

Wraps, Gloves, Mouthguard, and Headgear



A. Hand Wraps

It is highly recommended to get hand wraps as your first kickboxing gear. Not only are they the most accessible and cheap but are also the most important tool you will need when it comes to kickboxing and boxing.

Why do I need hand wraps?

The purpose of hand wraps is to protect your hands/wrists (it acts like a cast around your hands). Not using wraps may (read will) cause hand/wrist injuries that will take a long time to heal.

Which hand wraps should I buy?

There are two different lengths of hand wraps to consider, one is 180 inches and the other is 120 inches. Besides length, hand wraps come in different material such as cotton, elastics, and gauze bands. We recommend getting cotton or elastic wraps for training.

Getting the shorter of the two length options would translate to faster wrap times, but less protection. While the longer wraps provide more protection, more time (maybe 30 seconds more) is needed putting them on.

Here are a few websites/places you can buy hand wraps from:

1. <http://tinyurl.com/AmazonHandWraps>
2. <http://tinyurl.com/TitleBoxingWraps>
3. Local sports store (Dick's sporting goods or Sports Authority)
4. Ross Dress for Less (If you are lucky to find one in stock)

Our recommendation:

1. <https://www.amazon.com/Sanabul-Boxing-Handwraps-Elastic-Black/dp/B017V08A80/>
2. <https://www.amazon.com/Ringside-Mexican-Style-Boxing-Handwraps-180-Inch/dp/B0092TI7B4>

How do I wrap my hands?

The following web page has a detailed tutorial.

<http://www.titleboxing.com/news/how-to-wrap-your-hands-in-10-easy-steps/>

YouTube has a ton of video tutorials as well.

Things to consider:

1. You should always have a slight tug when wrapping around your wrist, and knuckles to keep the wrapping material taut.
2. After wrapping your hands, check if you have proper blood circulation to your fingers. A simple way to test that is by squeezing your fingertips. If the color of your skin changes back from a light shade to its natural color, you're good to go. Or else, redo the wraps, but looser this time.

B. Boxing Gloves

You want to learn boxing/kickboxing, you will need these sooner or later.

Which type of boxing gloves should I get?

Doing a quick web search for a pair of gloves, you will be bombarded with a ton of glove type options: Bag gloves, sparring gloves, training gloves, and/or aerobic/cardio gloves.

The only gloves you need are the training gloves. They can be used for hitting mitts, hitting bags, and sparring. They also provide a good amount of cushioning for your hands. However, if you want maximum protection, go for sparring gloves.

Which size boxing gloves is right for me?

We recommend getting 16oz gloves. They provide the most cushion, which makes them ideal for training, especially for beginners. However, if you are a person of smaller stature, a smaller glove size (12oz or 14oz) might be the right choice for you. Usually, you want smaller gloves if you are shorter than 5' 5" and weigh less than 140 lbs. To be sure of your size before buying them online, go to a local sport store and try different sizes on. The gloves should fit nice and snug.

Which brands and sizes of gloves should I buy?

Here's a short list of good brands to buy:

- a. Title
- b. Fighting (Title's "premium" brand)
- c. Grant
- d. Rivals
- e. Ringside
- f. Fairtex
- g. Twins
- h. Everlast
- i. Sanabul
- j. Venum

Buy gloves that you can afford. Usually, Title provides good quality without being unreasonably overpriced. Sanabul and Everlast gloves are inexpensive compared to Title's. The other ones that are listed are relatively more expensive but will last you a long time. So, if you are just starting your kickboxing journey, Everlast and Title are safe choices.

Our recommendation? Get one of these:

1. <https://www.amazon.com/Everlast-Style-Training-Gloves-Black/dp/B000JF2W8O>
2. <https://www.amazon.com/Everlast-Elite-Style-Training-Gloves/dp/B07962S4F6>
3. <https://www.amazon.com/Venum-Elite-Boxing-Gloves-Black/dp/B010HWJRI6/>

Here are a few places to buy boxing gloves:

1. <http://tinyurl.com/AmazonBoxingGloves>
2. <http://tinyurl.com/TitleBoxingGloves>
3. Local sports store (Dick's sporting goods or Sports Authority)
4. Ross Dress for Less (If you are lucky to find one in stock)

C. Mouthguard

These are mandatory for anyone who wishes to spar.

Why are these mandatory?

Because new teeth are expensive, and mouthguards are not.

What size should I get?

Usually, the mouthguards are sold as for “youth” or “adult”. However, depending on the brand you might find one offered in other sizes.

A mouthguard can be made to fit exactly to your dental profile by dipping it in hot water for some time and immediately putting in your mouth and biting hard on it. You can find more info about the exact fitting process in the user manual or in numerous videos on the internet.

Which brand is good?

As long as the mouthguard wasn't bought for a dollar, it should do a good job protecting your teeth. But here are some brands that you can check out:

- a. Title
- b. Fighting (Title's “premium” brand)
- c. Rivals
- d. Venom
- e. Ringside
- f. Fairtex
- g. Twins
- h. Everlast
- i. Sanabul

Our recommendation? Get one of these:

1. <https://www.amazon.com/Shock-Doctor-Mouth-Guard-Strapless/dp/B00181B8LK/>
2. <https://www.amazon.com/Shock-Doctor-Convertible-Mouth-Guard/dp/B00I1BDJ44>

D. Headgear

These are mandatory for anyone who wishes to spar.

Why are these mandatory?

We highly recommend getting a headgear since we do not want our members getting concussions. A headgear also absorbs some of the impact of a punch or a kick.

What size should I get?

These commonly come in small, medium, and large sizes. For most, medium will work best. But we suggest you either go to a local store to try one and find what size fits you

best before you buy one from an online store like Amazon. We recommend buying a headgear from Amazon that has “Free returns” label on the product’s page so that you can exchange the headgear if the size you got is not the right one.

Which type should I get?

These come in competitive, and non-competitive variants. And each of these variants can either come with cheeks protector or without.

We suggest buying a competitive variant, but we leave it up to your preference whether to buy one with cheeks protector or without. The ones with cheeks protector have better protection but slightly lower visibility.

You can buy a headgear from either of the following brands:

- a. Title
- b. Fighting (Title’s “premium” brand)
- c. Rivals
- d. Venom
- e. Ringside
- f. Fairtex
- g. Twins
- h. Everlast
- i. Sanabul

Our recommendation? Get one of these:

1. <https://www.amazon.com/Ringside-Competition-Like-Sparring-Protection-Headgear/dp/B006CV5YAM/>
2. <https://www.amazon.com/Contender-Fight-Sports-Competition-Headgear/dp/B009ZBW1BQ/>
3. <https://www.amazon.com/Sanabul-Essential-Boxing-Kickboxing-Green/dp/B075GFPZ9V/>

We hope this guide answers all your questions about buying gloves and hand wraps. But if you still are not sure what to buy, talk to one of our officers.



Version history

- a. 2016.1 by Franco Rivas-Plata
- b. 2019.1 by Piyush Agade
 - i. Styling and graphical overhaul.
 - ii. Edited all sections, and updated links.
- c. 2021.1 by Piyush Agade
 - i. Added Mouthgaurd section.
 - ii. Added Headgear section.