

B. ARMOR: SHINAI COMBAT

1. HEAD

- a. Fencing mask, hockey helm or similar. Some fencing masks do not offer adequate throat protection. In this case, additional protection must be added. Masks with small snap-in bibs are not sufficient and require neck protection as well.
- b. No opening shall be large enough to allow the end of a shinai to enter through the front.
- c. The back of the head must be covered with 1/4 inch of padded material or equivalent. Rigid protection is recommended.

2. NECK

- a. A gorget of heavy or rigid material shall be used. Light leather or medium weight fabric, with rigid plates attached is also sufficient (See Gorget in the Glossary).
- b. A dog-collar style gorget alone is not sufficient.

3. BODY

- a. A minimum of one layer 6 oz. fabric, about the thickness of heavy t-shirt material (See Gambeson in the Glossary)
- b. Kidney protection is recommended, but not required for combatants 18 years of age and older. Rigid kidney protection is required for combatants under the age of 18 years.

4. ARMS AND LEGS

- a. A minimum of one layer 6 oz. fabric, about the thickness of heavy t-shirt material.
- b. removed.
- c. Elbows pads and kneepads recommended but not required.

5. HANDS

- a. Leather gloves or similar.