

Made in China

TUSAH EUROPE



Bringing innovation & inspiration to the world of Martial Arts.

The premium brand for **World Taekwondo approved
clothing and equipment,**

**Tusah is committed to developing and providing
the very best products for your journey in Taekwondo.**

**Tusah gives the best value
together with unrivalled quality and customer care.**

**In all areas of the world, Tusah is devoted to supplying
athletes and instructors with the best
as we move towards our goal of**

‘SETTING THE STANDARD’



TUSAH
STARTER UNIFORM



WORLD
TAEKWONDO



RECOGNIZED BY WORLD TAEKWONDO



TUSAH



WORLD
TAEKWONDO

RECOGNIZED BY WORLD TAEKWONDO

Tusah White V Neck Plain Back Uniform



Tusah White V Neck Plain Back Uniform

Elasticated drawstring waist. Jacket has a plain back and is 80%polyester 20%cotton ribbed material. Tusah embroidered logo right chest and leg, underneath the collar on the back and WT embroidery on the back bottom of the suit. Extra stitched sleeves and trouser bottoms. Full length gusset. White V Neck. Complete with white belt. WT Approved. Sizes: 90cm-210cm

Tusah Embroidered Back Uniform

Elasticated drawstring waist. TAEKWONDO in English and Korean stitched on the back of the jacket. 80/20% Poly/cotton ribbed material. Tusah embroidered logo right chest and leg, underneath the collar on the back and WT embroidery on the back bottom of the suit. Extra stitched sleeves and trouser bottoms. Full length gusset. Complete with white belt. WT Approved. Sizes: 90cm-210cm

Tusah Embroidered Back Uniform



Tusah Black V Neck Plain Back Uniform



Tusah Black V Neck Plain Back Uniform

Designed for Black Belts and above, 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. WT Approved Sizes available: 130cm-170cm.

Tusah Poom Uniform Red/Black Collar

Elasticated drawstring waist. Jacket has a plain back. 80% polyester 20% cotton ribbed material. Tusah embroidered logo right chest, leg and underneath the collar. Extra stitched sleeves and trouser bottoms. Full length gusset. WT Approved Sizes available: 130cm-160cm.

Tusah Poom Uniform Red/Black Collar



Tusah Terra Uniform Black Collar



Tusah Terra Uniform Black Collar

Designed in partnership with our 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. World Taekwondo Approved. 55% polyester 45% cotton composition material. Sizes Available: 160cm - 210cm

Tusah Black Belt

Tusah Black Belts complete with box Available in sizes: 240cm, 260cm, 280cm, 300cm, 320cm, 340cm

Tusah Black Belt



Tusah Shoe Classic

TUSAH CLASSIC



Indoor training shoe in synthetic perforated material. The insole is layered with bamboo fibre for more effective sweat absorption and anti-odour functions. Available in sizes:

Classic Shoe UK Child 13 (EU 32 19cm)
 Classic Shoe UK Child 1 (EU 33.5 20cm)
 Classic Shoe UK Child 2 (EU 35 21cm)
 Classic Shoe UK Child 3 (EU 36 22cm)
 Classic Shoe UK Child 4 (EU 37.5 23cm)
 Classic Shoe UK Adult 5 (EU 38.5 24cm)
 Classic Shoe UK Adult 6 (EU 40 25cm)
 Classic Shoe UK Adult 7 (EU 41 26cm)
 Classic Shoe UK Adult 8 (EU 42.5 27cm)
 Classic Shoe UK Adult 9 (EU 44.5 28cm)
 Classic Shoe UK Adult 10 (EU 45.5 29cm)
 Classic Shoe UK Adult 11 (EU 46.5 30cm)

Slip on design

We recommend you get 1/2 (half) a size bigger than you normally wear.

Tusah Shoe Jet 1



The Tusah Jet1 shoe is our latest model incorporating new design together with all the factors from the original Taekwondo shoes.

It is now one of the leading Taekwondo shoes available today for both casual wear and Taekwondo training.

Extra padding at the ankle for added support.

The double layer concept wraps your foot giving a secure experience during training. There are air holes and mesh to provide the right amount of circulation.

An extra cushioned insole provides added comfort with a durable arch support.

The mid sole is also layered with soft padding for increased comfort.

The outer sole has been shaped to improve traction and stability. The sole has been designed to be flexible for increased performance.

Changeable laces black or white

Tusah Shoe JET1 available in sizes:

UK Child 4 (EU 37.5 23cm)

UK Adult 5 (EU 38.5 24cm)

UK Adult 6 (EU 40 25cm)

UK Adult 7 (EU 41 26cm)

UK Adult 8 (EU 42.5 27cm)

UK Adult 9 (EU 44.5 28cm)

UK Adult 10 (EU 45.5 29cm)

UK Adult 11 (EU 46.5 30cm)

We recommend you get 1/2 (half) a size bigger than you normally wear.

Premium Shoe

TUSAH JET1



Tusah EZ-FIT LITE White Collar



TUSAH
EZ-FIT LITE

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Fighter material



Starter Style



Tusah EZ-FIT LITE Fighter Uniform

This uniform has the EZ-Fit fighter material but is the starter style unlike the normal EZ-FIT fighter uniform the EZ-Fit Lite has no mesh or air vents under the arms, on the back and on the trousers.

Available in sizes:
white collar 120cm-210cm
black collar 140cm-210cm

Tusah EZ-FIT LITE Black Collar



TUSAH
EZ-FIT LITE

TUSAH
RECOGNIZED BY WORLD TAEKWONDO

Fighter material



Starter Style



Tusah EZ-FIT Fighter White Collar



TUSAH
EZ-FIT

TUSAH
RECOGNIZED BY WORLD TAEKWONDO



Tusah EZ-FIT Fighter Uniform

The Tusah WT APPROVED Fighter Uniform is 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 Taekwondo events. 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.

Available in sizes:
white collar 100cm-210cm
black collar 140cm-210cm

Tusah EZ-FIT Fighter Black Collar



TUSAH
EZ-FIT

TUSAH
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Tusah Female Poomsae Poom Uniform Red Trousers

Tusah Male Poomsae Poom Uniform Blue Trousers



Tusah Terra Poomsae Female & Male Poom

The fabric blend ensures excellent form and snap in every technique while also representing outstanding value for money. The World Taekwondo Federation Badge has been carefully embroidered to complement the uniform.

The Female Poom uniform consists of a white top with a red and black collar and red trousers.

Available in sizes: 140cm-170cm

The Male Poom uniform consists of a white top with a red and black collar and blue trousers.

Available in sizes: 140cm-170cm



Tusah Female Poomsae Dan Uniform Light Blue Trousers

Tusah Male Poomsae Dan Uniform Navy Blue Trousers



Tusah Terra Poomsae Female & Male Dan

The fabric blend ensures excellent form and snap in every technique while also representing outstanding value for money. The World Taekwondo Federation Badge has been carefully embroidered to complement the uniform.

The Female Dan uniform consists of a white top with a black collar and light blue trousers.

Available in sizes: 150cm-180cm

The Male Dan uniform consists of a white top with a black collar and navy blue trousers.

Available in sizes: 150cm-210cm



Tusah Senior Dan Uniform Gold Top Dark Trousers



Tusah Terra Senior Dan

The fabric blend ensures excellent form and snap in every technique while also representing outstanding value for money. The World Taekwondo Federation Badge has been carefully embroidered to complement the uniform.

The Senior Dan uniform consists of a gold top with a black collar and dark blue trousers.

Available in sizes: 160cm-210cm



Tusah Forearm



TUSAH
EZ-FIT

Tusah Forearm In White

WT and CE Approved. PU compressed sponge construction has been used to make this forearm light weight and flexible. The forearm provides the wearer with full forearm protection, whilst also ensuring a full range of movement. Two adjustable velcro straps have been attached to the forearm guard to ensure maximum comfort and a tight fit. It ensures maximum coverage and is perfect for blocking and defending. Available in Sizes: XXS-XL

Tusah Shin In White

WT and CE Approved. PU compressed sponge construction has been used to make this shin light weight and flexible. The shin provides the wearer with full protection, whilst also ensuring a full range of movement. Two adjustable velcro straps have been attached to the fo to ensure maximum comfort and a tight fit. It ensures maximum coverage and is perfect for blocking and defending.

Sizes available in: XXS – XL

Tusah Shin



TUSAH
EZ-FIT

Tusah Gloves



TUSAH
EZ-FIT

Tusah Gloves

WT and CE Approved. They have the perfect amount of padding needed for WT Taekwondo sparring and are super lightweight and non-restrictive in movement. Made from an outer material of PU which is quick drying and well ventilated you hands stay cool and dry. On the palm area is a mesh that also allows your hands to breath, also helping with the ventilation.

EVA foam padding.

Elasticated Velcro strap to ensure a good secure fit which doubles up as wrist support too. Stopping the need for additional wrist support like Boxers and Kickboxers need.

Sizes available in: XXS – XL

Tusah Instep

An inner cool mesh material gives these Taekwondo insteps the ultimate comfort and feel. Secure velcro closure and individual toe grips these insteps have been specially designed to help users from slipping.

This makes them ideal for use while training in sparring and Poomsae alike.

CE Approved

Sizes Available: XXS-XXL

Tusah Instep



TUSAH
EZ-FIT

Tusah Male Groin Guard



TUSAH
EZ-FIT

Tusah Male Groin Guard

EVA foam construction offering comfortable and all round protection with a PU cover.. WT and CE Approved. Elastic straps maximise comfort and give a more secure feel while training and competing.

Sizes Available: XXS-XL

Tusah Female Groin Guard

EVA foam construction offering comfortable and all round protection with a PU cover.. WT and CE Approved.

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.

Available in sizes: XXS-L.

Tusah Female Groin Guard



TUSAH
EZ-FIT

Tusah Trunk Protector



TUSAH
EZ-FIT

Tusah Reversible Trunk Protector

CE & WT Approved
Inside the EZ-Fit Chest Protector is an inner sponge fused with EVA foam technology for extra protection.

Elastic upper-back straps to accommodate any preference. Protectors are layered outside with a smooth PU material.

The Tusah Taekwondo Trunk Protector offers excellent, unhindering protection against strikes to the chest and upper body. Available in a range of sizes to offer the perfect fit: 0/XXS, 1/XS, 2/S, 3/M, 4/L, 5/XL, 6/XXL

Tusah Shin/Instep

WT Shin Instep Long Version covers the toes. This guarantees the user optimal performance, mobility, and protection from both items during training and, with the removal of the instep section, during competitions.

Made with PU foam. Note the removable shin is WT Approved however instep is not
Sizes: XXS - XL

Tusah Shin/Instep



TUSAH
EZ-FIT

Tusah Headguard



TUSAH
EZ-FIT

Tusah Headguard

Developed to give excellent protection at a great price and is WT & CE Approved. The Tusah headguard protects blows and injury to the head during Taekwondo training and competitions. It features vital reinforced ear protection, large air holes for excellent ventilation and heat control. A double elastic and velcro chin strap offers superior fit and feel. Created by shock absorbing foam the head guard is easy to wear and offers excellent protection without hindering performance. Available in white, red or blue. Sizes: XS - XL

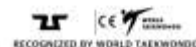
Tusah Visor (visor only)

For use in Taekwondo tournaments, it has elastic straps to attach the clear protective visor to the headguard. Offering maximum protection to the face and providing an excellent field of vision. Suitable for full contact sports. Great protection when trying to master solo weaponry techniques.

A small visor fits an XS and Small Tusah head guard.

A Medium visor fits a Medium and Large Tusah Headguard

Tusah Visor



TUSAH
EZ-FIT

Tusah Special Edition Forearm



Tusah Special Edition

The newest way to protect your Shin and Forearm. Memory Foam Protection embedded in the most vulnerable areas
Available in sizes: Small - XL



Tusah Special Edition Shin



Tusah Double Kick Targets



Tusah Double kick targets

Double Kick target in foam covered by PU.
Used for kicking and punching drills to
develop speed and balance. Available in
colours: red, blue, black and gold. Design
has the Tusah logo.

■ GOLD

■ BLUE

■ BLACK

■ RED



Tusah Single Kick Target



Tusah Single Kick Target

Kick target in foam covered by PU. Used for kicking and punching drills to develop speed and balance. Available in black only. Design has the Tusah logo.

Tusah Back Pack In red

Taekwondo Pro Back Pack are made with vibrant and extremely durable Jacquard and 600 D Polyester.

- Padded air mesh shoulder straps
- Multiple pockets & two side pockets for additional storage
- Exterior water bottle mesh pocket for easy access.
- Main compartment provides spacious storage

Size: Length = 46cm (18 inches)

Size: Width = 32cm (12.6 inches)

Trunk protector straps eliminating the need to carry all of your training gear to class.



Tusah Back Pack (Black)



Tusah Back Pack In black

Taekwondo Pro Back Pack are made with vibrant and extremely durable Jacquard and 600 D Polyester.

- Padded air mesh shoulder straps
- Multiple pockets & two side pockets for additional storage
- Exterior water bottle mesh pocket for easy access.
- Main compartment provides spacious storage

Size: Length = 46cm (18 inches)

Size: Width = 32cm (12.6 inches)

Trunk protector straps eliminating the need to carry all of your training gear to class.

Taekwondo Pro Equipment Bag

Made with vibrant Polyester, It has been built to carry everything a martial artist could need. 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

Colour: Black/Red

Size: Length = 56cm (22 inches)

Size: Width = 30cm (12 inches)

Size: Height = 33cm (13 inches)

Tusah Equipment Bag



Tusah Plain Sport Bag



Tusah Plain Sport Bag

Drawstring bag in Black
44cm x 35cm
printing available

Wooden Breaking Boards

Great for exhibitions or grading!

9mm, 12mm, 18mm, or 25mm thick

Buy 10 pieces for a set discount, or sold individually – choose as many as you need.



TUSAH

STANDARD WT MAT

Color : Reversible Red / Blue
Size : 1000 X 1000 X 25 mm
800 X 800 X 25 mm



RECOGNIZED BY WORLD TAEKWONDO

Tusah World Taekwondo Mats (**OCTAGON RING**)
EVA Reversible jigsaw mats red/blue with pattern to reduce slip. Fully reversible, supplied with edging.
Normal size
80cm X 80cm X 25mm
1 set (100 mats = 1 ring)
set does not include border

Tusah World Taekwondo Mats (**SQUARE RING**)
EVA Reversible jigsaw mats red/blue with pattern to reduce slip. Fully reversible, supplied with edging.
Normal size
1m x 1m x 25mm.
1 set (100 mats = 1 ring)

Size Guide



Taekwondo Dobok

USA/Korean	CM	FT
000000/	90	Below 3'4"
00000/	100	3'4 - 3'6"
0000/	110	3'6 - 4'0"
000/	120	4'0 - 4'4"
00/	130	4'4 - 4'8"
0/	140	4'8 - 5'2"
1/	150	5'2 - 5'5"
2/	160	5'5 - 5'10"
3/	170	5'10 - 6'0"
4/	180	6'0 - 6'4"
5/	190	6'4 - 6'6"
6/	200	6'7"+
7/	210	6'7"+

Karate Gi

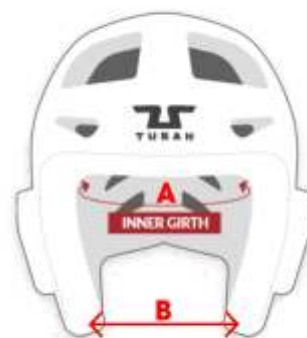
İ Ĭ Ė Ħ Ö Ö Ĭ Ĭ	CM	FT
0000/	100cm	3'4 - 3'6"
000/	110cm	3'6 - 4'0"
00/	120cm	4'0 - 4'4"
0/	130cm	4'4 - 4'8"
1/	140cm	4'8 - 5'2"
2/	150cm	5'2 - 5'5"
3/	160cm	5'5 - 5'10"
4/	170cm	5'10 - 6'0"
5/	180cm	6'0 - 6'4"
6/	190cm	6'4 - 6'6"
7/	200cm	6'7" +
8/	210cm	6'7" +

TUSAH TAEKWONDO GLOVES



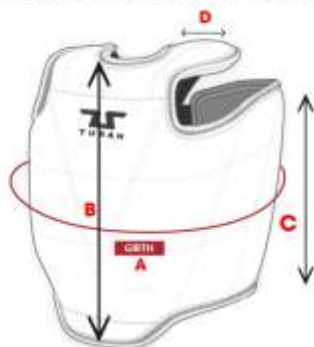
SIZE: (cm)	XXS	XS	S	M	L	XL
A	17	17.5	18	18.5	19.5	20
B	8.5	9	9	9.5	10	10.5

TUSAH TAEKWONDO HEADGUARD



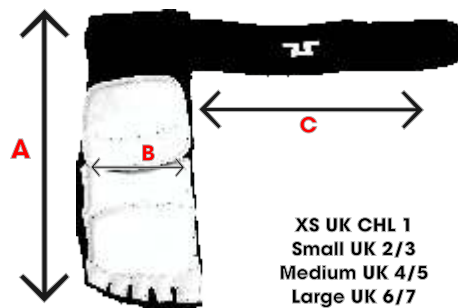
SIZE: (cm)	XS	S	M	L	XL
A (inside)	50	53	55	58	60
B (loose)	14	16	17	17	18

TUSAH TAEKWONDO 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 WT Style Taekwondo Insteps



XS UK CHL 1
Small UK 2/3
Medium UK 4/5
Large UK 6/7
Extra Large 8/9
Extra Extra Large 10/11

İ Ĭ Ė Ħ Ö Ö Ĭ Ĭ	XS	S	M	L
A	22	23	24	25
B	8	8.5	9	9.5
C	28	28	28	28

Tusah Groin Guards

Female INCHES

Size	A	B	C	D
XXS	6	6	6	9
XS	6	7	7	10
S	7	8	8	11
M	7	9	9	12
L	7	11	11	13
XL	7	13	13	14

Unstretched Waist Size

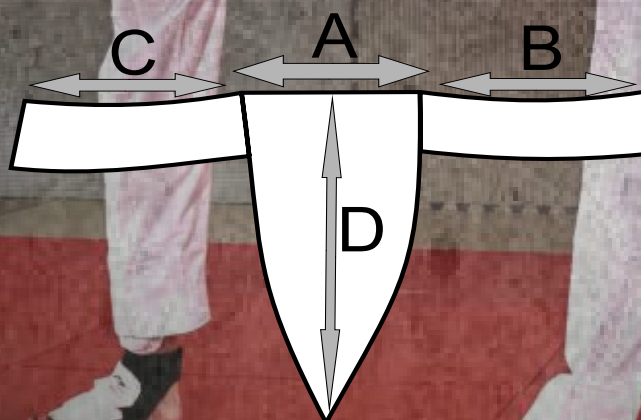
equals 18 Inches
 equals 20 Inches
 equals 23 Inches
 equals 25 Inches
 equals 29 Inches
 equals 33 Inches

Male INCHES

Size	A	B	C	D
XXS	6	6	6	9
XS	6.5	7	7	10
S	7.5	8	8	11
M	8	9	9	12
L	8	11	11	13
XL	8.5	13	13	14

Unstretched Waist Size

equals 18 Inches
 equals 20.5 Inches
 equals 23.5 Inches
 equals 26 Inches
 equals 30 Inches
 equals 34.5 Inches



Tusah Instep

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

CM
 24cm-24.5cm
 25cm-25.5cm
 26cm-26.5cm
 27cm-27.5cm
 28cm-28.5cm

Please Note: This is only an approximate guideline

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Your Local Dealer

