

Equipment; requirements in Sweden

Children 7–11 yrs

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Gum shield.

Others

Body protection and/or chest protectors may be used but are not mandatory.

Groin guard may be used but is not mandatory.

No helmet can be used.

Children 12–13 yrs

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Gum shield.
- Groin guard for male competitors.
- WKF Chest protector for female competitors.
- No helmet can be used.

Cadets, Juniors, U-21 and Seniors

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Gum shield.
- Groin guard for male competitors.
- WKF Chest protector for female competitors.

Others in all kumite

Body protection is not mandatory.

Glasses are forbidden.

Soft contact lenses can be worn at the contestant's own risk.

Clarification about Gi

For Swedish competitors it is not allowed to have colour embroidered shoulders on Gi, white shoulders are mandatory. This is not compulsory for foreign competitors, for whom embroidered shoulders are allowed as long as the colour complies with AKA/AO. Exception is also allowed for gold/K1 grand winner status.