

# CENTURY®

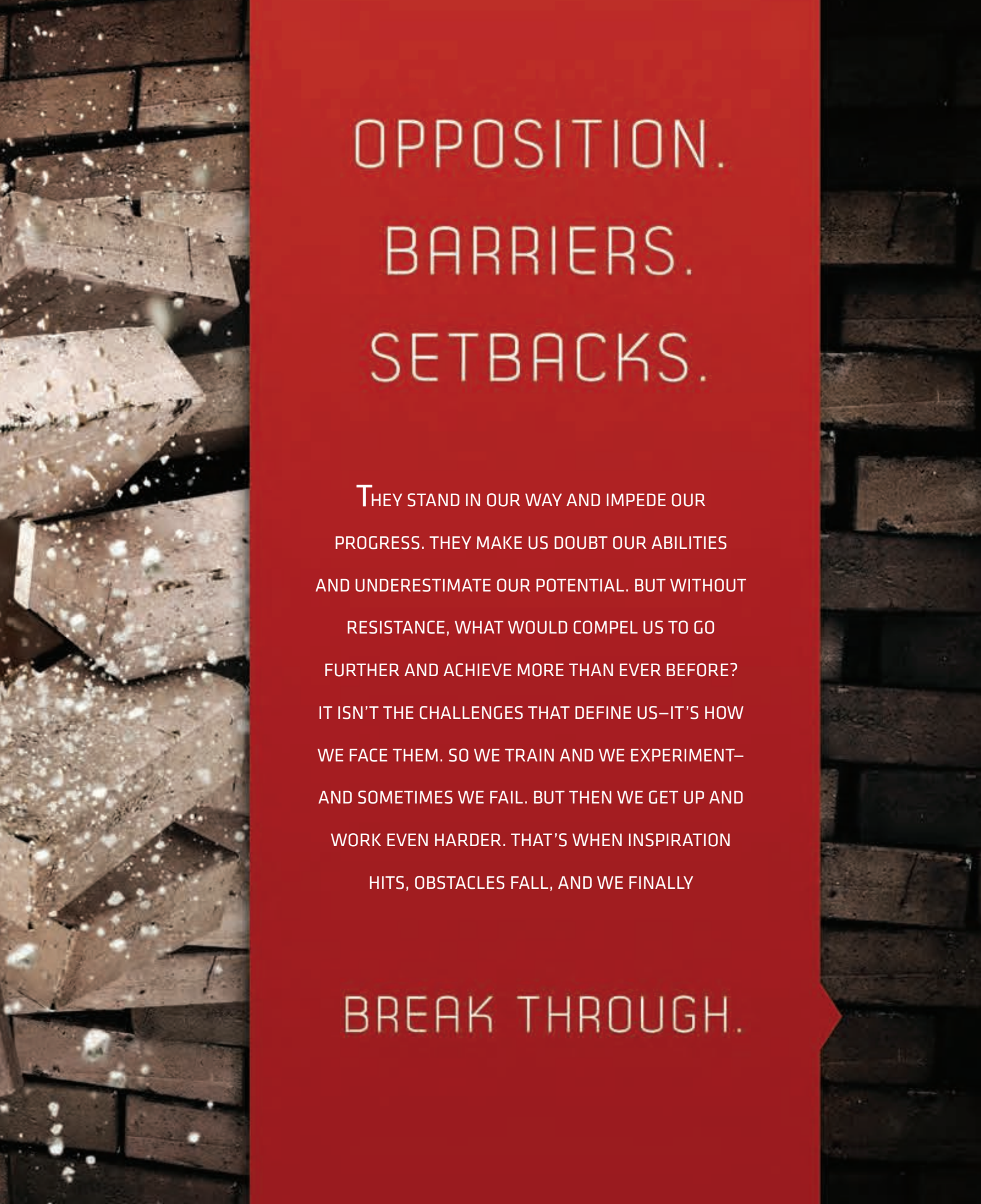
A person in a white martial arts gi with a black belt stands on a rocky outcrop, looking at a massive brick wall that stretches to the horizon under a dramatic, cloudy sky.

BREAK THROUGH

CENTURY®







OPPOSITION.  
BARRIERS.  
SETBACKS.

THEY STAND IN OUR WAY AND IMPEDE OUR  
PROGRESS. THEY MAKE US DOUBT OUR ABILITIES  
AND UNDERESTIMATE OUR POTENTIAL. BUT WITHOUT  
RESISTANCE, WHAT WOULD COMPEL US TO GO  
FURTHER AND ACHIEVE MORE THAN EVER BEFORE?  
IT ISN'T THE CHALLENGES THAT DEFINE US—IT'S HOW  
WE FACE THEM. SO WE TRAIN AND WE EXPERIMENT—  
AND SOMETIMES WE FAIL. BUT THEN WE GET UP AND  
WORK EVEN HARDER. THAT'S WHEN INSPIRATION  
HITS, OBSTACLES FALL, AND WE FINALLY

BREAK THROUGH.

# THE NEXT GREAT BREAKTHROUGH

CREED™ PRO TRAINING GEAR



VERSYS™ FIGHT SIMULATORS



CENTURY® COMPRESSION GEAR



**THE JOURNEY** of a martial artist is filled with long hours, heartache, and hardships. But there comes a time when barriers begin to fall, failures become successes, and you finally *break through*.

Our founder, Mike Dillard, started his break through journey as a young man studying martial arts. He created a vision for Century® to provide students and professionals the world over with top-quality equipment. That breakthrough vision and many others over the past 40 years has propelled Century to be the leader in martial arts equipment.

Today, Century is housed in a 650,000 square-foot facility, where we design, test, manufacture, and distribute our products to martial artists around the globe. Many of our employees train in our in-house martial arts classes, giving them direct insight into the products we offer. We also have the privilege of working with top martial artists from a range of disciplines and styles, giving us special understanding of how training equipment should work.





Among our thousands of industry-leading products are the revolutionary Century training bags. It all began with the **Wavemaster**,<sup>®</sup> the world's first free-standing bag. Then came the famous training bag manikin **BOB**<sup>®</sup>—Body Opponent Bag. And now **VERSYS**<sup>™</sup> has taken center stage as the most versatile and realistic line of training bags on the market.

We have partnered with the Ultimate Fighting Championship<sup>®</sup> to produce their official fight gear, as well as PHIT America (Personal Health Investment Today) to increase physical activity in local communities and schools while educating the public on the benefits of fitness. We also provide networking opportunities for martial arts schools through our annual Martial Arts SuperShow, and have recently partnered with the International Mixed Martial Arts Federation to provide gear to their championship athletes.

There are even more game-changing innovations on the horizon that we can't wait to share. Thank you for making Century part of your journey.

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# HOW TO PICK THE RIGHT TRAINING BAG

## TRAINING BAGS

### 1 HEAVY BAGS

Choosing the right training bag is easy if you know the features and benefits of each one. Larger weighted bags sway less, so they're great for developing power punches and kicks. Lighter hanging bags will sway more, creating a moving opponent to test your distance and timing.



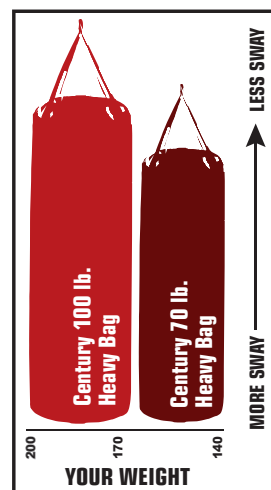
#### 100 lb. Heavy Bag

- Improve strength and power when punching and kicking
- Heavy weight is steady and less forgiving on impact
- Ideal for a heavy hitter weighing 170 lbs. or more



#### 70 lb. Heavy Bag

- Great for both footwork and punching techniques
- Medium weight for balanced sway and resistance
- Best for adults weighing more than 140 lbs.



IF YOU STILL CAN'T DECIDE WHICH BAG WEIGHT TO CHOOSE, TAKE YOUR BODY WEIGHT DIVIDED BY TWO AND ROUND UP TO THE CLOSEST AVAILABLE BAG WEIGHT.

### 2 FREESTANDING BAGS

**Versys:** Portable and versatile, the Versys bag is ideal for the entire range of martial arts disciplines and techniques, plus fitness work.

**Body Opponent Bag (BOB XL):** This bag is great for realistic partner training in nearly any style. Ideal for up-close self-defense tactics.

**Wavemaster:** These portable bags work well in almost any area, and are ideal for practicing a variety of punches and kicks, and ideal for all cardio programs.



### 3 SPECIALTY BAGS

**Muay Thai Bags:** Created for kicking, this bag is longer to accommodate high and low Muay Thai strikes.

**Double-Ended Bags:** Popular in MMA and boxing, these bags are great for practicing on a moving target.

**Speed Bag:** Great for developing hand speed and timing.

**Tear-Drop Bags:** Popular for training in Thai boxing, tear-drop bags are ideal for clinching the bag and practicing knee-strikes.

**Grappling Dummies:** Great for practicing throws and techniques in MMA.



TRAINING GEAR

HAND WRAPS

SPARRING GEAR

TARGETS & SHIELDS

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COMPRESSION GEAR, CUPS & SUPPORTERS

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UFC®

MEDIA

# THE MOST VERSATILE SYSTEM



VS.1



V.SPAR.1



VS.2

PATENT PENDING



FOR STAND-UP AND  
GROUND TRAINING

TRAINING  
BAGS

TRAINING  
GEAR

HAND WRAPS

SPARRING  
GEAR

TARGETS &  
SHIELDS

UNIFORMS

COMPRESSION  
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V.SP.AR.2

VS.3



TO VIEW INSTRUCTIONAL VIDEOS AND ADDITIONAL  
INFORMATION VISIT [CENTURYVERSYS.COM](http://CENTURYVERSYS.COM)

# NEW! VS.1

## Introducing a whole new world of combat and fitness training with the Versys™ VS.1

The Versys VS.1 is a revolutionary new fight simulator created at Century and tested by professional combat sport coaches, trainers, and instructors. The VS.1 is for martial artists of all skill levels, for practicing a vast array of techniques.

**RECOMMENDED FOR:** Traditional Martial Arts / Kickboxing / MMA / General Fitness

### BENEFITS AND FEATURES:

- Practice everything from stand-up sparring to takedowns and ground workouts, with top handles for clinch work and knee strikes
- The pre-filled base and natural rebounding properties enable continuous sparring and low-impact striking, even training full-force
- Develop speed, power, agility, balance, and reaction time with a full striking surface for low kicks and greater versatility
- Pre-filled and easy to assemble, move, and store after training, with no hanging fixtures, bag stands, or permanent installation

Some assembly required

USA/Imported

**SIZE:** 13.75" DIA. X 66" TALL

**WEIGHT:** APPROX. 110 LBS.

**COLOR:** BLACK/RED

**#10184K \$299<sup>99</sup>**

**FREE SHIPPING\***

\*Free shipping excludes Alaska and Hawaii

SEE PAGE 14 FOR YOUTH SIZE

PATENT PENDING



**ONE-YEAR REPLACEMENT WARRANTY**

Visit [CenturyMartialArts.com/warranty](http://CenturyMartialArts.com/warranty) for details



BOXING COMBINATIONS



KNEE STRIKES



GROUND AND POUND



HIGH AND LOW KICKS



TAKEDOWNS



# NEW! VS.2

## Grappling dummies just got a lot more functional with the Versys™ VS.2

The VS.2 is the first fight simulator that allows for nearly every grappling technique imaginable, including takedowns, with a third leg that keeps the dummy upright.

**RECOMMENDED FOR:** BJJ / MMA / Judo / Wrestling / Grappling

### BENEFITS AND FEATURES:

- Realistically practice grappling moves ranging from takedowns and throws, to leg sweeps, arm drags, and crotch lifts, without the risk of injuring a partner
- Throw hand, elbow, knee, and foot combinations to upper, middle, and lower body, as well as performing under hooks, level changes, and ground and pound
- Designed with a soft core, flexible arms, and a patented three-leg construction that is strategically weighted to stand upright and rebound to original position
- 40% lighter than traditional grappling bags, making it easy to assemble, move, and store after training

Some assembly required  
USA/Imported

SIZE: APPROX. 60" TALL  
WEIGHT: APPROX. 50 LBS.  
COLOR: BLACK/RED

#10185 ~~\$399~~<sup>99</sup>  
FREE SHIPPING\*

\*Free shipping excludes Alaska and Hawaii

SEE PAGE 15 FOR YOUTH SIZE

PATENT PENDING



ONE-YEAR REPLACEMENT WARRANTY

Visit [CenturyMartialArts.com/warranty](http://CenturyMartialArts.com/warranty) for details



GROUND AND POUND



SUBMISSIONS



THROWS



TAKEDOWNS



KNEE STRIKES



TRAINING BAGS

TRAINING GEAR

HAND WRAPS

SPARRING GEAR

TARGETS & SHIELDS

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GROUP TRAINING

PATENT PENDING

**WARNING:** THIS PRODUCT IS SOLD FOR USE IN HIGH RISK ACTIVITIES. BEFORE USING THIS PRODUCT, READ ALL INFORMATION. YOU MAY RETURN THE UNUSED PRODUCT WITHIN 14 DAYS OF PURCHASE IF YOU DO NOT AGREE TO THE TERMS AND CONDITIONS.



# NEW! VS.3

## Redefining martial arts and combat sports training and conditioning with the Versys™ VS.3

The VS.3 gives martial arts athletes the most realistic training experience outside of live sparring, whether going solo or working out with a group.

**RECOMMENDED FOR:** Traditional Martial Arts / Group Training / Self Defense

### BENEFITS AND FEATURES:

- Designed to realistically simulate a wide range of kicks, such as inside and outside leg kicks, side-kicks, spinning back and heel kicks, and groin strikes
- Practice proper form and muscle mechanics while throwing hand, elbow, knee, and foot combinations to all areas of the body
- Top handles enable clinch work and knee strikes, with a removable pad for groin strikes
- The large, three-leg design allows for solo and group training of all skill levels
- Ideal for multi-discipline combat training, including self-defense, boxing, martial arts, Muay Thai, kickboxing, and MMA
- 60% lighter than most weighted free standing bags, with pre-filled base, moving easily on and off the training area

Some assembly required

USA/Imported

**SIZE:** APPROX. 18" DIA. X 69" TALL

**WEIGHT:** APPROX. 100 LBS.

**COLOR:** BLACK/RED

**#10186K \$499<sup>99</sup>**

**FREE SHIPPING\***

\*Free shipping excludes Alaska and Hawaii



**ONE-YEAR REPLACEMENT WARRANTY**

Visit [CenturyMartialArts.com/warranty](http://CenturyMartialArts.com/warranty) for details



INSIDE LEG KICKS



GROIN KICKS



KNEE STRIKES



HIGH KICKS



TO VIEW INSTRUCTIONAL VIDEOS AND ADDITIONAL INFORMATION VISIT [CENTURYVERSYS.COM](http://CENTURYVERSYS.COM)

TRAINING BAGS

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# NEW! V.SP.AR.1

Inspiring physical activity, the Versys™ V.SP.AR.1 is a versatile fight simulator designed especially for youth

The V.SP.AR.1 provides youth a large striking surface while still small enough to pick up, toss, and take down. Plus, a smaller base makes it easier for youth's shorter limbs to strike the bag.

**RECOMMENDED FOR:** Traditional Martial Arts / Kickboxing / MMA / General Fitness

## BENEFITS AND FEATURES:

- Practice a full range of combination strikes, including low/high punches and kicks, knees, and elbows, in addition to stand-up sparring, take downs, and ground workouts
- The pre-filled base and natural rebounding properties enable continuous sparring and low-impact practice even at maximum force
- Ideal for developing coordination, speed, power, and control in young martial artists while opening new doors to exploration, learning, and creative expression
- Pre-filled and easy to assemble, move, and store after training, with no hanging fixtures, bag stands, or permanent installation

USA/Imported

SIZE: BAG-11" DIA.; BASE-14" DIA.; TOTAL HEIGHT-48"

WEIGHT: APPROX. 40 LBS

COLOR: BLACK/RED

#10187 \$199<sup>99</sup>

**FREE SHIPPING\***

\*Free shipping excludes Alaska and Hawaii



**ONE-YEAR REPLACEMENT WARRANTY**  
Visit [CenturyMartialArts.com/warranty](http://CenturyMartialArts.com/warranty) for details



HIGH KICKS



PUNCHES



GROUND AND POUND



KNEE STRIKES



TAKEDOWNS

PATENT PENDING



# NEW! V.SP.AR.2

The Versys™ V.SP.AR.2 is the first freestanding grappling dummy designed exclusively for youth

Its innovative three-leg structure and two grappling arms provide a realistic approach to every takedown, throw, sweep, hold, and lock imaginable.

**RECOMMENDED FOR:** BJJ / MMA / Judo / Wrestling / Grappling

## BENEFITS AND FEATURES:

- Beginning and advanced youth athletes alike can practice throws, hip tosses, takedowns, leg sweeps, ankle picks and more without risking injury to a partner
- Perfect tool for conditioning and training drills, combinations, ground work and other maneuvers with its soft core and flexible arms that help absorb impact
- Can enhance hand-eye coordination in youth, speeding up progression of special ground technique
- Three-leg design stands upright and naturally rebounds to original position
- Pre-filled bag requires no additional sand or water and easily moves and stores after training

Some assembly required  
USA/Imported

**SIZE:** •MAX HEIGHT - 45.5" (LEGS TOGETHER);  
•MIN HEIGHT - 44.2" (LEGS APART- DURING USE)

**WEIGHT:** APPROX. 15 LBS

**COLOR:** BLACK/RED

**#10188 \$249<sup>99</sup>**

**FREE SHIPPING\***

\*Free shipping excludes Alaska and Hawaii



**ONE-YEAR REPLACEMENT WARRANTY**

Visit [CenturyMartialArts.com/warranty](http://CenturyMartialArts.com/warranty) for details



TAKEDOWNS



THROWS



GROUND AND POUND



SUBMISSIONS



KNEE STRIKES



TRAINING BAGS

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**WARNING:** THESE PRODUCTS ARE SOLD FOR USE IN HIGH RISK ACTIVITIES. BEFORE USING THIS PRODUCT, READ ALL INFORMATION. YOU MAY RETURN THE UNUSED PRODUCT WITHIN 14 DAYS OF PURCHASE IF YOU DO NOT AGREE TO THE TERMS AND CONDITIONS.

NEW!

# JACKET AND BELT

- With something to grab onto, the Versys Jacket and Belt creates an even more realistic training experience
  - Ultra-durable 100% cotton construction features reinforced stress points, hems, and collar
  - Comes with a white belt to complete the real-life opponent look and feel
- Imported

COLOR: JACKET BLUE, BELT WHITE

VS.2 JACKET #04104 ~~\$99~~<sup>99</sup>

V.SPAR.2 JACKET: #04105 ~~\$79~~<sup>99</sup>



ONE-YEAR REPLACEMENT WARRANTY

Visit [CenturyMartialArts.com/warranty](http://CenturyMartialArts.com/warranty) for details

PATENT PENDING





# BOB® XL

## BOB® XL

- Ideal for realistic training
- Long torso creates more striking surface area for body shot training as well as kicks
- Polyethylene base fills with sand or water and is rounded for easy roll relocation
- Height can be adjusted from 60" to 82" tall
- Base can be filled with water or sand

USA/Imported

**SIZE:** 78" X 60" X 24"; MANIKIN- 40" X 15.5" X 10.5"; BASE DIAMETER- 24"

**WEIGHT:** APPROX. 270 LBS. WHEN FILLED WITH WATER

**#BOBXLK \$399<sup>99</sup>**

**FREE SHIPPING\***

\*Free shipping excludes Alaska and Hawaii

BOB® IS A REGISTERED TRADEMARK OF CENTURY, LLC. THE BOB DESIGN IS A REGISTERED TRADE DRESS OF CENTURY, LLC. BOB® 2003 CENTURY, LLC

U.S. PATENT #5,624,358



TRAINING BAGS

TRAINING GEAR

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# WAVEMASTER®

- Constructed for consistent heavy use
- High density foam padding for maximum impact absorption
- Sealed fill cap helps to prevent leaking
- Base can be filled with water or sand
- Round base for easy relocation

THE  
ORIGINAL  
FREESTANDING  
BAG



## The Original Wavemaster®

- Seven height adjustments from 47" to 68" (from floor to top of bag) allowing students to practice kicks and punches at different heights

• Ideal for developing kicks, punches, and strikes

USA/Imported

**SIZE:** BAG- 13" DIA. X 26" TALL STRIKING SURFACE; BASE DIAMETER- 24"

**WEIGHT:** APPROX. 270 LBS. WHEN FILLED WITH WATER

**COLORS:** RED, BLUE, OR BLACK

**#10162 \$149<sup>99</sup>**

**FREE SHIPPING\***

U.S. PATENT #5,624,358

\*Free shipping excludes Alaska and Hawaii





### Powerline Wavemaster®

- Seven height adjustments from 47" to 68" (from floor to top of bag) allowing students to practice kicks and punches at different angles
- Twice as much high-density foam as the Original Wavemaster® for high-impact kicks and strikes
- Thick vinyl covering adds strength for repeated use

USA/Imported

**SIZE:** BAG - 17.5" DIA. X 26" TALL STRIKING SURFACE; BASE DIAMETER - 24"

**WEIGHT:** APPROX. 270 LBS. WHEN FILLED WITH WATER

**COLORS:** BLACK, BLUE, OR RED

**#101622 \$199<sup>99</sup>**

**FREE SHIPPING\***

\*Free shipping excludes Alaska and Hawaii

WAVEMASTER® IS A REGISTERED TRADEMARK OF CENTURY, LLC.

ORDER FROM YOUR SCHOOL TODAY

TRAINING BAGS

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# WAVEMASTER®



## Cardio Wavemaster®

- Ideal for cardio kickboxing workouts
  - Low profile base fills with sand or water and is rounded for easy roll relocation
  - Four height adjustments from 53-.5" to 65.5"
- USA/Imported

**SIZE:** BAG- 10.5" DIA. X 40" TALL; BASE DIAMETER- 22"

**WEIGHT:** APPROX. 170 LBS. WHEN FILLED WITH WATER

**COLORS:** BLACK, RED, OR BLUE

**#101721 \$149<sup>99</sup>**

**FREE SHIPPING\***

\*Free shipping excludes Alaska and Hawaii



## TKD Wavemaster®

- Cone shape top creates an ideal angle for kicks
  - Target zones on each side, one red and one blue
  - Fills with sand or water and is rounded for easy roll relocation
- USA/Imported

**SIZE:** BAG- 20.5" DIAMETER TAPERS TO 13" DIAMETER X 26" TALL; BASE DIAMETER- 24"

**WEIGHT:** APPROX. 270 LBS. WHEN FILLED WITH WATER

**COLOR:** RED/BLUE

**#101621 \$229<sup>99</sup>**

**FREE SHIPPING\***

\*Free shipping excludes Alaska and Hawaii





### Wavemaster® 2XL Pro

- Features high-density foam padding for maximum impact absorption
- Sealed fill cap helps to prevent leaking
- Ergonomically designed base allowing for an unimpeded stand and small footprint
- Advanced integrated locking mechanism secures bag in place to stand up to the hardest strikes
- Base can be filled with water or sand

USA/Imported

**SIZE:** BAG- 18" DIA. X 52" TALL; BASE DIAMETER- 28"; TOTAL HEIGHT- 69" TALL

**WEIGHT:** APPROX. 270 LBS. WHEN FILLED WITH WATER

**COLORS:** RED, BLACK, OR BLUE

**#10177RK: RED \$399<sup>99</sup>**

**#10177BKK: BLACK \$399<sup>99</sup>**

**#10177BLK: BLUE \$399<sup>99</sup>**

**FREE SHIPPING\***

\*Free shipping excludes Alaska and Hawaii

### Wavemaster® 2XL Pro with Scoring Zones

- Ergonomically designed base allows for an unimpeded stand and small footprint
- Advanced integrated locking mechanism secures bag in place to stand up to the hardest strikes
- Scoring zone graphics provide different methods of training to hit specific targets

USA/Imported

**SIZE:** BAG- 18" DIA. X 52" TALL; BASE DIAMETER- 28"; TOTAL HEIGHT- 69" TALL

**WEIGHT:** APPROX. 270 LBS. WHEN FILLED WITH WATER

**COLOR:** BLACK

**#101771K \$429<sup>99</sup>**

**FREE SHIPPING\***

\*Free shipping excludes Alaska and Hawaii



## TRAINING BAGS

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# TRAINING BAGS



## Grappling Dummy

- Ideal for practicing throws, takedowns, submissions and grappling techniques
- Reinforced, laced stitching at seams and stress points
- Posable arms for self defense drills and submission maneuvers
- Thick-cut vinyl for optimum durability

Imported

**COLOR:** BLACK

**A:** 70 LBS, 62" TALL - **#101670** **\$199<sup>99</sup>**  
**B:** 90 LBS, 66" TALL - **#101690** **\$229<sup>99</sup>**  
**C:** 120 LBS, 72" TALL - **#101620** **\$249<sup>99</sup>**





EASY TO FILL AND DRAIN

### XL Hydrocore™ Bag

- A popular alternative to traditional heavy bags
- Fills with water for a consistent rebound
- Durable vinyl and foam construction

USA/Imported

**SIZE:** 14" DIA. X 52" TALL

**WEIGHT:** APPROX. 120 LBS. FULLY FILLED

**#1016-010-216 \$169<sup>99</sup>**

### Cornerman™

- Versatile, ultra stable heavy bag suspension system, ideal for practicing intricate and powerful strikes
- Six height adjustments from 72" to 102"
- Legs extend 7-1/2' from the corner
- Bag sold separately

Imported

**COLOR:** BLACK

**#15163K \$459<sup>99</sup>**



ORDER FROM YOUR SCHOOL TODAY

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### CREED Heavy Bag

- Ideal for serious combat sports training involving high impact
- Web straps are attached with genuine leather tabs and specialized, reinforced stitching
- Lace closure top and reinforced nylon straps add strength during continued heavy training
- Constructed of extra-thick vinyl for durability

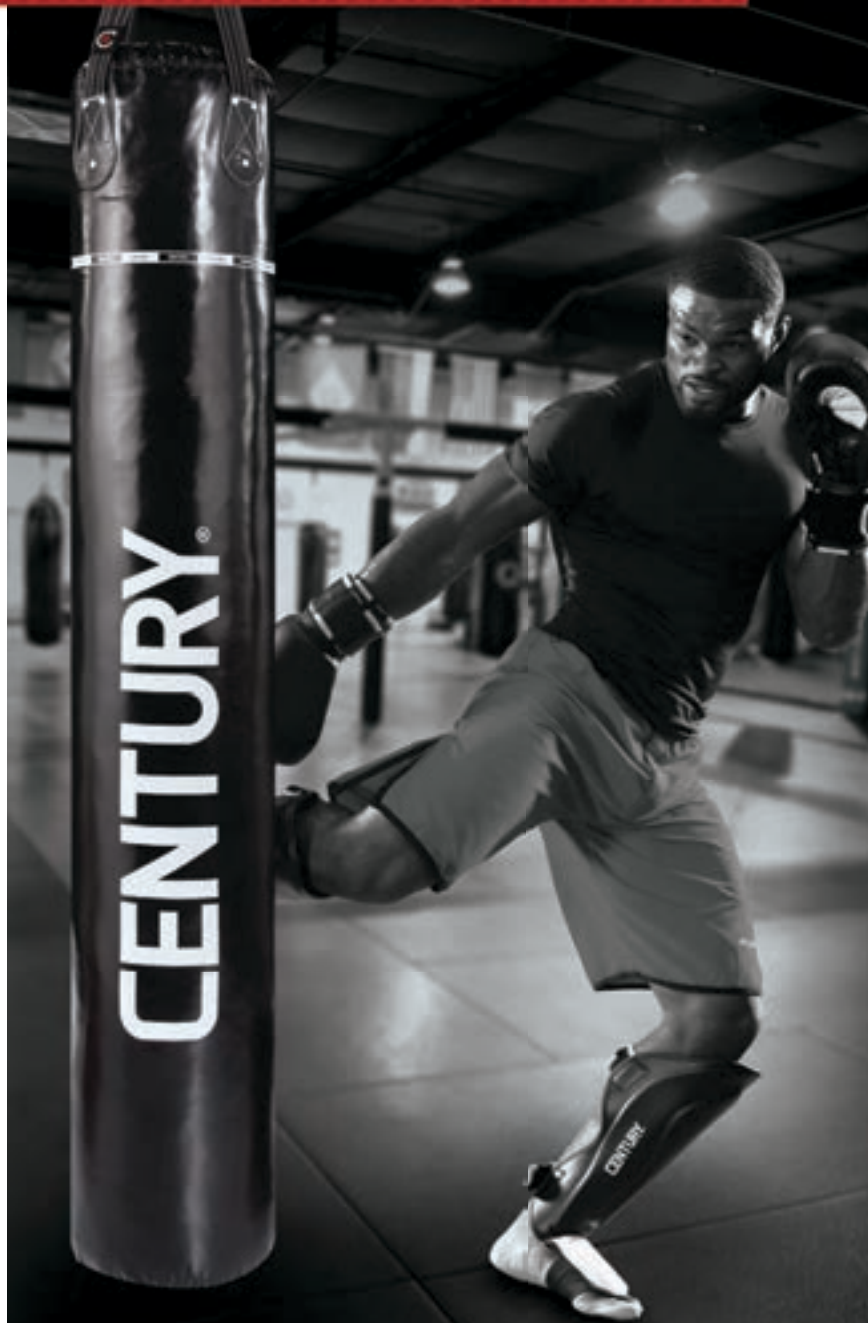
USA/Imported

SIZE: 15" DIA. X 50" TALL

WEIGHT: 100 LBS.

COLOR: BLACK/WHITE

#101600 \$219<sup>99</sup>



### CREED Muay Thai Heavy Bag

- Perfect for high-impact Muay Thai training involving low- and high-leg kicks
- Web straps are attached with genuine leather tabs and specialized, reinforced stitching for durability
- Lace closure top and reinforced nylon straps add performance and strength
- Extra thick vinyl provides a strong and stable surface for a variety of strikes

USA/Imported

SIZE: 14" DIA. X 70" TALL

WEIGHT: 100 LBS.

COLOR: BLACK/WHITE

#101610 \$249<sup>99</sup>





## THE BEST WARRANTY IN THE INDUSTRY!

Two-year replacement warranty on  
all CREED™ Pro Training Gear\*

\*For details, visit [CenturyMartialArts.com/warranty](http://CenturyMartialArts.com/warranty)



### CREED Teardrop Heavy Bag

- Ideal shape for throwing knees, elbows and punches from the clinch
- Web straps are attached with genuine leather tabs and specialized, reinforced stitching to withstand repeated impact
- Lace closure top and reinforced nylon straps add performance and strength
- Extra thick vinyl provides a stable and strong surface for a variety of combinations

USA/Imported

**SIZE:** 18" DIA. X 35" TALL

**WEIGHT:** 60 LBS.

**COLOR:** BLACK/WHITE

**#101609 \$179<sup>99</sup>**



### CREED Double End Heavy Bag

- A one-of-a-kind striking surface for low-angle kicks, uppercuts, solid elbow strikes, and flying knee lifts
- Web straps are attached with genuine leather tabs and specialized, reinforced stitching to withstand repeated strikes during training
- Lace closure top and reinforced nylon straps offers additional strength
- Extra thick vinyl provides solid surface for a variety of combinations from any angle

USA/Imported

**SIZE:** 18" DIA. X 36" TALL

**WEIGHT:** 60 LBS.

**COLOR:** BLACK/WHITE

**#101608 \$199<sup>99</sup>**

## TRAINING BAGS

TRAINING  
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GEAR

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## Heavy Bag Stand

- Great for in-home training
- Dual purpose unit features both a heavy bag stand and speed bag platform
- Locking speed bag platform adjusts vertically from 67" to 79"
- Features a ball bearing swivel for ideal bag response
- Constructed of 3" tubular steel with three weight pegs for stability

Imported

**COLOR:** BLACK

**#108708 \$259<sup>99</sup>**

## Brave™ 70 lb. Heavy Bag

- Great for all fitness levels
- Web straps secure bag when hanging
- Durable outer bag filled with impact fibers stand up to intense training
- Ideal bag for adults weighing more than 140 lbs.

USA/Imported

**WEIGHT:** APPROX. 70 LBS

**COLOR:** BLACK

**#10125B4 \$79<sup>99</sup>**

## Brave™ 100 lb. Heavy Bag

- Great for heavy hitters
- Web straps secure bag when hanging
- Durable outer bag filled with impact fibers stand up to intense training
- Ideal bag for adults weighing more than 170 lbs.

USA/Imported

**WEIGHT:** APPROX. 100 LBS

**COLOR:** BLACK

**#10125B4 \$99<sup>99</sup>**



\*SPEED BAG AND HEAVY BAG NOT INCLUDED



## Speed Bag

- Ideal for improving timing, hand-eye coordination and reflexes
- Engineered balance for consistent recoiling
- Lace-up neck and stitched seams for durability
- Composed of high tensile strength DiamondTech™ fabric made specifically for combat sports

Imported

**SIZE:** 10" X 7"

**COLOR:** BLACK/RED

**#108711P \$24<sup>99</sup>**



## Drive™ Speed Bag

- Ideal for improving timing and hand-eye coordination
- Ideal size and shape for maximum rebound
- Genuine leather construction for exceptional strength and durability

Imported

**SIZE:** 6" X 9"

**COLOR:** BLACK/RED

**#102102 \$44<sup>99</sup>**



## Drive™ Reflex Bag

- Ideal for mastering timing and reflexes
- Blends durability, performance and style into one efficient training tool
- Features a lace closure
- Comes complete with a heavy-duty rubber cord and metal "S" hooks
- Polyurethane construction for enhanced durability

Imported

**SIZE:** 10" X 9" X 28"

**COLOR:** BLACK/RED

**#102101 \$44<sup>99</sup>**



# TRAINING BAGS



**FREE!**



Pair of bag gloves with purchase of CENTURY® vinyl heavy bag.\*

\*ITEM #10125 ONLY. FREE BAG GLOVE OFFER DOES NOT APPLY TO MUAY THAI BAGS.

## Vinyl Heavy Bag

- Ideal heavy bag for combat sports practitioners
- Complete with free pull-on style bag gloves
- Durable vinyl shell with impact fiber filling

USA/Imported

**WEIGHTS:** 70 LB OR 100 LB

**SIZES:** 13" DIA. X 40" OR 13" DIA. X 42"

**A: #10125-010-215 \$99<sup>99</sup>**

**B: #10125-010-216 \$119<sup>99</sup>**

## Muay Thai Heavy Bag

- Ideal for Muay Thai and MMA training
- Longer design creates an extra large striking surface
- Heavy-duty chains and sewn web straps stabilize the bag
- Composed of a durable black vinyl shell with impact fiber filling

USA/Imported

**WEIGHT:** APPROX. 100 LBS

**SIZE:** 13.5" DIA. X 72"

**COLOR:** BLACK

**C: #10141 \$229<sup>99</sup>**

ORDER FROM YOUR SCHOOL TODAY

TRAINING BAGS

TRAINING GEAR

HAND WRAPS

SPARRING GEAR

TARGETS & SHIELDS

UNIFORMS

COMPRESSION GEAR, CUPS & SUPPORTERS

SHOES

BELTS

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# CENTURY TRAINING GEAR



## CREED™ PRO TRAINING GEAR

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Century is proud to introduce our newest line of training gear—**CREED**. We worked directly with coaches and their elite teams in order to bring you the most innovative professional grade products available. The future of martial arts is here. Be ready.



## DRIVE™ EXPERT TRAINING GEAR

PAGE  
34

Our **DRIVE** line covers training and combat gear for the serious and competitive martial artist. It's the essential gear you need for your hands, feet and head when training and sparring is more than just a hobby—it's a passion.



## BRAVE™ STUDENT TRAINING GEAR

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The **BRAVE** line of training gear is for the martial arts enthusiast or cardio kickboxer, giving you the best foundation in whatever style you choose, and adapting easily to fit a variety of athletic workouts.







# CREED™

## PRO TRAINING GEAR



### ***The Need for CREED***

Martial artists aren't born—they're made. Forged by blood, sweat and tears in gyms and schools all over the world, sacrificing countless hours honing their skills to a razor sharp edge. Like these modern day warriors, we poured the same determination and dedication into developing our new line of professional training gear—CREED.

Refusing to settle for anything less than the highest standards, we partnered with legendary coaches and their teams, including Greg Jackson, to develop the most innovative line of premier training gear available.

Every product was designed with specific performance-enhancing features aimed at improving your training experience. All the equipment had to meet the demands of professional athletes and coaches before it was given the CREED seal of approval. The Century CREED line is not just for professionals, but for any committed athlete or fighter passionate enough to take their training to the next level.



CREED™ PRO TRAINING GEAR



### Creed Sparring Gloves

- A precise blend of high density and rubber latex foam allows for maximum impact absorption during sparring
- Oversized, curved design minimizes impact to hands and opponent
- Innovative, extra-large hand compartments for easy on and off while wearing full size hand wraps

Imported

**SIZES:** 16 OZ., 18 OZ., 20 OZ.

**COLOR:** BLACK/WHITE

**#146002 \$119<sup>99</sup>**



### Creed Heavy Bag Gloves

- Advanced cushioning with a synergistic blend of high density and polyethylene foam
- Extra wide, supportive wrist wraps offer additional coverage while improving punching technique and power
- Ergonomic design molds to fist while aiding in precise punching

Imported

**SIZES:** 12 OZ., 14 OZ., 16 OZ., 18 OZ.

**COLOR:** WHITE/BLACK

**#146003 \$99<sup>99</sup>**

*Full grain, premium leather increases durability for intense training.*

*Specialized nylon lining keeps the skin cool and comfortable during extended training sessions.*

**See page 24 for  
Creed heavy bags.**



### THE BEST WARRANTY IN THE INDUSTRY!

Two-year replacement warranty on all CREED™ Pro Training Gear\*

\*For details, visit [CenturyMartialArts.com/warranty](http://CenturyMartialArts.com/warranty)





### Creed MMA Training Gloves

- Hook-and-loop wrist wraps offer additional coverage while improving punching technique and power
- Three layers of foam for maximum impact absorption
- Open palm with padded thumb for a realistic yet responsible training experience

Imported

**SIZES:** S, M, L, XL, XXL

**COLOR:** WHITE/BLACK

**#146001 \$69<sup>99</sup>**



### Creed MMA Fight Gloves

- Two layers of foam for maximum impact absorption
- Hook-and-loop wrist wraps offer additional coverage while improving punching technique and power
- Open palm for dexterity and breathability

Imported

**SIZES:** S, M, L, XL, XXL

**COLOR:** BLACK/WHITE

**#146000 \$69<sup>99</sup>**



**NEW!**

### Creed Wrist Wrap Bag Gloves

- Pro-quality wrist wrap ensures a secure fit
- Features contoured, high compression foam for maximum absorption
- Engineered with genuine leather and reinforced seam stitching
- Lined with quick drying, anti-slip fabric

Imported

**SIZES:** S, M, L, XL

**COLOR:** BLACK/WHITE

**#146004 \$79<sup>99</sup>**

### Creed Full Face Headgear

- Revolutionary design offers superior coverage without limiting field of vision
- Absorbent, quick-drying lining acts as a built-in sweatband to help maintain a clear line of vision
- Cross sectional layered foam across forehead, face and chin maximizes coverage without unnecessary bulk
- Oversized rear closure and ergonomic design hugs the skull to prevent headgear shifting and sliding

Imported

**SIZES:** S, M, L, XL

**COLOR:** BLACK/WHITE

**#146008 \$89<sup>99</sup>**



BACK

**NEW!**

### Creed Open Face Headgear

- Adjustable chin strap ensure a secure, comfortable fit
- Back hook-and-loop fastener allows for a more custom fit
- Features an extra interior rear pad for extra support
- Each side has two openings at the ear, allowing airflow
- Engineered with genuine leather and reinforced seam stitching for durability

Imported

**SIZES:** S, M, L, XL

**COLOR:** BLACK/WHITE

**#146009 \$79<sup>99</sup>**



BACK

TRAINING BAGS

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## Creed Standard Thai Pad

- Features quad layer foam padding for the perfect ratio of impact absorption and rebound
  - Ergonomic design allows the pad to rest flush against the forearm reducing arm fatigue
  - Perfectly placed, reinforced riveted handle allows for a firm and proper grip
  - Hook-and-loop closures prevent shifting during the hardest kicks
  - Sold in pairs
- Imported

SIZE: 8.25" W X 16" L X 3" T

COLOR: BLACK/WHITE

#106000 \$179<sup>99</sup>



## Creed Thai Pad with Elbow Shield

- Features quad layer foam padding for the perfect ratio of absorption and rebound
  - Innovative elbow shield aids in stabilizing the pad while reducing pressure on the arm for extended training sessions
  - Ergonomic design allows the pad to rest flush against the forearm reducing arm fatigue
  - Perfectly placed, reinforced riveted handle allows for a firm and proper grip
  - Hook-and-loop closures prevent shifting during the hardest kicks
  - Sold in pairs
- Imported

SIZE: 8.125" W X 16" L X 3" T

COLOR: BLACK/WHITE

#106001 \$199<sup>99</sup>

## Creed Short Focus Mitts

- Triple layer foam padding combines micro cell, high-density foam to absorb strikes with ease while offering an ultra-light feel
  - Anatomically designed to reduce hand fatigue, while the specialized curved shape is ideal for catching punches
  - Sold in pairs
- Imported

SIZE: ONE SIZE FITS MOST

COLOR: BLACK/WHITE

#146012 \$89<sup>99</sup>



## Creed Long Focus Mitts

- Triple layer foam padding combines micro cell, high-density foam to absorb strikes with ease while offering an ultra-light feel
  - Anatomically designed to reduce hand fatigue, while the specialized curved shape is ideal for catching punches
  - Lightweight, longer design for a larger striking area
  - Sold in pairs
- Imported

SIZE: ONE SIZE FITS MOST

COLOR: BLACK/WHITE

#146011 \$89<sup>99</sup>





### Creed Traditional Shin/Instep Guards

- Constructed of micro cell, high-density EVA foam
- Hook-and-loop closures prevent shifting during the hardest kicks

Imported

**SIZES:** S/M, L/XL

**COLOR:** BLACK/WHITE

**#146006 \$99<sup>99</sup>**



### Creed MMA Shin/Instep Guards

- Micro cell impact foam offers ideal coverage in a lightweight design
- Form fitting, neoprene backing offers an exceptional fit and eliminates shifting

Imported

**SIZES:** S/M, L/XL

**COLOR:** BLACK/WHITE

**#146005 \$99<sup>99</sup>**

### Creed Suitcase Pad

- Genuine leather construction provides a durable surface to resist wear
- Reinforced riveted handles ensures a solid grip for the holder
- High-density foam construction is made to withstand high-impact kicks and punches
- Sold individually

Imported

**SIZE:** 18.5" W X 20.5" L X 5.5" T

**COLOR:** BLACK/WHITE

**#106010 \$179<sup>99</sup>**

20.5"  
LONG



BACK

**NEW!**

### Creed Body Shield

- Provides optimal coverage for the chest, stomach, and ribs
- Features contoured raised, high compression multi-layered foam for maximum absorption
- Genuine leather with reinforced seam stitching for durability
- Heavy duty multi-strap locking system for ultimate comfort and a secure fit
- Lined with quick drying anti-slip fabric

Imported

**COLOR:** BLACK/WHITE

**# 106020 \$199<sup>99</sup>**



### THE BEST WARRANTY IN THE INDUSTRY!

Two-year replacement warranty on all CREED™ Pro Training Gear\*

\*For details, visit [CenturyMartialArts.com/warranty](http://CenturyMartialArts.com/warranty)

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# DRIVE™

EXPERT TRAINING GEAR

## *The DRIVE To Succeed*

The sweat you leave on any mat or gym floor is the payment for the personal goals you attain. As a practicing martial artist, you're no stranger to sweat equity. Your style is something you eat, sleep and breathe. Pushing yourself to attain new goals is essential. Without the drive, you get nowhere fast.

Our DRIVE line covers training and combat gear for the active and competitive martial artist. It's the essential gear you need for your hands, feet and head when training and sparring. Features include: injection-molded foam for impact, breathable fabric and a polyurethane covering for a durable and flexible surface.







### Drive Fight Gloves

- MMA style glove is ideal for a variety of training activities
- Open palm design for optimal dexterity and comfort
- Hook and loop wrist wrap for a secure fit
- Features a leather striking surface
- Polyurethane construction for enhanced durability

Imported  
**SIZES:** S, M, L, XL  
**COLOR:** BLACK/RED  
**#142000 \$39<sup>99</sup>**

### Drive Grappling Gloves

- Ideal for grappling with a soft, pliable design
- Sectional padding for optimal hand dexterity and easy fist making
- Dual locking hook and loop closure for a secure fit
- Partially open palm for breathability
- Polyurethane construction for enhanced durability

Imported  
**SIZES:** S, M, L, XL  
**COLOR:** BLACK/RED  
**#142002 \$39<sup>99</sup>**



### Drive Cross Training Gloves

- Extra tough design is perfect for light training
- Ergonomic shape contours the hand for maximum comfort
- Hook and loop strap for a secure and custom fit
- Injected molded foam for superior shock absorption
- Polyurethane construction for enhanced durability

Imported  
**SIZES:** S, M, L, XL  
**COLOR:** BLACK/RED  
**#1193 \$39<sup>99</sup>**

### Drive Boxing Gloves

- Ideal for training or bag work
- Mesh palm allows for breathability
- Hook and loop closure for a secure fit
- Attached thumb to ensure proper thumb placement
- Polyurethane construction for enhanced durability

Imported  
**SIZES:** 12 OZ., 14 OZ., 16 OZ.  
**COLORS:** BLACK/RED OR RED/BLACK  
**#142003 \$44<sup>99</sup>**



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### Drive Grappling Headgear

- Ideal headgear for grappling and wrestling
- Features strategically placed foam padding for optimal coverage
- Elastic design allows for an ideal balance of comfort, fit, and function
- Chin strap offers a secure fit
- Polyurethane construction for enhanced durability

Imported

**SIZES:** S, M, L, XL

**COLOR:** BLACK/RED

**#142008 \$49<sup>99</sup>**

### Drive Full Face Headgear

- Offers all around coverage with a full field of vision
- Hook and loop closure allows for a secure fit
- Features pressure relieving air vents around the ears
- Polyurethane construction for enhanced durability

**SIZES:** S/M, L/XL

**COLOR:** BLACK/RED

**#142007 \$49<sup>99</sup>**



### Drive Curved Punch Mitts

- Ideal for improving speed and reflexes during partner training
- Features a contoured ball grip with guided finger channels for proper placement
- Foam padding offers the perfect amount of shock absorption
- Hook and loop strap firmly holds the hand in place
- Polyurethane construction for enhanced durability
- Sold in pairs

Imported

**SIZES:** ONE SIZE FITS MOST

**COLOR:** BLACK/RED

**#142012 \$49<sup>99</sup>**

### Drive Shin Guards

- Traditional shin/instep guards aid as a shield providing coverage for the shin and top of foot
- Two lower leg and foot straps prevent shifting during training
- Engineered with high compression multi-layered foam for maximum absorption
- Lined with quick drying anti-slip fabric

Imported

**SIZES:** S/M, L/XL

**COLOR:** BLACK/RED

**#142004 \$64<sup>99</sup>**





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### Drive Standard Thai Pad

- Constructed with durable reinforced handles, closing straps, and triple knotted laces
- One handle and two forearm straps prevent shifting during the hardest kicks, knees, elbows, and punches
- Made with high-density multi-layered foam for maximum impact absorption and rebounding
- Ergonomically designed to fit and rest against the forearm reducing arm fatigue

Sold in pairs

Imported

**SIZE:** 8.5" WIDE X 16" LONG X 2.75" THICK

**COLOR:** BLACK/RED

**#142010 \$134<sup>99</sup>**

### Drive Curved Thai Pad

- Constructed with durable reinforced handle, closing straps, and triple knotted laces
- One handle and two forearm straps prevent shifting during the hardest kicks, knees, elbows, and punches
- Made with high compression multi-layered foam for maximum impact absorption and rebounding
- Ergonomically designed to fit and rest against the forearm reducing arm fatigue
- Innovative elbow shield assists with stabilizing the pad while reducing pressure to the forearm

Sold in pairs

Imported

**SIZE:** 8.75" WIDE X 14.25" LONG X 3.5" THICK

**COLOR:** BLACK/RED

**#142011 \$134<sup>99</sup>**

### Drive Knee Pads

- Ideal for extended training sessions
- Features elastic compression for performance and fit
- Aids in keeping the knee in the correct position and prevents chafing
- Foam padding absorbs and dissipates impact during training
- Polyurethane construction for enhanced durability

Imported

**SIZES:** S/M, L/XL

**COLOR:** BLACK/RED

**#14922 \$34<sup>99</sup>**



### Drive Elbow Pads

- Ideal for extended training sessions
- Features elastic compression for performance and fit
- Sleeve prevents excessive rubbing and stabilizes the arm for better joint alignment
- Foam padding offers exceptional coverage
- Polyurethane construction for enhanced durability

Imported

**SIZES:** S/M, L/XL

**COLOR:** BLACK/RED

**#14923 \$29<sup>99</sup>**





### Drive Cross-Training Boots

- Extra tough design is perfect for light training
- Ergonomic design hugs the foot for an exceptional fit
- Adjustable hook and loop ankle strap for a secure and custom fit
- Injected molded foam offers superior shock absorption
- Polyurethane construction for enhanced durability

Imported  
**SIZES:** S, M, L, XL  
**COLOR:** BLACK/RED  
**#1194 \$39<sup>99</sup>**

### Drive Convertible Shin/Instep Guard

- Extra tough design is perfect for light sparring
- Features a removable instep guard for unmatched versatility
- Hook and loop closure keeps guards securely fitted to your leg
- Injected molded foam for superior shock absorption
- Polyurethane construction for enhanced durability

Imported

**SIZES:** S, M, L, XL  
**COLOR:** BLACK/RED  
**#142006 \$64<sup>99</sup>**



REMOVABLE INSTEP GUARD



### Drive Grappling Shin/Instep Guards

- Ideal for grappling and transition training
- Gel padding for optimal shock absorption
- Hook and loop closures keep the guards directly against the leg
- Neoprene backing for comfort and easy on and off
- Polyurethane construction for enhanced durability

Imported  
**SIZES:** S/M, L/XL  
**COLOR:** BLACK/RED  
**#142005 \$64<sup>99</sup>**





### Drive Single Target

- Perfect for practicing a variety of kicks and punches
- Features a contoured handle along with a wrist strap to ensure target control
- Polyurethane construction for enhanced durability Imported

**COLOR:** BLACK/RED  
**#10218 \$29<sup>99</sup>**



### Drive Double Target

- Perfect for producing a loud 'clap' while practicing kicks and punches
- Features a contoured handle along with a wrist strap to ensure target control
- Polyurethane construction for enhanced durability Imported

**COLOR:** BLACK/RED  
**#10219 \$34<sup>99</sup>**

LOOK FOR THE SPEED  
 BAG AND REFLEX BAG  
 AS WELL AS OUR  
 FULL SELECTION OF

## TRAINING BAGS

ON PAGES 6-27.



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# BRAVE™

## STUDENT TRAINING GEAR

### A BRAVE New World

Courage. It's something you can only find inside. It can't be gained through books or videos, or purchased in a store. But it can be won with hard work. It takes guts, and it isn't easy, but great achievements come from great beginnings. So focus. Take that first step. And be brave.

Our BRAVE line of training gear is for the martial arts enthusiast or cardio kickboxer, giving you the best foundation in whatever style you choose. Easily adapted to fit a variety of athletic workouts, the BRAVE line features multi-layered foam for impact and polyurethane covering for durability.



**NEW!**

#### Brave Boxing Gloves

- Built for bag work and transition training
- Padded grip bars aid proper fist formation
- Constructed of durable polyurethane with mesh palms and wrist wraps

Imported

**WEIGHTS:** 12 OZ., 14 OZ., 16 OZ.

**COLOR:** BLACK/GREY OR BLACK/BLUE

**#147005P \$34<sup>99</sup>**



**NEW!**

#### Brave Open Palm Gloves

- Open-palm design allows for optimal hand dexterity
- Constructed of durable polyurethane for everyday training
- Ideal for transitional workouts between bag and partner training
- Secure wrist wraps and lightweight design made for extended training sessions

Imported

**SIZES:** S/M, L/XL

**COLORS:** BLACK/GREY; BLACK/BLUE

**#147004P \$24<sup>99</sup>**



**NEW!**

#### Brave Grip Bar Bag Gloves

- Built for bag work and transition training
- Padded grip bars aid proper fist formation
- Constructed of durable polyurethane with mesh palms and wrist wraps

Imported

**SIZES:** S/M, M/L, L/XL

**COLORS:** BLACK/GREY OR BLACK/BLUE

**#147003P \$24<sup>99</sup>**





NEW!

### Brave Neoprene Bag Gloves

- Constructed of durable neoprene and foam padding for breathability
- Ideal for light bag work and cardio workouts
- Padded grip bars aid proper fist formation
- Slip-on design for easy on and off
- Machine washable

Imported

**SIZES:** S/M; L/XL

**COLOR:** BLACK/GREY OR BLACK/BLUE

**#147001P \$21<sup>99</sup>**



NEW!

### Brave Oversized Bag Gloves

- Durable polyurethane construction with multi-layer foam padding absorbs impact
- Secure wrist wraps, terry cloth thumbs, and padded grip bars make training comfortable
- Ideal for bag training

Imported

**SIZES:** S/M; L/XL

**COLOR:** BLACK/GREY

**#147006P \$24<sup>99</sup>**



NEW!

### Brave Bag Gloves

- Built for speed bag training and light bag work
- Padded grip bars aid proper fist formation
- Slip-on design for easy on and off
- Open-fingered for optimal dexterity during transition workouts

Imported

**SIZES:** ONE SIZE FITS MOST ADULTS

**COLOR:** BLACK/GREY

**#147002P \$12<sup>99</sup>**



NEW!

### Brave Youth Open Palm Gloves

- Designed especially for youth martial artists
- Built for easy transitions between bag work and partner training
- Feature secure wrist wraps and lightweight design
- Open-palmed for optimal dexterity

Imported

**SIZES:** YOUTH S/M; L/XL

**COLOR:** BLACK/GREEN

**#147018P \$19<sup>99</sup>**



NEW!

### Brave Youth Neoprene Bag Gloves

- Constructed of durable neoprene and foam padding for breathability
- Ideal for light bag work and cardio workouts
- Features grip bar for proper fist formation
- Slip-on design for easy on and off
- Machine washable

Imported

**SIZES:** YOUTH ONE SIZE FITS MOST

**COLOR:** BLACK/GREEN

**#147019P \$19<sup>99</sup>**



NEW!

### Brave Youth Boxing Gloves

- Specially designed for youth martial artists
- Built for bag workouts and partner training
- Wrist wrap ensures secure fit
- Padded grip bars aid proper fist formation
- Durable polyurethane construction with mesh palm inserts

Imported

**SIZE:** 6 OZ.

**COLOR:** BLACK/GREEN

**#147020P \$29<sup>99</sup>**

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## WOMEN'S PROFESSIONAL FIT

### THE MOST COMFORTABLE CENTURY® WOMEN'S GLOVE EVER

Redesigned to meet the unique needs of the female hand, Women's Professional Fit gloves are cut longer, narrower, and feature a more secure fit for the female athlete.

**MEN'S/Short & Wide**

**WOMEN'S/Tall & Narrow**







**NEW!**

### Brave Women's Bag Gloves

- Specially designed to fit a woman's unique fist shape
- Built for speed bag training and light bag work
- Feature grip bars aid proper fist formation
- Slip-on design for easy on and off
- Open-fingered for optimal dexterity during transition workouts

Imported

**SIZE:** ONE SIZE FITS MOST ADULTS

**COLOR:** BLACK/PLUM

**#147013P \$12<sup>99</sup>**



**NEW!**

### Brave Women's Open Palm Gloves

- Specially designed to fit a woman's unique fist shape
- Open-palm design for optimal hand dexterity
- Constructed of durable polyurethane for everyday training
- Ideal for transitional workouts between bag and partner training
- Secure wrist wrap and lightweight design make extended training sessions comfortable

Imported

**SIZE:** S/M; M/L

**COLOR:** BLACK/PLUM

**#147017P \$24<sup>99</sup>**



**NEW!**

### Brave Women's Grip Bar Bag Gloves

- Specially designed to fit a woman's unique fist shape
- Built for bag work and transition training
- Padded grip bars aid proper fist formation
- Durable polyurethane construction with mesh palm and wrist wrap

Imported

**SIZE:** S/M; M/L

**COLOR:** BLACK/PLUM

**#147015P \$24<sup>99</sup>**



**NEW!**

### Brave Women's Boxing Gloves

- Specially designed to fit a woman's unique fist shape
- Built for bag workouts and partner training
- Wrist wrap ensures secure fit
- Padded grip bars aid proper fist formation
- Durable polyurethane construction with mesh palm inserts

Imported

**WEIGHTS:** 10 OZ; 12 OZ

**COLOR:** BLACK/PLUM

**#147016P \$34<sup>99</sup>**



**NEW!**

### Brave Women's Neoprene Bag Gloves

- Specially designed to fit a woman's unique fist shape
- Constructed of durable neoprene and foam padding for breathability
- Ideal for light bag work and cardio workouts
- Feature grip bars aid proper fist formation
- Slip-on design for easy on and off
- Machine washable

Imported

**SIZE:** ONE SIZE FITS MOST ADULTS

**COLOR:** BLACK/PLUM

**#147014P \$21<sup>99</sup>**



**NEW!**

### Brave Women's Micro Mitt

- Specially made to fit a woman's hand
- Designed for improving speed and reflexes
- Ideal for partner training
- Guided finger channels ensure a secure grip for catching punches
- Lightweight foam and polyurethane construction

Imported

**COLORS:** BLACK/PLUM

**#147021P \$14<sup>99</sup>**

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**NEW!**

### Brave Shin Instep Guards

- Ideal for martial art, kickboxing, and MMA workouts
- Two hook and loop leg straps to keep guards in place
- Durable polyurethane shell with foam padding for impact absorption

Imported

**SIZES:** S/M; L/XL

**COLOR:** BLACK/GREY

**#147008P \$34<sup>99</sup>**



BACK

**NEW!**

### Brave Open Face Headgear

- Open-face design for optimal visibility
- Lightweight, durable construction for comfort
- Easy on and off with adjustable hook-and-loop closure

Imported

**SIZES:** S/M; L/XL

**COLOR:** BLACK/GREY

**#147007P \$39<sup>99</sup>**



**NEW!**

### Brave Curved Punch Mitts

- Ideal for partner training
- Finger slots offer an exceptional grip
- Curved design makes catching punches easy
- Durable polyurethane construction
- Sold in pairs

Imported

**COLOR:** BLACK/GREY

**DIMENSIONS:** 10" X 7.5" X 4"

**#147023P \$27<sup>99</sup>**



**NEW!**

### Brave Hand Target

- Lightweight foam design built for partner training
- Aids in increasing speed and accuracy
- Rear finger slots offer a secure grip
- Lightweight foam provides impact absorption
- Sold individually

Imported

**COLOR:** BLACK/GREY

**DIMENSIONS:** 10.5" X 7.5" X 2.5"

**#147010P \$19<sup>99</sup>**



NEW!

### Brave Body Shield

- Ideal for developing a variety of strikes during partner training
- Lightweight, high-impact resistant foam for shock absorption
- Two back handles and two side handles provide training versatility
- Sold individually

Imported

**SIZES:** 12.5" X 21" X 5.5"

**COLOR:** BLACK/GREY

**#147022P \$59<sup>99</sup>**



NEW!

### Brave Curved Muay Thai Pad

- Built for developing powerful kicks, punches, knees, and elbows
- Lightweight, high density foam for impact absorption
- Hook and loop forearm closure prevents shifting
- Sold individually

Imported

**COLOR:** BLACK/GREY

**DIMENSIONS:** 8.5" X 14" X 3"

**#147012P \$29<sup>99</sup>**



NEW!

### Brave Forearm Shield

- Built for partner training
- Handle and web strap offer a secure grip
- Lightweight foam offers impact absorption
- Composed of durable polyurethane for everyday training
- Sold individually

Imported

**COLOR:** BLACK/GREY

**DIMENSIONS:** 15.5" X 11.75" X 3"

**#147011P \$24<sup>99</sup>**



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# Robert Ingram

**LYING BEATEN ON** the ground and looking up through swollen eyes, 12-year-old Robert Ingram saw approaching feet and readied himself for another blow from the gang of bullies. What came, though, was something that would alter his life forever.

“While I was still literally down on the ground, a classmate came over, helped me up, and gave me a card for one free karate lesson.”

Born with a cleft lip and palate, Robert—now 29—remembers being constantly harassed in elementary and middle school because of his “flat nose.”

“I was terrified to go to school,” Robert recalls. “And when I told my teacher what was going on, I was told not to tattle.”

And so, without the help of his teachers, there was little Robert could do that day 17 years ago when the group of boys attacked him after school.

“They were kicking me in the face, stabbing me with pencils, and hitting me with their book bags,” Robert says. “I ended up in the hospital.”


His challenges didn’t end there, but from the horrors of his ordeal, Robert received the card for one free karate lesson from his still-best friend Joey Kroom. He realizes now that “everything happens for a reason, and I’m no exception.”

Today, Robert is the owner and lead instructor at Alpha Dogs Martial Arts in Jacksonville, Florida, with state point-fighting and weapons championship titles. “Being in martial arts has changed me and reshaped my life beyond what anybody could imagine,” Robert says.



SCHOOL OWNER AND INSTRUCTOR ROBERT INGRAM WORKS WITH STUDENTS AT HIS SCHOOL IN JACKSONVILLE, FLORIDA.





*“Being in martial arts has changed me and reshaped my life beyond what anybody could imagine.”*

And although Robert doesn't have to fight off bullies any more, he is fighting against them. Alpha Dogs Martial Arts hosts anti-bullying fundraisers to benefit stand4thesilent.com, an anti-bullying organization based out of Oklahoma.

And back in class, Robert teaches his students how to combat bullying with self-confidence.

“Don't let your life be dictated by what other people think of you,” he tells them, speaking as one who knows first-hand the power of respecting oneself.

“Teaching anti-bullying ... is a day-to-day issue, and being able to teach self-confidence to bullied kids is an especially rewarding experience for me,” Robert says. “I wouldn't have it any other way.”



> WATCH INSPIRING STORIES AT  
[YOUTUBE.COM/CENTURYMARTIALARTS](https://www.youtube.com/CENTURYMARTIALARTS)

# KRAV MAGA

Designed for the real world self-defense system developed in Israel, this line features tough polyurethane construction that prevents breakdown during rugged use. Along with a clean look and bold Krav Maga logo, these are ideal for starting or continuing a Krav Maga training program.



## Krav Maga Body Shield

- Developed to absorb impact from intense attacks
- Multiple handles for training versatility
- Thick impact foam for maximum shock absorption
- Contoured design aids in catching strikes
- Sold individually

USA/Imported

SIZE: 16" X 24" X 5.5"

#145038 \$139<sup>99</sup>

## Krav Maga Shin/Instep Guards

- Streamlined design perfect for intense training
- Hugs the leg allowing for a snug and secure fit
- Two hook-and-loop closures with a nylon foot strap
- Soft inner lining prevents chafing

Imported

SIZES: S/M, L/XL

#145006 \$79<sup>99</sup>



## Krav Maga Uppercut Shield

- Reinforced design for intense combat training
- High density foam absorbs heavy strikes
- Complete with four vinyl handles and two elastic arm straps
- Enhanced nylon stitching prevents breakdown
- Extra durable, 18 oz. vinyl construction
- Sold individually

USA/Imported

SIZE: 20" X 12.5" X 6"

#145381 \$119<sup>99</sup>

## Krav Maga Hand Wraps

- Great for added coverage during training
- 180" long with thumb loop and hook-and-loop closure
- Made of a cotton/nylon blend

Imported

LENGTH: 180"

#1450 \$79<sup>99</sup>







### Krav Maga Headgear

- Form-fitting design helps keep headgear in place
- Lined with Japanese Amara for comfort
- Oversized hook-and-loop closure keeps headgear stable and secure

Imported

**SIZES:** S, M, L, XL

**#145008 \$59<sup>99</sup>**



### Krav Maga Punch Mitts

- Great for working self-defense drills
- Finger channels and a large grip ball provide optimal control
- High securing hook-and-loop closure keeps mitts secure
- Sold in pairs

Imported

**SIZE:** ONE SIZE FITS MOST

**#145012 \$69<sup>99</sup>**



### Krav Maga Strike Gloves

- Sectional padding allows for natural hand movement
- Open palm provides hand dexterity
- Dual locking hook-and-loop wrist wrap offers a secure fit

**SIZES:** S, M, L

**#145000 \$39<sup>99</sup>**



### Krav Maga Boxing Gloves

- Hook-and-loop closure provides a snug fit
- Breathable mesh palm helps to keep hands cool and dry

**SIZES:** 12 OZ., 16 OZ.

**#145003 \$44<sup>99</sup>**

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# HAND WRAPS

**NEW!**

## 108" Cotton Hand Wraps

- Provides essential knuckle coverage and wrist support under gloves or on their own
- Machine-washable, breathable cotton construction
- Features hook-and-loop closure and thumb loop
- Lengths are approximate, as wraps may shrink slightly after washed
- Sold in pairs

Imported

**LENGTH:** APPROX. 108"

**COLORS:** BLACK, RED, PINK, NATURAL, GREEN

**#1401 \$5<sup>99</sup>**



**NEW!**

## 120" Cotton Hand Wraps

- Provides essential knuckle coverage and wrist support under gloves or on their own
- Machine-washable, breathable cotton construction
- Features hook-and-loop closure and thumb loop
- Lengths are approximate, as wraps may shrink slightly after washed

• Sold in pairs  
Imported

**LENGTH:** APPROX. 120"

**COLORS:** PINK, YELLOW, ORANGE, PURPLE, BLUE, GREEN, RED, NATURAL, BLACK

**#1404 \$7<sup>99</sup>**





**NEW!**

### 180" Cotton Hand Wraps

- Provides essential knuckle coverage and wrist support under gloves or on their own
  - Machine-washable, breathable cotton construction
  - Features hook-and-loop closure and thumb loop
  - Lengths are approximate, as wraps may shrink slightly after washed
  - Sold in pairs
- Imported

**LENGTH:** APPROX. 180"

**COLORS:** BLACK, RED, ROYAL BLUE

**#1405 \$9<sup>99</sup>**



**NEW!**

### 108" Cotton Printed Hand Wraps

- Provides essential knuckle coverage and wrist support under gloves or on their own
  - Machine-washable, breathable cotton construction
  - Features hook-and-loop closure and thumb loop
  - Lengths are approximate, as wraps may shrink slightly after washed
  - Sold in pairs
- Imported

**LENGTH:** APPROX. 108"

**COLORS:** PINK/BLACK, GREEN/BLACK

**#1402 \$6<sup>99</sup>**



**NEW!**

### Cotton Printed Hand Wraps

- Provides essential knuckle coverage and wrist support under gloves or on their own
  - Machine-washable, breathable cotton construction
  - Features hook-and-loop closure and thumb loop
  - Length is approximate, as wraps may shrink slightly after washed
  - Sold in pairs
- Imported

**AVAILABLE LENGTHS:** APPROX. 108" OR APPROX. 180"

**COLOR:** BLACK WITH SKULLS

**#1407: 108" \$6<sup>99</sup>**

**#1406: 180" \$11<sup>99</sup>**

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# HAND WRAPS

**NEW!**

## 180" Stretch Hand Wraps

- Provides essential knuckle coverage and wrist support under gloves or on their own
- Machine-washable, stretch material construction
- Features hook-and-loop closure and thumb loop
- Length is approximate, as wraps may shrink slightly after washed
- Sold in pairs

Imported

**LENGTH:** APPROX. 180"

**COLORS:** WHITE OR YELLOW

**#1408 \$9<sup>99</sup>**



**NEW!**

## 108" Stretch Hand Wraps

- Provides essential knuckle coverage and wrist support under gloves or on their own
- Machine-washable, stretch material construction
- Features hook-and-loop closure and thumb loop
- Available in a variety of lengths and styles
- Length is approximate, as wraps may shrink slightly after washed
- Sold in pairs

Imported

**LENGTH:** APPROX. 108"

**COLORS:** ORANGE, PURPLE, GREEN, WHITE, RED, BLACK, PINK

**#1409 \$7<sup>99</sup>**

**NEW!**

## KnuckleShield™

- Slides onto any hand wrap for added coverage
- Constructed of machine washable neoprene material
- Handwrap not included
- Sold in pairs

Imported

**SIZE:** ONE SIZE

**COLORS:** BLACK OR RED

**#1403 \$4<sup>99</sup>**







### Pre-Wrap Tape

- Helps prevent skin irritation
- Secures cold packs and bandages
- Sold individually

LENGTH: 30 YARDS

#14023 \$3<sup>99</sup>



### Wrap Tape

- Quick, disposable support for wrists and ankles
- Ideal for securing hand wraps
- Sold individually

SIZE: APPROX. 1.5" X 15 YDS.

#14021 \$4<sup>99</sup>



### Gauze Cohesive Wrap

- Multiple uses to support joints and muscles
- Easy to tear and remove
- Self-adhering to surfaces
- Sold individually

SIZE: 1.5" X 10 YARDS

COLORS: BLACK OR NATURAL

#14205 \$3<sup>49</sup>



### Heavy Weight Stretch Tape

- Supports sprained or sore joints
- Heavy-weight material adheres to surfaces and stays in place
- Contains Latex
- Sold individually

Imported

SIZES: 1", 2", 3", OR 4" WIDTHS

COLOR: NATURAL

#14026

1": \$3<sup>99</sup>

2": \$6<sup>99</sup>

3": \$10<sup>99</sup>

4": \$12<sup>99</sup>



### Light Weight Stretch Tape

- Supports joints and prevents blisters on hands and feet
- Self-adhering to surfaces
- Contains Latex
- Sold individually

Imported

SIZES: 1", 1.5", 2", OR 3" WIDTHS

COLOR: NATURAL

#14025

1": \$2<sup>99</sup>

1.5": \$3<sup>49</sup>

2": \$4<sup>49</sup>

3": \$6<sup>99</sup>



### Finger Tape

- Provides support to sprained or broken fingers and toes
- Textured surface ensures grip
- Contains Latex
- Sold individually

Imported

SIZES: 0.75" WIDTH IN 10 OR 30 YARDS;

1" IN WIDTH 10 OR 30 YARDS

COLOR: NATURAL

#14027

3/4" 10 YDS: \$2<sup>99</sup>

3/4" 30 YDS: \$5<sup>99</sup>

1" 10 YDS: \$2<sup>99</sup>

1" 10 YDS: \$5<sup>99</sup>



### Instant Cold Pack

- Perfect for on-the-spot first aid to reduce swelling
- Gently squeeze and shake to activate
- Maintains therapeutic cooling for up to 20 minutes
- Sold individually

SIZE: APPROX. 6" X 9"

#1573 \$4<sup>99</sup>



### Tiger Balm

- Perfect for treating sprained muscles, torn tendons, and muscle tension
- Deep-heat penetrating ointment reduces pain and inflammation
- Made of all-natural ingredients
- Sold individually

SIZE: 0.63 OZ.

#1574 \$14<sup>99</sup>

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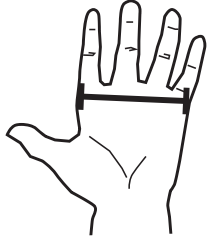




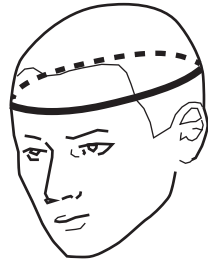
# SPARRING GEAR

## SPARRING GEAR SIZING

MEASURE ACROSS PALM OF HAND



MEASURE AROUND THE LARGEST PART OF HEAD



MEASURE FROM BOTTOM OF KNEE TO ANKLE WHEN BENT



MEASURE FROM TIP OF TOE TO HEEL



### SPARRING GLOVE SIZING GUIDE

SIZE	KNUCKLE WIDTH
CHILD	UNDER 2.875"
YOUTH	2.875 TO 3.125"
SMALL	3.125" TO 3.375"
MEDIUM/LARGE	3.375" TO 3.625"
X-LARGE	3.625" TO 4"
XX-LARGE	OVER 4"

### HEADGEAR SIZING GUIDE

SIZE	HEAD CIRCUMFERENCE	HAT SIZE
CHILD	UNDER 20"	6 OR LESS
YOUTH	20" - 21"	6 TO 6.25
SMALL	21" - 22"	6.25 TO 7
MEDIUM/LARGE	22" - 23"	7 TO 7.5
X-LARGE	23" - 24"	7.5 TO 7.75
XX-LARGE	24" - 25"	7.75 TO 8

### SHIN GUARD SIZING GUIDE

SIZE	SHIN LENGTH
CHILD	9" - 10"
YOUTH	10" - 11"
SMALL	11" - 12"
MEDIUM/LARGE	12" - 13"
X-LARGE	LONGER THAN 13"

### SPARRING BOOT SIZING GUIDE

SIZE	FOOT LENGTH
(CHILD) 12/13	7" TO 7.5"
1/2	7.625" TO 8"
3/4	8.125" TO 8.625"
5/6	8.75" TO 9.25"
7/8	9.5" TO 10"
9/10	10.125" TO 10.625"
11/12	10.75" TO 11.5"
13/14	11.5" TO 12"

**WARNING:** These products are sold for use in high risk activities. Before using any of these products, read all information included with the product including the Terms & Conditions. If you do not agree with the Terms & Conditions or information supplied with the product you can return the unused product within 14 days.

Sparring gear provides a margin of safety in case of incidental contact and is intended for non-contact sparring only. Non-contact sparring is defined as a blow that is controlled and comes within 1" of making contact with the target. It is a learned, systematic, controlled method of sparring using the concepts of distance, footwork and timing with proper form. USER ASSUMES ALL RISK OF INJURY, PARALYSIS AND DEATH.

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# STUDENT SPARRING GEAR



## Student Headgear

- Built durable for martial artists in training
  - Designed for maximum visibility
  - Pressure release outlets at the ears
  - Contoured open-face design with a hook-and-loop elastic strap
  - Composed of 0.875" dipped foam
- Imported

**SIZES:** CHILD; YOUTH; ADULT S, M/L, XL, XXL  
(XXL AVAILABLE IN BLUE, BLACK, WHITE, OR RED ONLY)

**COLORS:** BLUE, RED, WHITE, BLACK, PINK, PURPLE, OR TEAL

**#11423 \$37<sup>99</sup>**



## Student Rib Guard

- Ideal for coverage of the chest and ribs
  - 0.5" of extra foam padding along the solar plexus
  - Padding is segmented for impact dispersion and freedom of movement
  - Adjustable elastic webbing with hook-and-loop closure
  - Composed of 0.75" dipped foam
- Imported

**SIZES:** CHILD; YOUTH; ADULT

**COLORS:** BLUE, WHITE, RED, OR BLACK

**#11663 \$43<sup>99</sup>**



## Student Shin Guards

- Ideal for shin coverage during sparring and training
  - Hook-and-loop closure on an elastic strap for a secure fit
  - Composed of 0.625" dipped foam
- Imported

**SIZES:** CHILD; YOUTH; ADULT S, M/L, XL

**COLORS:** BLUE, RED, WHITE, OR BLACK

**#11773 \$27<sup>99</sup>**



**ATTENTION:**  
SEE TERMS AND CONDITIONS ON PAGE 267  
AND WARNINGS ON PAGE 54.





### Student Full-Face Headgear with Face Shield

- Great for full head and face coverage during sparring
- Includes a clear, removable face shield
- Features 2" wide hook-and-loop strap closure on the back
- Pressure release outlets at the ears
- Composed of 0.875" dipped foam
- Sold as set only

Imported

**SIZES:** YOUTH; ADULT S, M/L, XL (PINK UNAVAILABLE IN XL)

**COLORS:** PINK, BLUE, RED, BLACK, OR WHITE

**#11427 \$84<sup>99</sup>**



### Student Gloves

- Contoured to fit the hand with hook-and-loop closure straps
- Composed of 0.625" dipped foam

Imported

**SIZES:** CHILD; YOUTH; ADULT S, M/L, XL

**COLORS:** WHITE, BLACK, BLUE, RED, PINK, PURPLE, OR TEAL

**#1153 \$32<sup>99</sup>**



### Student Hi-Top Boots

- Offers full coverage for your foot and ankle
- Includes hook-and-loop closure on an elastic crisscross strap
- Composed of 0.625" dipped foam

Imported

**SIZES:** CHILD 12/13 (IN BLUE, RED, WHITE, BLACK, OR PINK ONLY); ADULT 1/2, 3/4, 5/6, 7/8, 9/10, 11/12, 13/14, (13/14 IN BLACK, BLUE, OR RED ONLY)

**COLORS:** BLUE, RED, WHITE, BLACK, PINK, PURPLE, OR TEAL

**#1123 \$32<sup>99</sup>**



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# POWERLINE 2.0



BACK

BACK

## P2 Headgear

- Double-layered impact zones offer superior coverage
- Open face construction for maximum peripheral vision
- Adjustable chin strap with hook-and-loop closure
- Pressure release outlets at the ears
- Composed of 7/8" dipped foam

Imported

**SIZES:** CHILD; YOUTH; ADULT S, M/L, XL  
**COLORS:** RED, BLUE, BLACK, WHITE, OR PINK  
**#11429 \$44<sup>99</sup>**



## P2 Premium Headgear

- Designed with an ultra tough textured material for exceptional coverage during sparring
- Pressure release channels at the ears
- Open face design for optimal visibility
- Double layers on impact areas for additional coverage
- Composed of 7/8" thick dipped foam

Imported  
**SIZES:** YOUTH; ADULT S, M/L, XL  
**COLOR:** BLACK  
**#11421 \$49<sup>99</sup>**



DETAIL



## P2 Gloves

- Advanced sparring glove is designed to contour to the hand for a superior fit
- Reinforced at stress points
- Dual-layer knuckle padding for extra coverage
- Adjustable hook-and-loop wrist strap
- Composed of 1/2" dipped foam

Imported

**SIZES:** CHILD; YOUTH; ADULT S, M/L, XL  
**COLORS:** RED, BLUE, BLACK, WHITE, OR PINK  
**#11526 \$39<sup>99</sup>**



## P2 Premium Glove

- Designed with an ultra tough textured material for exceptional coverage
- Reinforced at stress points
- Composed of 1/2" double layered dipped foam

Imported  
**SIZES:** YOUTH; ADULT S, M/L, XL  
**COLOR:** BLACK  
**#11521 \$44<sup>99</sup>**



## P2 Boots

- High top boots provide exceptional coverage
- Reinforced bottom straps offer traction
- Contoured design allows for better air flow for increased comfort
- Adjustable hook-and-loop straps
- Composed of 1/2" dipped foam

Imported

**SIZES:** CHILD 12/13; ADULT 1/2, 3/4, 5/6, 7/8, 9/10, 11/12, 13/14 (13/14 NOT AVAILABLE IN PINK)  
**COLORS:** RED, BLUE, BLACK, WHITE, OR PINK  
**#11226 \$39<sup>99</sup>**



## P2 Premium Boot

- Designed with an ultra-tough textured material for exceptional coverage
- Crisscross bottom straps offer traction
- Hook-and-loop closure for a secure fit
- Composed of 5/8" dipped foam

Imported  
**SIZES:** ADULT 1/2, 3/4, 5/6, 7/8, 9/10, 11/12  
**COLOR:** BLACK  
**#11221 \$44<sup>99</sup>**

**ATTENTION:**  
 SEE TERMS AND CONDITIONS ON PAGE 267  
 AND WARNINGS ON PAGE 54.





### P2 Full-Face Headgear with Shield

- Double-layered impact zones offer superior coverage
- Open face construction for maximum peripheral vision, with 4.5 mm thick removable face mask
- Adjustable chin strap with hook-and-loop closure
- Pressure release outlets at the ears
- Composed of 7/8" dipped foam

Sold as set only  
Imported

**SIZES:** YOUTH; ADULT S, M/L, XL

**COLORS:** RED, BLUE, BLACK, OR WHITE

**#11428 \$99<sup>99</sup>**



### P2 Chest Guard

- Designed to give optimal coverage without sacrificing range of motion
- Complete with two flexible hook-and-loop straps
- 1/2" dipped foam construction with multiple flex chambers

Imported

**SIZES:** CHILD; YOUTH; ADULT

**COLORS:** RED, BLUE, BLACK, OR WHITE

**#11626 \$64<sup>99</sup>**



### P2 Shin Guards

- Contours to the leg for ideal coverage during sparring
- Complete with two flexible hook-and-loop straps
- 1/2" dipped foam construction with multiple flex chambers

Imported

**SIZES:** CHILD; YOUTH; ADULT S, M/L, XL

**COLORS:** RED, BLUE, BLACK, OR WHITE

**#11726 \$39<sup>99</sup>**

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# MARTIAL ARMOR

Martial Armor™ is a revolutionary design in sparring gear engineered to be flexible and lightweight, but maintain a high level of durability. Each piece features a comfortable, form-fitting fabric shell, which conforms to the body and stands up to tough workouts.



## Martial Armor™ Vest

- The first ever full-torso martial arts gear
- Designed to work with the body's natural movements
- Provides coverage for the chest, ribs, and shoulders
- Offers exceptional breathability
- Composed of 5/8" padding sewn on a lycra shirt

**SIZES:** ADULT S, M/L, XL/XXL

**COLORS:** BLACK OR RED

**#14936 \$74<sup>99</sup>**

High-density thermoformed pads feature integrated flex channels for a wrap around fit with a durable circular knit sleeve for comfort.



## Hand/Forearm Armor

Imported

**SIZES:** XS, S, M, L, XL

**COLORS:** BLACK OR RED

**#14933 \$31<sup>99</sup>**



## Forearm Armor

Imported

**SIZES:** S, M, L, XL

**COLORS:** BLACK OR RED

**#14932 \$27<sup>99</sup>**



## Shin Armor

Imported

**SIZES:** S, M, L, XL

**COLORS:** BLACK OR RED

**#14930 \$27<sup>99</sup>**



## Forearm/Elbow Armor

- Contoured bend at the elbow for an ideal fit

Imported

**SIZES:** S, M, L, XL

**COLORS:** BLACK OR RED

**#14934 \$27<sup>99</sup>**



## Shin Instep Armor

- Two ergonomically contoured pads attached by a single sleeve

Imported

**SIZES:** S, M, L, XL

**COLORS:** BLACK OR RED

**#14931 \$31<sup>99</sup>**



# TAEKWONDO AND KARATE GEAR



## Solid Reversible Taekwondo Vest

- Great for sparring, with added coverage over the kidneys, collarbone, and shoulders
  - Adjustable web straps for a secure fit
  - High-density foam for proper impact absorption
- Imported

**SIZES:** XS (EQUAL TO A SIZE 2), S (EQUAL TO A SIZE 3), M (EQUAL TO A SIZE 4), L (EQUAL TO A SIZE 5), XL (EQUAL TO A SIZE 6)

**COLOR:** BLUE/RED/WHITE

**#11813 \$59<sup>99</sup>**



## Karate Mitts

- Contoured shape for an ideal fit
  - Elastic finger loops with a lycra-covered neoprene grip bar
  - Two inch elastic wrist wrap with hook-and-loop closure
  - Open palm for comfort and air flow
  - Composed of high-quality, durable vinyl
- Imported

**SIZES:** M, L, XL

**COLORS:** BLACK, RED, WHITE, OR BLUE

**#1133 \$31<sup>99</sup>**

**ATTENTION:**  
SEE TERMS AND CONDITIONS ON PAGE 279  
AND WARNINGS ON PAGE 54.

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SPARRING GEAR

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SHOES

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ACHIEVEMENT

WEAPONS

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# CLOTH GEAR

Designed with machine washable, soft-knitted elastic and foam for flexibility during light-impact training

## Hand Pad

Imported

**SIZES:** CHILD OR ADULT  
**COLORS:** WHITE OR BLACK  
**#1499 \$15<sup>99</sup>**



## Elbow Pad

Imported

**SIZES:** CHILD OR ADULT  
**COLORS:** BLACK OR WHITE  
**#1493 \$15<sup>99</sup>**



## Forearm Pad

Imported

**SIZES:** S, M, L  
**COLORS:** BLACK OR WHITE  
**#1494 \$17<sup>99</sup>**



## Hand/Forearm Pad

Imported

**SIZES:** S, M, L  
**COLORS:** WHITE OR BLACK  
**#1495 \$21<sup>99</sup>**



## Shin Pad

Imported

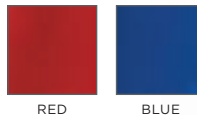
**SIZES:** XS, S, M, L, XL  
**COLORS:** BLACK OR WHITE  
**#1496 \$17<sup>99</sup>**



## Shin Instep Pad

Imported

**SIZES:** XS, S, M, L, XL  
**COLORS:** BLACK, WHITE, RED, OR BLUE  
**#1497 \$21<sup>99</sup>**



RED

BLUE

## Knee Pad

Imported

**SIZES:** CHILD OR ADULT  
**COLOR:** WHITE  
**#14921 \$25<sup>99</sup>**



**ATTENTION:**  
 SEE TERMS AND CONDITIONS ON PAGE 267  
 AND WARNINGS ON PAGE 54.



# MOUTHPIECES

## TapouT® Mouthguard - 2 pack

- Backed by a \$30,000 dental warranty
  - Patented design was created by a team of dentists, doctors, and athletes
  - Two mouthguards per pack
- Imported

**SIZES:** YOUTH OR ADULT

**COLORS:** SILVER, RED, PINK, ORANGE, GREEN, BLUE, OR BLACK

**#1460T \$14<sup>99</sup>**



SILVER

RED

PINK

ORANGE

GREEN

BLUE

BLACK (SHOWN)



## TapouT® Mouthguard Case

- TapouT logo on top of case
  - Includes mini carabineer for attaching to an athletic bag
  - Mouthguards not included
- Imported

**• SIZE:** ONE SIZE FITS MOST

**COLOR:** BLACK

**#1461T \$7<sup>99</sup>**



## Mouthpiece Case

- Keeps mouthguards clean and safe
  - Century logo on top of case
  - Impact-resistant plastic
- USA

**SIZE:** ONE SIZE

**COLORS:** RED, BLACK, WHITE, PINK GLITTER, CLEAR, OR BLUE

**#1455 \$3<sup>99</sup>**



## Shock Doctor™ Case

- Antibacterial and heavy duty ventilated case provides secure and clean storage
  - Shock Doctor logo on top of case
  - Features a handy carabineer clip for attaching to an athletic bag
- Imported

**SIZE:** ONE SIZE

**COLOR:** BLACK

**#14586 \$9<sup>99</sup>**

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SHOES

BELTS

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# MOUTHPIECES



## Double Mouthpiece

- Ideal coverage for both upper and lower teeth
  - Custom fits in seconds
  - Pre-formed breathing hole
- Imported

**SIZES:** YOUTH OR ADULT

**COLOR:** CLEAR

**#1453 \$3<sup>99</sup>**



## Single Mouthpiece

- Great starter mouthpiece
  - Form fits in seconds
  - Easy to prepare
- Imported/USA

**SIZES:** YOUTH OR ADULT

**COLORS:** RED, BLACK, CLEAR, OR BLUE

**#1451 \$1<sup>99</sup>**



## Shock Doctor™ Gel Max

- Get maximum coverage with this extra-tough mouthguard
  - Heavy-duty rubber exoskeleton shock frame provides maximum fit and support
  - Latex-free guard has jaw joint and concussion resistance
  - Complete with manufacturers dental warranty
- USA

**SIZES:** YOUTH OR ADULT

**COLORS:** BLACK OR PINK

**#14581 \$19<sup>99</sup>**



## Brain Pad® Mouthguard Lo Pro +

- Low profile mouthguard offers optimal coverage
- Promotes breathing while clenching and fits over braces
- Mouthguard case included

TAIWAN

**SIZES:** YOUTH OR ADULT

**COLORS:** CLEAR, BLACK/CLEAR, OR BLUE/CLEAR

**#14525 \$14<sup>99</sup>**



CLEAR (SHOWN)

BLACK/CLEAR

BLUE/CLEAR



## Shock Doctor™ Pro

- Includes jaw pads with built-in breathing channel
  - Complete with manufacturers dental warranty
- USA

**SIZES:** YOUTH OR ADULT

**COLOR:** SMOKE

**#14583 \$9<sup>99</sup>**



FRONT

## Shock Doctor™ Double Braces

- Perfect for coverage over braces
  - Adapts to changes in tooth position as braces are adjusted
  - Breathing channels through the center of the mouthguard
  - Complete with manufacturers dental warranty
- USA

**SIZES:** YOUTH OR ADULT

**COLOR:** BLUE

**#14589 \$34<sup>99</sup>**



# TARGETS AND SHIELDS



## Oval Hand Target

- Oversized hand shield is ideal for working on accuracy
- Three web strap handles and one clear PVC handle provide a secure fit and comfortable grip for your training partner
- Made of thick foam covered in black vinyl for durability
- Sold individually

USA/Imported

**SIZE:** 11.5" W X 17" L X 3.5" T

**COLOR:** BLACK

**#1023 \$39<sup>99</sup>**



## Powerline Square Hand Target

- 4-inch thick pad made for taking heavy kicks and punches
- Contains 30 percent more compressed foam than the traditional square hand target
- Made of 16 oz. reinforced vinyl for durability
- Black web straps and finger loop provide a secure grip for your training partner
- Sold individually

USA/Imported

**SIZE:** 10" W X 11" L X 4" T

**COLOR:** BLACK

**#10221 \$29<sup>99</sup>**



## Square Hand Target

- Hand-held square target for developing combinations and accuracy
- Black web straps and finger loop provide a secure grip for your training partner
- Made of 16 oz. reinforced vinyl for durability and compressed foam to absorb impact
- Sold individually

USA/Imported

**SIZE:** 9" W X 11" L X 3" T

**COLORS:** BLUE, BLACK, OR RED

**#1022 \$26<sup>99</sup>**

## A: Single Blocker™

- Great for developing blocking skills and timing while reducing impact energy
- Plastic handle is textured to enhance grip and extends inside the foam core for solid strikes
- 28" blocker is constructed of high-density black nylon for extended wear and contains a heavy-duty foam core to reduce the force of repeated strikes

USA/Imported

**SIZE:** TARGET: 16" X 6"; HANDLE: 10" LONG

**COLOR:** BLACK

**#1055 \$34<sup>99</sup>**

## B: Dual Blocker™ Kit

- Ideal for developing blocking skills and timing from multiple angles
- Plastic handle is textured to enhance grip and extends inside the foam core for solid strikes
- Coupler converts two single blockers to one double-ended blocker for different striking combinations

USA/Imported

**SIZE:** 5' LONG WHEN ASSEMBLED

**COLOR:** BLACK

**#1055R \$69<sup>99</sup>**

## C: Dual Blocker™ Coupler

- Coupler converts two single blockers to one double-ended blocker for different striking combinations

USA

**SIZE:** STANDARD

**COLOR:** BLACK

**#10551 \$7<sup>99</sup>**



TRAINING BAGS

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# TARGETS AND SHIELDS

## Powerline Slammer Shield

- Contoured design allows for kicks at multiple angles
  - Seven strategically placed handles give the holder more target variations during training
  - Constructed of polyester-reinforced vinyl for durability
  - Sold individually
- USA/Imported

**SIZE:** 15" X 26.5" X 6"

**COLOR:** BLACK

**#10380 \$119<sup>99</sup>**



## Blast Master Shield

- Ideal for hard-hitting martial artists with three thick layers of foam surrounding an inflatable tube
  - Two back handles and one on each side aids the holder
  - Durable 16 oz. vinyl
  - Sold individually
- USA/Imported

**SIZE:** 19.5" X 25.5" X 8.5"

**COLOR:** BLACK

**#1037 \$119<sup>99</sup>**



## Powerline Uppercut Shield

- Multi-angled striking surface for practicing punch and kick combinations
  - Two handles on back and one on each side
  - Two elastic arm straps centered on back to secure pad
  - Durable 16 oz. vinyl construction
  - Sold individually
- USA/Imported

**SIZE:** 12.5" X 20" X 5"

**COLOR:** BLACK

**#10381 \$99<sup>99</sup>**



## Forearm Kicking Shield

- Great for developing accuracy and power
  - PVC handle and second nylon web strap supports the holder's forearm during training
  - 16 oz. vinyl-coated polyester construction provides a durable surface for a variety of strikes
  - Sold individually
- USA/Imported

**SIZE:** 11.5" X 15.5" X 2"

**COLOR:** BLACK

**#1034 \$39<sup>99</sup>**





### Body Shield

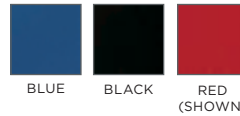
- Great for developing form and accuracy when performing kicks and strikes
- Constructed of reinforced-nylon vinyl and compressed foam for impact absorption
- Two back strap handles and two side handles provide stability for the holder
- Sold individually

USA/Imported

**SIZE:** 14.5" X 25" X 5.5"

**COLORS:** BLUE, BLACK, OR RED

**#1032 \$79<sup>99</sup>**



### The Slammer™ Shield

- Ideal for power combinations involving kicking and punching
- Curved design helps catch strikes
- 16 oz. reinforced-nylon vinyl and 6" foam construction
- Two back strap handles and two side handles provide stability for the holder
- Sold individually

USA/Imported

**SIZE:** 16" X 26" X 6"

**COLOR:** BLACK

**#1038 \$89<sup>99</sup>**



### Powerline Force Shield

- Perfect for high-impact kicks and punches
- Constructed of 9"-thick foam and 16 oz. reinforced vinyl
- Two back strap handles and PVC handles on the sides provide stability
- Sold Individually

USA/Imported

**SIZE:** 15" X 26" X 9"

**COLOR:** BLACK

**#10391 \$109<sup>99</sup>**

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# TARGETS AND SHIELDS



## Pine Break Boards

- Available in a variety of thicknesses
- Great for training, belt testing, and special events
- Pine wood construction
- Sold in packs of three

Imported

**COLOR:** NATURAL

ITEM #	SIZE	PRICE
104421	2" X 12" X 0.5"	<b>\$9<sup>99</sup></b>
104422	4" X 12" X 0.5"	<b>\$11<sup>99</sup></b>
104423	6" X 12" X 0.5"	<b>\$13<sup>99</sup></b>
104424	10" X 12" X 0.5"	<b>\$15<sup>99</sup></b>
104425	6" X 12" X 1"	<b>\$15<sup>99</sup></b>
104426	10" X 12" X 1"	<b>\$17<sup>99</sup></b>
104427	10" X 12" X 0.25"	<b>\$11<sup>99</sup></b>
104428	10" X 12" X 0.375"	<b>\$13<sup>99</sup></b>
104429	10" X 12" X 0.75"	<b>\$15<sup>99</sup></b>

0.25" THICK

0.375" THICK

0.75" THICK



## Strike Film

- Perfect for beginners to measure accuracy of punches by showing the amount of hand surface used when striking
- Easy to use with nearly any flat surface
- Includes three 10" x 12" x-ray film sheets per pack

**SIZE:** 10" X 12"

**#10556 \$11<sup>99</sup>**



## Deluxe Makiwara Board

- Designed for toughening the elbows, feet, knuckles, and other striking areas
- Filled with dense impact resistant foam
- Covered with heavy cotton duck canvas
- Sold individually

Imported

**SIZE:** 12" X 9" X 1.75"

**COLOR:** BLACK

**#1072 \$26<sup>99</sup>**



## Rebreakable Boards

- Durable construction allows repeated breaking
- Tongue and groove design slides easily back together
- Both sides have foam-covered striking area
- Sold separately

Imported

**#10447 \$46<sup>99</sup>**

COLORS	LEVEL	THICKNESS
YELLOW	BEGINNER	0.7 CM
BLUE	INTERMEDIATE	0.8 CM
RED	ADVANCED	1 CM
BLACK	EXPERT	1.5 CM



### Wing Chun Dummy

- Ideal for mastering striking techniques and conditioning
- An essential piece of equipment for the serious martial artist
- Helps develop the skills and techniques needed to become a proficient martial artist
- High-quality hardwood representation of the original Shaolin combat training center

Imported

COLOR: NATURAL HARDWOOD

#101830K \$1,399<sup>99</sup>

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TRAINING GEAR

HAND WRAPS

SPARRING GEAR

TARGETS & SHIELDS

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### Wing Chun Wooden Dummy Training DVD

- Learn proper body structure and technique while using a wooden dummy
- Program designed for all types of wooden dummy practitioners

Imported

RUNNING TIME: APPROX. 41 MIN.

#189269D \$19<sup>99</sup>

ORDER FROM YOUR SCHOOL TODAY

# Natalie Sharp

**NATALIE SHARP ISN'T** your typical black belt candidate. Born with bilateral phocomelia, she explains that her “arms are extremely short and I only have three fingers on each hand.” But quick to lighten the mood, she adds, “I look like a really cute, adorable T-Rex!”

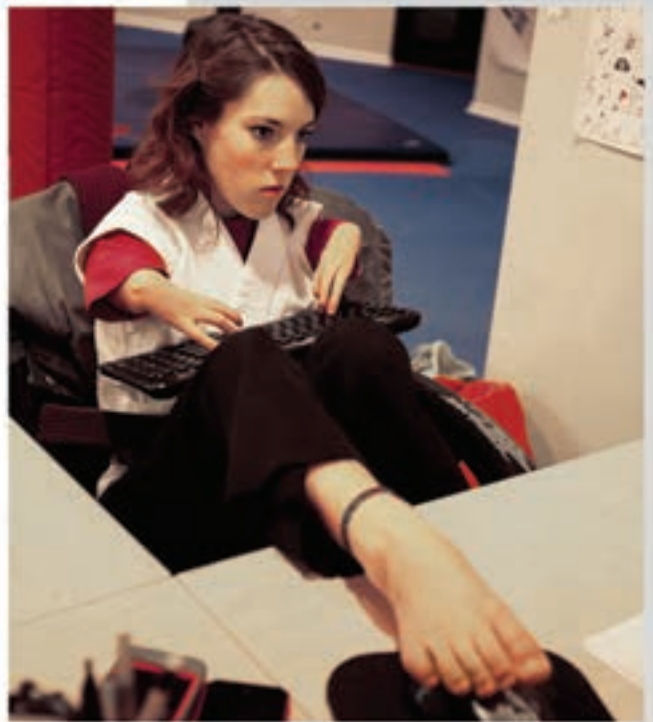
Don't let the cute exterior fool you. A 25-year-old student at Sherman's Martial Arts in Chester, Maryland, Natalie is every bit a serious martial artist. And she's not only had to overcome her own fears in the sport, but also quiet the fears of many around her.

“When Natalie first came in as a 12-year-old girl, I had concerns about taking her on as a student,” says Sherman's Martial Arts owner and instructor, Master Jim Sherman. “Not because of her personally, but I wanted to make sure it would be worth her time. For example, someone with phocomelia can more easily break a hand if they were to hit something too hard.”

But Sherman decided to take on Natalie as a student, trying her out first in private lessons. “What I discovered was a young, beginner student with the grit and determination far beyond her age or experience,” Sherman recalls. “By the time she was a yellow belt, she was kicking on a black belt level.”

That's because Natalie was accustomed to using her feet to compensate for her hands. “My foot speed and flexibility is not just in martial arts, but in everyday life,” says Natalie. Whether it's grabbing things off the desk or reaching for something off the top shelf, Natalie has learned to use her feet to accomplish all sorts of tasks in order to “decrease my dependence on having modified equipment,” Natalie says.

But long before she discovered her martial arts gift with her feet, she endured a lot of ridicule. “Many would blurt out insensitive things, calling me freakish,” Natalie recalls, remembering times when she was bullied.



MARTIAL ARTIST NATALIE SHARP WORKS AND TRAINS AT SHERMAN'S MARTIAL ARTS IN CHESTER, MARYLAND.



*“Martial arts has taught me to look around my problems and try to solve my problems on my own without needing tools or assistance of people.”*



“Middle school was probably the worst experience of my life. But it’s also the catalyst behind getting me to sign up for karate lessons in the first place,” Natalie says. But while middle school is but a memory, Natalie says she is still often misjudged. “My life’s challenge has not been that I have a birth defect,” Natalie asserts. “It’s been the fact that people may view me as weak just because I don’t look like everybody else.”

Sherman is quick to refute that notion, saying it “would be a mistake” to think of Natalie as anything less than strong and capable. “Natalie’s ability to find a way to get things done is not the thinking of a weak-minded individual,” he says. “I’ve had students born with well-formed body parts that don’t have that kind of focus.”

It was her martial arts training, Natalie says, that inspired her to find new ways of problem solving when it came to her birth defect. “My training has showed me how to focus and improve on what I can do, rather than become frustrated with my limitations.” And with a natural “cup is half-full” attitude, Natalie continues to surpass expectations and inspire those around her—on and off the mat.



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