Size: 76cm (blade)



PLASTIC NINJA GATANA
Item number: BLI373
Size: 52.5cm (blade)



PLASTIC NINJA SWORD
Item number: BLI375
Size: 61cm (blade)



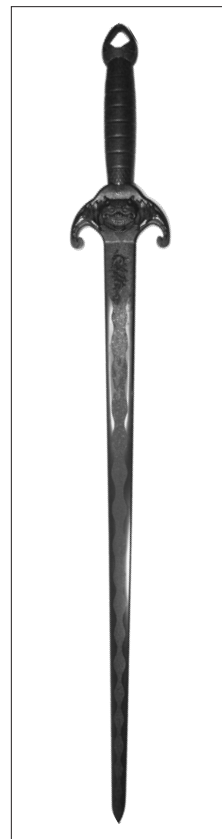
PLASTIC TRAINING SAMURAI SWORD
Item number: BLI386
Size: 76cm (blade)



PLASTIC SPARTAN SWORD
Item number: BLI382
Size: 55cm (blade)



PLASTIC TAI CHI SWORD
Item number: BLI384
Size: 75cm (blade)



NEW PLASTIC TAI CHI LION SWORD
Item number: BLI485
Size: 72cm (blade)



PLASTIC TWO HANDED WESTERN SWORD
 Item number: BLI486
 Size: 75cm (blade)



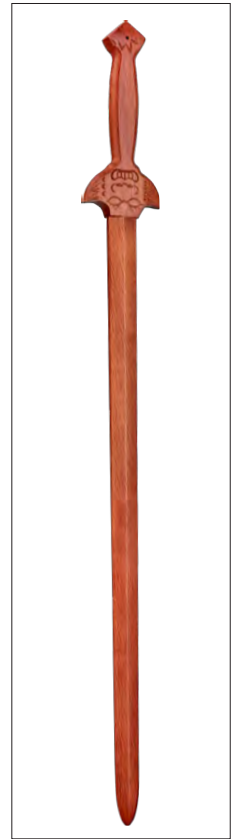
PLASTIC WAKIZASHI SWORD
 Item number: BLI387
 Size: 44.5cm (blade)



JUNIOR CHINESE BROADSWORD
 Item number: BLI330
 Size: 75cm (blade)



WOODEN CHINESE BROADSWORD
 Item number: BLI427
 Size: 64cm (blade)



WOODEN TAI CHI SWORD
 Item number: BLI434
 Size: 74cm (blade)



METAL CHINESE BROADSWORD
 Item number: BLI334
 Size: 81cm (blade)



BAMBOO SHINAI - PACK OF 10
 Item number: BLI511
 Sizes: 38, 39



SHINAI CASE
 Item number: BLI412
 Size: 124cm x 15cm



TAI CHI SWORD CASE
 Item number: BLI416
 Size: 101cm x 17cm



NYLON KUNG FU SWORD CASE
 Item number: BLI344
 Size: 111cm x 21cm



**FOAM
TONFA**
Item number: BLI324
Size: 20"



**WOODEN BLACK OAK
ROUND TONFA**
Item number: BLI426
Size: 18", 20"



**WOODEN RED OAK
ROUND TONFA**
Item number: BLI432
Size: 18", 20"



**PLASTIC
TONFA**
Item number: BLI385
Size: 23"



**NYLON
TONFA CASE**
Item number: BLI345
Size: 70cm x 25.5cm



**TONFA
WEAPON CASE**
Item number: BLI418
Size: 67cm x 25cm



**BLACK OAK
WOODEN TANTO**
Item number: BLI305
Size: 30cm



**RED OAK
WOODEN TANTO**
Item number: BLI404
Size: 28cm



**RED OAK WOODEN TANTO
WITH CORD HANDLE**
Item number: BLI405
Size: 30cm




**WHITE OAK
WOODEN TANTO**
Item number: BLI424
Size: 30cm




FOAM SHOTO
Item number: BLI322
Size: 58cm



PLASTIC SHOTO
Item number: BLI381
Size: 61cm



BLACK OAK SHOTO
Item number: BLI304
Size: 56cm



WOODEN RED OAK SHOTO
Item number: BLI433
Size: 57cm



WHITE OAK SHOTO
Item number: BLI423
Size: 57cm



NEW PLASTIC SHOTO SCABBARD
Item number: BLI484
Size: 42.5cm



RUBBER NINJA STARS
Item number: BLI408
Size: 10cm (pack of 3)



PLASTIC NINJA THROWING DARTS
Item number: BLI376
Size: 20cm each



**ALUMINIUM
TRAINING KNIFE**
Item number: BLI291
Size: 25cm



**NEW PLASTIC
COMBAT KNIFE**
Item number: BLI476
Size: 30.5cm



**PLASTIC CRESCENT
MOON KNIVES**
Item number: BLI353
Size: 30cm



**PLASTIC DOUBLE
EDGED KNIFE**
Item number: BLI354
Size: 30cm



**PLASTIC DRAGON
CLAW KARAMBIT**
Item number: BLI357
Size: 26cm



**PLASTIC KARAMBIT
TRAINING KNIFE**
Item number: BLI366
Size: 16.5cm



**NEW PLASTIC
KUBOTAN**
Item number: BLI483
Size: 14.5cm



**PLASTIC
SAFETY KNIFE**
Item number: BLI379
Size: 26cm



PLASTIC SURVIVAL KNIFE
Item number: BLI383
Size: 34cm



NEW RUBBER CLIP POINT KNIFE
Item number: BLI487
Size: 30.5cm



NEW RUBBER COMBAT KNIFE
Item number: BLI488
Size: 30.5cm



NEW RUBBER DAO KNIFE
Item number: BLI489
Size: 39cm



RUBBER DOUBLE EDGED KNIFE
Item number: BLI406
Size: 30cm



NEW RUBBER DROP POINT KNIFE
Item number: BLI490
Size: 29cm



NEW RUBBER KNUCKLE KNIFE
Item number: BLI491
Size: 30.5cm



NEW RUBBER SAFETY KNIFE
Item number: BLI492
Size: 26.5cm



NEW RUBBER SPEAR KNIFE
Item number: BLI493
Size: 35.5cm



NEW RUBBER TACTICAL KNIFE
Item number: BLI494
Size: 27.5cm



NEW RUBBER TANTO KNIFE
Item number: BLI495
Size: 30cm



NEW RUBBER TRAILING POINT KNIFE
Item number: BLI496
Size: 31.5cm



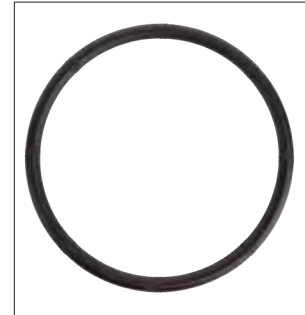
RED OAK WOODEN KNIFE
Item number: BLI403
Size: 30cm



STANDARD RUBBER KNIFE
Item number: BLI415
Size: 24cm



TRAINING BUTTERFLY KNIFE
Item number: BLI419
Size: 22cm



PLASTIC WING CHUN CHI SAU RING
Item number: BLI389
Size: 44cm diameter



**BAMBOO
TRAINING FAN: BLACK**
Item number: BLI002
Size: 33cm long (folded)



**BAMBOO
TRAINING FAN: RED**
Item number: BLI002
Size: 33cm long (folded)



**ALUMINIUM
TRAINING FAN: BLACK**
Item number: BLI001
Size: 33cm long (folded)



**ALUMINIUM
TRAINING FAN: RED**
Item number: BLI001
Size: 33cm long (folded)



**RUBBER GUN/
COMBAT FIREARM**
Item number: BLI407
Size: 19cm x 13cm



**NEW RUBBER
TRAINING TASER**
Item number: BLI497
Size: 19cm x 10cm



**PLASTIC MP5
ASSAULT RIFLE**
Item number: BLI372
Size: 49cm long



**PLASTIC M4
CARBINE RIFLE**
Item number: BLI371
Size: 77cm long



**PLASTIC
ELECTRA SAI**
Item number: BLI359
Size: 21"



**PLASTIC
SAI**
Item number: BLI380
Size: 21"



**RUBBER SAI
13 INCH**
Item number: BLI409
Size: 13"



**RUBBER SAI
19.5 INCH**
Item number: BLI410
Size: 19.5"



**METAL ROUND
CHROME SAI**
Item number: BLI337
Size: 13", 15", 18", 19.5", 21.5"



**METAL OCTAGONAL
CHROME SAI**
Item number: BLI336
Size: 13", 15", 18", 19.5", 21.5"



JUTTE
Item number: BLI331
Sold in pairs
Size: 15.5"



**SAI WEAPON
CASE**
Item number: BLI411
Size: 58cm x 20cm



**FOAM
KAMA**
Item number: BLI321
Size: 46cm



**PLASTIC
KAMA**
Item number: BLI365
Size: 46cm



**WOODEN BLACK
OAK KAMA**
Item number: BLI425
Size: 46cm



**WOODEN RED
OAK KAMA**
Item number: BLI431
Size: 46cm



**METAL
KAMA**
Item number: BLI335
Size: 46cm



**KAMA
WEAPON CASE**
Item number: BLI332
Size: 49cm x 24cm



**PLASTIC WING CHUN
BUTTERFLY SWORDS**
Item number: BLI388
Size: 33cm (blade)



**ALUMINIUM
BUTTERFLY SWORDS**
Item number: BLI290
Size: 39cm (blade)



**VERTICAL
SWORD STAND**

Item number: BLI420
Size: 62.5cm x 18.5cm



**8 PIECE SWORD
STAND DISPLAY**

Item number: BLI289
Size: 101cm x 60cm



**WALL MOUNTABLE
SWORD DISPLAY (HOLDS 2)**

Item number: BLI421
Size: 28cm x 40.5cm



**WALL MOUNTABLE
SWORD DISPLAY (HOLDS 3)**

Item number: BLI421
Size: 37.5cm x 40.5cm



**WALL MOUNTABLE
SWORD DISPLAY (HOLDS 4)**

Item number: BLI421
Size: 46.5cm x 40.5cm



**WALL MOUNTABLE
SWORD DISPLAY (HOLDS 8)**

Item number: BLI421
Size: 85cm x 40.5cm



**HORIZONTAL SWORD
STAND DISPLAY (HOLDS 1)**

Item number: BLI325
Size: 15.7cm x 40cm



**HORIZONTAL SWORD
STAND DISPLAY (HOLDS 2)**

Item number: BLI325
Size: 31.5cm x 40cm



**HORIZONTAL SWORD
STAND DISPLAY (HOLDS 3)**

Item number: BLI325
Size: 34cm x 40cm



**PLASTIC DOUBLE
SWORD STAND**

Item number: BLI355
Size: 32cm x 39cm

ACCESSORIES







JUNIOR INSTRUCTOR EMBROIDERED BADGE
Item number: BLI014
Size: 10cm x 2.5cm



ASSISTANT INSTRUCTOR EMBROIDERED BADGE
Item number: BLI009
Size: 10cm x 2.5cm



INSTRUCTOR EMBROIDERED BADGE
Item number: BLI012
Size: 10cm x 2.5cm



CHIEF INSTRUCTOR EMBROIDERED BADGE
Item number: BLI010
Size: 10cm x 2.5cm



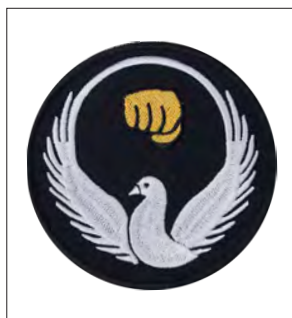
SENSEI EMBROIDERED BADGE
Item number: BLI018
Size: 10cm x 2.5cm



GRANDMASTER EMBROIDERED BADGE
Item number: BLI011
Size: 10cm x 2.5cm



YIN YANG EMBROIDERED BADGE
Item number: BLI022
Size: 10cm diameter



WADO RYU EMBROIDERED BADGE
Item number: BLI021
Size: 10cm diameter



TIGER HEAD EMBROIDERED BADGE
Item number: BLI019
Size: 9.7cm x 10cm



KYOKUSHIN EMBROIDERED BADGE
Item number: BLI017
Size: 7.5cm x 15cm



KOREA EMBROIDERED BADGE
Item number: BLI015
Size: 10cm x 7.5cm



KOREAN FLAG EMBROIDERED BADGE
Item number: BLI016
Size: 9cm x 5.5cm



JAPAN FLAG EMBROIDERED BADGE
Item number: BLI013
Size: 9cm x 5.5cm



UNITED KINGDOM FLAG EMBROIDERED BADGE
Item number: BLI020
Size: 9cm x 5.5cm



Add an embroidered badge to your Martial Arts gi, holdall or tracksuit by sewing or ironing the patch on to your desired location. Each badge features multiple rows of intricate stitching and, a smooth overlock stitch finish on the edge.



CYLINDER BELT DISPLAY: 10 BELTS
 Item number: BLI008
 Size: 57cm x 15cm



CLASSIC BELT DISPLAY
 Item number: BLI006
 Size: 68cm x 36cm



BUDO BELT DISPLAY
 Item number: BLI004
 Size: 74cm x 65cm



GRADING WRIST BANDS
 Item number: BLI026
 Size: One size



FIRST AID KIT (41 PCS)
Item number: BLI024
Size: 19cm x 15cm x 5cm



HOT/COLD PACK
Item number: BLI027
Size: 13cm x 23cm



COOLING SPORTS TOWEL
Item number: BLI007
Size: 80cm x 30cm



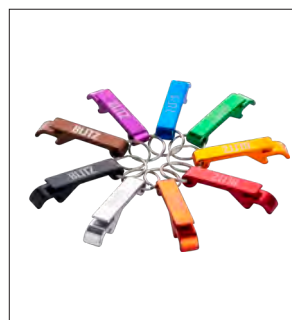
MICROFIBER SPORTS TOWEL
Item number: BLI031
Size: 78cm x 40cm



ZINC OXIDE TAPE
4 COLOURS AVAILABLE
Item number: BLI042
Size: 10m long x 3.8cm wide



PROFESSIONAL BOXING HAND TAPE: BOX OF 12
Item number: BLI035
Size: 13.7m long / 12 rolls



BELT GRADE BOTTLE OPENER
Item number: BLI003
Size: 6.4cm x 1.1cm



KUBOTAN KEYRING BLACK OR SILVER
Item number: BLI333
Size: 14cm x 1.5cm



CHAMPIONSHIP MEDAL

Item number: BLI005
Colours: Gold, silver, bronze



REFEREE FLAGS

SOLD SINGULARLY
 Item number: BLI036
Size: 31cm x 32cm x 57cm



MULTI FUNCTION TOOL CARD

Item number: BLI033
Size: 8.1cm x 5.3cm



NINJA UTILITY BELT

Item number: BLI034
Size: One size



BLITZ TRAINING WATER BOTTLE

Item number: BLI040
Size: 510ml



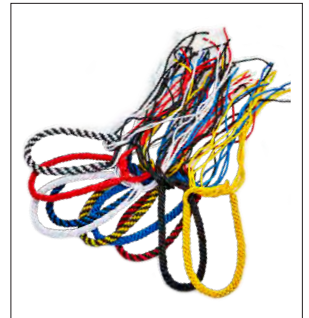
KARATE KID HEADBAND

Item number: BLI030
Size: 117cm x 6cm



TENUGUI

SOLD SINGULARLY
 Item number: BLI039
Colours: Blue, Red, Yellow



MUAY THAI PRAJIOUD ARMBAND

Item number: BLI032
Colours: 9 colours

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