

South Bank Taekwondo



Catalogue 2022

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Welcome

We are proud to introduce you to our taekwondo catalogue.

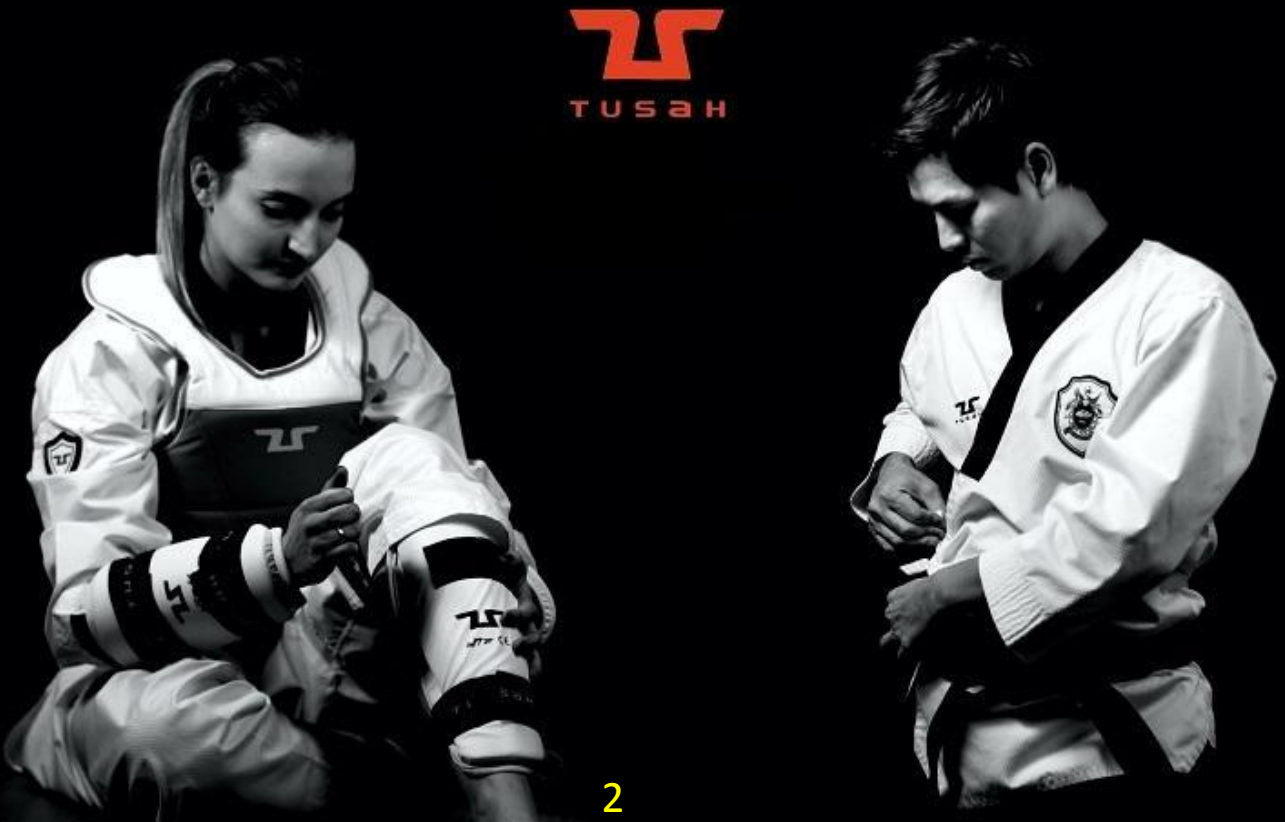
We offer you taekwondo equipment and uniforms sourced from South Korea.

Our chosen provider 'Tusah' brings innovation and inspiration as a premium brand approved by World Taekwondo.

Tusah gives the best value together with unrivalled quality.

Tusah is devoted to supplying athletes and instructors with the best as they move forwards with their goal...

'SETTING THE STANDARD'



What Sparring Kit Do I Need?

What Sparring Kit Do I Need?



Sparring, commonly known as 'kyorugi' in Korean is the process of developing techniques in a controlled manner against a real opponent. World Taekwondo (WT) has stipulated the required personal protective equipment necessary to compete in competitions and train safely in the class environment.

Personal protective equipment is the same for juniors and seniors, both female and male and consists of the following eight items:

Head Guard	Chest Protector	Forearm Guards	Shin Guards
Mouth Guard	Groin Guard	Hand Protectors	Foot Protectors

- All personal protective equipment must be WT approved.
- An approved uniform is also required for all taekwondo training.

Accessories

Tusah Classic Shoes

These classic Tusah Taekwondo shoes have soft synthetic perforated detail and are designed for breathability.

Please note: it is recommended to get 1/2 (half) a size bigger than you normally wear, as these are a tight fit.

Available in sizes: Child 13 – UK12.

Price: £26.99 – £32.99

TUSAH CLASSIC



Tusah Jet1 Shoes

The JET1 Tusah Taekwondo Shoe range is the latest model incorporating a new design together with all the factors from the original Taekwondo shoes.

Please note: it is recommended to get 1/2 (half) a size bigger than you normally wear, as these are a tight fit.

Available in sizes: UK4 – UK11.

Price: £47.99 – £57.99

Premium Shoe
TUSAH JET1



Tusah Double Kicking Paddle

The Tusah double kicking paddle is ideal for kicking and punching drills to develop speed, balance and accuracy.

Available colours: Black, blue, gold and red.

Price: £27.99



Accessories

Tusah Propack Pack



The Tusah Pro Backpack is made with vibrant and extremely durable Jacquard and 600 D Polyester.

- Front clip on strap to hold chest protector for convenient mobility (horizontal or vertical)
- Padded air mesh shoulder straps.
- Multiple pockets and two side pockets for additional storage.
- Exterior water bottle mesh pocket for easy access.
- Main compartment provides spacious storage.
- Chest protector straps eliminating the need to carry all of your training gear to class.

Size: Length = 46cm (18 inches). Width = 32cm (12.6 inches).

Available colours: black, blue/grey or red/grey.

Price: £35.99



Accessories

Tusah Pro Equipment Bag

Made with vibrant Triangle Jacquard and 600D Polyester, this Taekwondo Pro Equipment bag has been built to carry everything a martial artist could need. Featuring an adjustable shoulder strap, a side mesh pocket, and a chest gear pocket among other stand out design features.

It also features a shoulder pad with coin pouch, protective piping, and a name tag.

- Side clip on straps hold chest protector for convenient mobility.
- Dual handles and removable shoulder straps allow for versatile carrying.
- Large double zip in the main compartment provides spacious storage.
- Dual zip compartments provide extra storage.

Size:

Length = 56cm (22 inches)

Width = 30cm (12 inches)

Height = 33cm (13 inches)

Colour: black/red.

Price: £46.99



Protection

Tusah Head Guard

Made and approved for all WT competitions. The head guard has additional padding around the ears and features air holes that provide ventilation and heat control.

A double elastic and Velcro chin strap offers a superior fit and feel, quick fastening and comfortable. A sweat band on the inside forehead helps keep the sweat out of your eyes when sparring.

Made of NBR sponge which has excellent shock absorption and offers excellent protection without hindering movement. The exterior has a clear coated surface.
WT and CE approved.

Available in sizes: extra small – extra large.

Available colours: blue, red and white.

Available price: £27.99 - £33.99



Tusah Hand Protectors

This Tusah branded WT approved hand protectors are created from quick-dry, ventilated PU with a top layer of EVA foam padding and then covered in durable PU. Super lightweight and non-restrictive in movement. On the palm is a mesh that also allows your hands to breathe, also helping with the ventilation. The padding placement is on the back of the hand, knuckles and fingers to prevent bruising in those striking and blocking areas. An elasticated Velcro strap ensures a secure fit and doubles up as wrist support too, stopping the need for additional wrist support.

Available in sizes: extra extra small – extra large.

Price: £23.99 - £27.99

Protection

Tusah Foot Protectors

This Tusah branded WT approved foot protectors are made of CE approved EVA and PU construction. An inner cool mesh material gives these WT Taekwondo foot protectors the ultimate comfort and feel. With a secure velcro closure and individual toe grips, Tusah foot protectors have been specially designed to help prevent users from slipping. This makes them ideal for use while training, in sparring and poomsae alike. CE & WT Approved.

Available in sizes: UK Child/1 – UK 11.

Available colours: £27.99 - £33.99



Tusah Forearm & Shin Guards



Tusah branded WT approved forearm and shin guards provide strong protection preventing serious injuries during competition and training.

WT and CE Approved. PU compressed sponge construction has been used to make these light weight and flexible. These guards provide the wearer with full protection, whilst also ensuring a full range of movement. Two adjustable Velcro straps have been attached to the guard to ensure maximum comfort and a tight fit. These guards ensure maximum coverage and are perfect for blocking and defending. The ergonomic construction ensures close contact with the skin allowing for a better point of impact to disperse forces.

Available in sizes: extra extra small – extra large.

Price Forearm: £21.99

Price Shin: £22.99



Protection



Tusah Special Edition Forearm & Shin Guards

From the beginning of Taekwondo professional sparring, athletes have used simple slip-on protectors without any ventilation function. This caused uncomfortable heated feelings that had athletes begging to remove them ASAP. That is when the more conventional strap-on protectors came along and still used regularly today. But even those had their own flaws (ex. rotating during competition). Below are the key points that we've applied in our new protection system for maximum protection and comfort. Special Edition Protectors uses the sleeve concept in protection gear to ensure non-rotation. The game can now go on with less interruptions and more competitiveness. The protector foam is shaped to imitate the human body curves minimizing distance between the guard and the body, leading to less shifting of the protector. The core area also referred to as "the most vulnerable area" is padded with memory style foam to absorb more of the impact. As the foam absorbs the impact the human body takes less of it, leading to less injuries in the core area. Successfully showcased at the 2016 Rio Olympics.

These guards produced by a moulding process to enhance fitness. The dual structure of Memory foam and EVA increases the effective protection.

Engineered for the Rio Olympics

Ergonomic designed for the perfect fit

Covered in mesh for complete ventilation

High quality foams infused together for the ultimate protection

The soft ventilated mesh fabric sleeve attracts odour after multiple usage. We have designed the protector foam to be removable, so that the outer layer sleeve can be properly washed.

Available in sizes: small – extra large.

Price Forearm: £50.99

Price Shin: £52.99

Protection

Pro Shield Double Layer Mouth Guard

The Pro Shield double layer mouth guard is designed to prevent and reduce injury to the teeth, arches, lips and gums. Most often used in contact sports, where these type of injuries are more common (basketball, football, hockey, martial arts, boxing, weightlifting & rugby).

Plastic mouth guard carry case for secure storage also included.

- Two-layer mouth guard.
- Maximum protection of your teeth and jaw.
- CE Approved.
- Boil and bite fitting system for perfect fit.
- Melted inner core.

Available in sizes: junior and senior.

Colour: clear/white.

Price: £5.99



Tusah Chest Protector

This Tusah branded WT approved chest protector is made from a PU covered shock absorbing foam. Designed with the toughest Taekwondo sparring training in mind, this protector offers excellent, unhindered protection against strikes to the chest and upper body. It is reversible - blue on one side and red on the other - eliminating the need to carry two different coloured chest protectors in your Taekwondo kit.



Available in sizes: extra extra small - extra extra large.

Price: £29.99 – £35.99

Protection

Tusah Groin Guard

The Tusah branded WT approved groin guard is EVA foam construction offering comfort and all round protection. Elastic straps maximise comfort and give a more secure feel while training and competing.

Decent protection during your martial arts class is really important and protecting your groin is no different. This means you can spar in relative comfort and not have to worry about your body and enjoy the session.

Competitions now require you to be protected and safe so having a good quality groin guard is essential the higher up you go through the ranks and grades the harder the hits and intensity so the more need for protection. The female and male groin guard comes in the color white and has an elasticated waistband with a PU cover.

Female Groin Guard

Available in female sizes: extra extra small - large.

Colour: white.

Price: £12.99 - £15.99



Male Groin Guard

Available in male sizes: extra extra small - extra large.

Colour: white.

Price: £12.99 - £15.99




TUSAH

|


WORLD
TAEKWONDO

RECOGNIZED BY WORLD TAEKWONDO

Uniforms - Kup Grade

Tusah Starter Uniform

Tusah white v neck with TAEKWONDO in English and Korean embroidered on the back of the jacket. WT Approved.

The uniform is made up of 80% Polyester 20% Cotton ribbed material. It is designed to feel light and flexible giving you zero restriction when training and competing whilst being simultaneously durable. A soft spandex band is incorporated in the waist section for extra flexibility and comfort. The trousers have an elasticated waist with a drawstring for a super secure fit with extra stitching in the stress points for durability. Full length gusset has been built in for full flexibility. Again, extra stitched in all the stress points for toughness and durability.

Belt included.

Available in sizes: 90cm to 210cm.

Price: £21.99 – £37.99



Tusah EZ-Fit Uniform

This uniform is one of the lightest uniforms on the market today. It was specially designed for World Taekwondo sparring and competition.

Made up of 100% polyester cool mesh material. The inner cool mesh allows moisture to evaporate faster, consistently giving you a fresh, cool feeling. It has a full length gusset allowing for even greater freedom of movement during high kicking. Elasticated and drawstring trousers ensure a comfortable fit during extreme training movements.

This dobok allows all athletes competing at a high level to equally feel comfortable and enjoy and be part of the experience.

Made from breathable fabric and a 'Cool-Sense' technology the Tusah Taekwondo dobok quickly absorbs moisture and circulates it outwards for a cooler and dry feeling. The design incorporates mesh panels in certain heat trapped areas for more air circulation.

Belt included.

Available in sizes: 100cm to 210cm.

Price: £34.99 – £57.99

TUSAH
EZ-FIT

WORLD TAEKWONDO CE
RECOGNIZED BY WORLD TAEKWONDO



Uniforms - Dan Grade

Tusah Starter Uniform

Tusah black collar starter uniform with a plain back. WT Approved.

Designed for black belts. The uniform is made up of 80% Polyester 20% cotton ribbed material. It is designed to feel light and flexible giving you zero restriction when training and competing whilst being simultaneously durable. A soft spandex band is incorporated into the waist section for extra flexibility and comfort.

The trousers have an elasticated waist with a drawstring for a super secure fit with extra stitching in the stress points for durability. Full length gusset has been built in for full flexibility. Again, extra stitched in all the stress points for toughness and durability

Belt not included.

Available in sizes: 140cm to 210cm.

Price: £20.99 – £34.99

TUSAH
STARTER UNIFORM

WT | WORLD TAEKWONDO CE
RECOGNIZED BY WORLD TAEKWONDO



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Belt not included.

Available in sizes: 100cm to 210cm.

Price: £39.99 – £57.99

TUSAH
EZ-FIT

WT | WORLD TAEKWONDO CE
RECOGNIZED BY WORLD TAEKWONDO



Uniforms - Dan Grade

Tusah Terra Uniform

Tusah black collar TERRA uniform is WT Approved.

Tusah's latest design dobok features the new TERRA fabric. Designed in partnership with European distributors the material offers excellent comfort and snap in every technique. Featuring an elasticated and drawstring waistband on the trousers and plain back jacket with black collar. Tusah logo on jacket and trousers. Extra stitching on jacket cuffs and trouser bottoms.

80% polyester 20% cotton composition material.

Belt not included.

Available in sizes: 160cm to 210cm.

Price: £29.99 – £37.99

TUSAH
TERRA UNIFORM

WT | WORLD TAEKWONDO CE
RECOGNIZED BY WORLD TAEKWONDO



Tusah Premium Uniform

Tusah's Premium collection uses the highest quality fabric and materials with 100% quality guaranteed. Ventilation sections, mesh panels and an elasticated waist gives a comfortable fit.

100% Polyester.

Tusah's Cool-Sense technology quickly absorbs moisture and circulates it outwards for a cooler/dry feeling.

The uniform has a soft spandex band in the waist section for extra flexibility and comfort with added high quality badges have to show off a rich coloured attraction. Tusah engineers have developed unique designs and functionality based on research collected from Olympic medallists. Time and precision has been put into every detail for maximum athlete satisfaction.

Belt not included.

Available in sizes: 140cm to 210cm.

Price: £99.99 – £119.99

TUSAH
PREMIUM UNIFORM

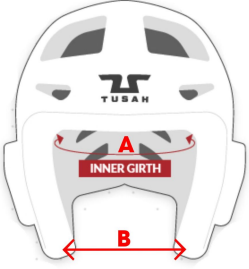
WT | WORLD TAEKWONDO CE
RECOGNIZED BY WORLD TAEKWONDO



Sizing Guide

SIZING GUIDE


TUSAH
TAEKWONDO HEADGUARD



SIZE: (cm)

	XS	S	M	L	XL
A (inside)	50	53	55	58	60
B (loose)	14	16	17	17	18

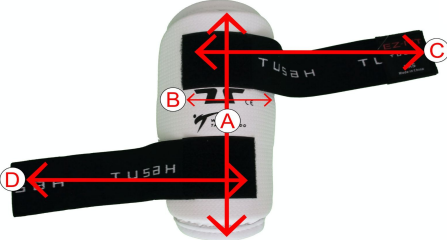
TUSAH
TAEKWONDO GLOVES



SIZE: (cm)

	XXS	XS	S	M	L	XL
A	17	17.5	18	18.5	19.5	20
B	8.5	9	9	9.5	10	10.5

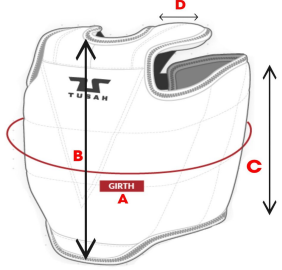
TUSAH
FOREARM PROTECTOR



SIZE: (cm)

	XXS	XS	S	M	L	XL
A	21	23	23.5	26	26	27.5
B	14	16	17	17	19	21
C	25	27.5	32	32.5	34	36
D	22	24	28	28	31	32.5

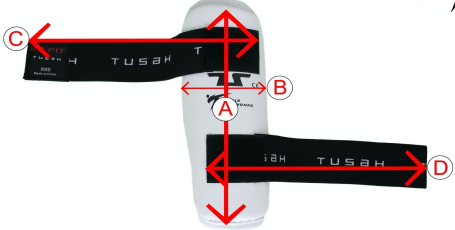
TUSAH
TAEKWONDO CHEST GUARD



SIZE: (cm)

	XXS	XS	S	M	L	XL	XXL
A	72	79	86	93	100	107	115
B	34	37	39	42	46	49	50
C	23	25	27	28	31.5	32	34
D	9.5	9.5	10	10.5	11	12	12

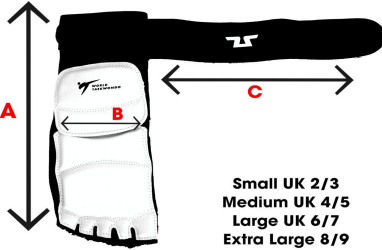
TUSAH
SHIN PROTECTOR



SIZE: (cm)

	XXS	XS	S	M	L	XL
A (foam padding only)	23	25.5	27	30	32.5	34
B (foam padding only)	13	14	14.5	15	18	19.5
C (velcro straps)	27	29	31	34.5	37	39.5
D (velcro straps)	24	25	28	30	33	35.5

TUSAH
TAEKWONDO INSTEPS



Small UK 2/3
Medium UK 4/5
Large UK 6/7
Extra Large 8/9
Extra Extra Large 10/11

SIZE: (cm)

	S	M	L	XL
A	23	24	25	26
B	8.5	9	9.5	9.5
C	28	28	28	28

Sizing Guide

SIZING GUIDE

TUSAH
MALE & FEMALE GROIN GUARDS

Male

Size	A	B	C	D	Unstretched Waist Size	
XXS	6	6	6	9	<i>equals 18</i>	<i>Inches</i>
XS	6.5	7	7	10	<i>equals 20.5</i>	<i>Inches</i>
S	7.5	8	8	11	<i>equals 23.5</i>	<i>Inches</i>
M	8	9	9	12	<i>equals 26</i>	<i>Inches</i>
L	8	11	11	13	<i>equals 30</i>	<i>Inches</i>
XL	8.5	13	13	14	<i>equals 34.5</i>	<i>Inches</i>

Female

Size	A	B	C	D	Unstretched Waist Size	
XXS	6	6	6	9	<i>equals 18</i>	<i>Inches</i>
XS	6	7	7	10	<i>equals 20</i>	<i>Inches</i>
S	7	8	8	11	<i>equals 23</i>	<i>Inches</i>
M	7	9	9	12	<i>equals 25</i>	<i>Inches</i>
L	7	11	11	13	<i>equals 29</i>	<i>Inches</i>
XL	7	13	13	14	<i>equals 3.3</i>	<i>Inches</i>

TUSAH
WORLD TAEKWONDO CE

Price List

PRICE LIST

ACCESSORIES	SIZE	PRICE £
Pro Backpack	L46cm W30cm	35.99
Pro Equipment Bag	L50 W30 H33cm	46.99
Double Kicking Paddle	-	27.99
Classic Shoes	CH13 - UK4	26.99
	UK5 - 12	32.99
Jet 1 Shoes	UK4	47.99
	UK5 - 11	57.99
PROTECTION	SIZE	PRICE £
Chest Protector	XXS - S	29.99
	M - XXL	35.99
Foot Protectors	XXS - S	23.99
	M - XXL	27.99
Forearm Guards	XXS - XXL	21.99
SE Forearm Guards	S - XL	50.99
Groin Guard Female	XXS - XS	12.99
	S - L	15.99
Groin Guard Male	XXS - XS	12.99
	S - XL	15.99
Hand Protectors	XXS - XS	23.99
	S - XL	27.99
Head Guard	XXS - XS	27.99
	S - XL	33.99
Mouth Guard	Junior or Senior	5.99
SE Shin Guards	S - XL	51.99
Shin Guard	XXS - XL	22.99

Price List

PRICE LIST

UNIFORMS - Kup Grade	SIZE CM	PRICE £
Starter - White Collar	90 - 110	21.99
	120 - 130	22.99
	140	23.99
	150	24.99
	160	25.99
	170	32.99
	180	34.99
	190 - 200	36.99
	210	37.99
EZ Fit - White Collar	100 - 110	34.99
	120	36.99
	130 - 140	39.99
	150 - 160	41.99
	170 - 180	54.99
	190	56.99
	200 - 210	57.99

UNIFORMS - Dan Grade	SIZE CM	PRICE £
Starter - Black Collar	140 - 150	20.99
	160	22.99
	170	28.99
	180	29.99
	190	31.99
	200	33.99
	210	34.99
EZ Fit - Black Collar	140	39.99
	150 - 160	41.99
	170 - 180	54.99
	190	56.99
	200	57.99
Terra - Black Collar	160	29.99
	170 - 180	36.99
	190 - 210	37.99
Premium - Black Collar	140 - 160	99.99
	170 - 210	119.99

Ordering

Ordering



Ordering is simple and easy with secure payment in our online store at: sbtkd.com/online-store

Alternatively, you can order and pay in class with cash or contactless.

If you need any advice or help regarding products or sizing, please let me know.

Regards
Master Richard Lymer

South Bank Taekwondo
Mobile: 07908917097
Web: sbtkd.com

Terms & Conditions can be found at: sbtkd.com/policies