

BKK BOXING GLOVES (BKK-GLOVES)



SIZE CHART

GLOVES WEIGHT (IN OUNCE)	USERS WEIGHT IN Kg	RECOMMENDED USE
04-OZ	19-28KG	LITTLE KIDS BOXING
06-OZ	28-37KG	JUNIOR KIDS BOXING
08-OZ	38-45KG	COMPETITION & LADIES CARDIO
10-OZ	46-54KG	COMPETITION & LADIES CARDIO
12-OZ	55-68KG	PAD WORK, BAG WORK, CARDIO
14-OZ	69-82KG	SPARRING, PAD WORK, BAG WORK
16-OZ	83KG AND ABOVE	SPARRING, PAD WORK, BAG WORK

We generally recommend the following when deciding which gloves to purchase, heavier gloves for sparring & training (14-16oz), a middle weight gloves for cardio training, pad work and bag work (10-12oz), a lighter gloves for competition and ladies cardio training (8-10oz) - always wear wraps or inners under your gloves for hand protection and hygiene

