(Komt uit de presentatie Congress 2008v2)

Technical specifications of the mitts

- □ Filling material : 2 components poly-urethane foam
- □ Surface : white Lycra
- □ Weight : max. 70g each
- Density : max. 0,25 kg/dm3
- □ Thickness : between 25 and 35 mm
- □ Width : max. 110 mm
- □ No publicity allowed, except on the wrist-bandage
- □ This shape has to be respected (see pictures)



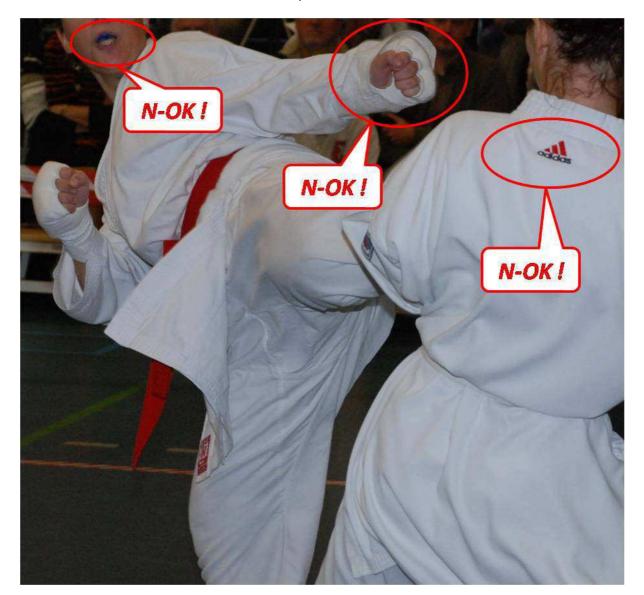




European Shotokan Karate-do Association Matters of importance for coaches



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The number is to place on the base of the kimono - under the belt

