

2020 - 2021 CATALOGUE



Welcome to Advance Martial Arts & Supplies. We offer a wide variety of martial arts equipment, as well as a selection of accessories, apparel and awards. Our friendly staff is always ready to help you with your needs and strives to serve our clients by offering fast service, same day shipping and overall, an enjoyable shopping experience.

Value discounts for orders over \$500.00 CDN

Orders from \$501⁰⁰ to 750⁰⁰ (before taxes) will receive a 5% discount. Orders from \$751⁰⁰ to \$1000⁰⁰ (before taxes) will receive a 7.5% discount and any order over \$1001⁰⁰ (before taxes) will receive a 10% discount. This discount cannot be applied to any product that is on special.

Please note that all orders should be placed by email only. Any discrepancies will be handled in the same way.

Our email: advancemasupplies@gmail.com

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Call Us Now: 905-790-9997

I.T.F. Uniforms

UNIFORM SIZING GUIDE

Size	0000	000	00	0	1	2	3	4	5	6	7	8
CM	110	120	130	140	150	160	170	180	190	200	210	220
HEIGHT		3′5 - 4′0	4′1 - 4′4	4′5 - 4′6	4′5 - 4′9	4′10 - 5′2	5′3 - 5′6	5′7 - 5′11	5′11 - 6′1	6′2 - 6′4	6'4 - 6'8	6′8 - 7′0
WEIGHT		40 lbs	60 lbs	85 lbs	100 lbs	125 lbs	150 lbs	185 lbs	210 lbs	250 lbs	280 lbs	310 lbs

COLOUR BELT UNIFORM



Silk Screening - 65% Poly/35% Cotton - Item # ITCB

Size	0000	000	00	0	1	2
Price						
Size	3	4	5	6	7	8
Price						

BLACK BELT UNIFORM (1ST - 3RD DEGREE)



Silk Screening - 65% Poly/35% Cotton - Item # ITBB

Size	0	1	2	3	4	5	6	7
Price								

Embroidered - 65% Poly/35% Cotton - Item # ITCBE

Size	0	1	2	3	4	5	6	7
Price								

BLACK BELT UNIFORM (4TH DEGREE AND UP)



Silk Screening - 65% Poly/35% Cotton - Item # ITBBI

Size	3	4	5	6	7
Price					

Embroidered - 65% Poly/35% Cotton - Item # ITBBIE

Size	3	4	5	6	7
Price					

COLOUR BELT UNIFORM



Silk Screening - 65% Poly/35% Cotton - Item # ICCB

Size	0000	000	00	0	1	2
Price						
a.			-		_	•
Size	3	4	5	6	/	8

BLACK BELT UNIFORM (1ST - 3RD DEGREE)



Silk Screening - 65% Poly/35% Cotton - Item # ICBB

Size	0	1	2	3	4	5	6	7
Price								

Embroidered - 65% Poly/35% Cotton - Item # ICBBE

Size	0	1	2	3	4	5	6	7
Price								

BLACK BELT UNIFORM (4TH TO 6TH DEGREE)



Embroidered - 65% Poly/35% Cotton - Item # ICBBIE

Size	2	2.5	3	4	5	6	7
Price							

HEAVYWEIGHT Embroidered - 100% Cotton/Canvas 12 oz - Item # ICBBIHE

Size	3	4	5	6	7
Price	·				

MASTER UNIFORM (7TH AND 8TH DEGREE)



Embroidered - 65% Poly/35% Cotton - Item # ICME

Size	3	4	5	6	7
Price					



GRANDMASTER UNIFORM (9TH DEGREE)



Embroidered - 65% Poly/35% Cotton - Item # ICGME

Size	3	4	5	6	7
Price					

Size	Height	Weight
0000	<3'6"	
000	<4′0″	
00	4' to 4'4"	
0	4'4" to 4'6"	
1	4'6" to 4'9"	
2	4'10" to 5'3"	110-135 lbs.
3	5'2" to 5'7"	135-160 lbs.
4	5'6" to 5'11"	160-190 lbs.
5	5'10" to 6'3"	190-220 lbs.
6	6'2" to 6'6"	210-250 lbs.
7	6'3" to 6'7"	230-260 lbs.
8	6'4" to 6'8"	250-270 lbs.

EMBROIDERY:

Have your school and federation crest embroidered right on your uniform, t-shirt, jacket, your club tracksuit, sport shirts or any item available in our catalogue. For more information regarding embroidery, please give us a call and we will be happy to help you with any questions you may have.

\$6.00 - No minimum order required.

SINGLE WRAP BELTS



Yellow, Green, Blue, Red, Black

1 ¾" (4cm)

Sizes: 1-7 Item # YBSW/ GBSW/ BLUBSW/ RBSW/ BBSW

Please call for pricing



Junior Black Belt (ages 12 and under)

1 ¾" (4cm)

Sizes: 1–5 Item # JBBSW

Please call for pricing



Instructor Black Belt

2" (5cm)

Sizes: 2-7 Item # IBBSW

Please call for pricing



Wall Mountable Belt Display

Wooden 10 Levels Please call for pricing

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz										
Item Number										
T01	Times New Roman	J. SMITH I								
T02	Times New Roman	J. Smith I								
T03	Times New Roman	JOHN SMITH I								
T04	Times New Roman	John Smith I								

Aa Bb Cc D	Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz									
Item Number										
V01	Verdana	J. SMITH I								
V02	Verdana	J. Smith I								
V03	Verdana	JOHN SMITH I								
V04	Verdana	John Smith I								

Please note:

- We suggest no more than 15 characters per belt (including spaces between each character).
- The above fonts are standard. Other fonts are available upon request.
- The standard thread colour is gold. Other colours are available.

SPARRING EQUIPMENT



Double Padded Head Gear

Item # HG Sizes: XS, S, M, L, XL Black, White, Red, Blue, Pink Please call for pricing



Double Padded Kick Boots

Item # KB Sizes: XS, S, M, L, XL Black, White, Red, Blue, Pink

Please call for pricing



Double Padded Punch Gloves

Item # PG Sizes: XS, S, M, L, XL Black, White, Red, Blue, Pink Please call for pricing



Shin Guards

Item # SG Sizes: S/L Black, White, Red, Blue, Pink Please call for pricing



Single Mouth Guard

Item # MG-Y/ MG-A Sizes: Youth/Adult

Clear

Please call for pricing



Mouth Guard Case

Item # MG-C One Size

Please call for pricing

SPARRING EQUIPMENT



Vinyl Head Gear Item # HGV Sizes: XS, S, M, L, XL Red, Blue

Please call for pricing



Vinyl Kick Boots Item # KBV Sizes: XS, S, M, L, XL Red, Blue

Please call for pricing



Vinyl Punch Gloves Item # PGV Sizes: XS, S, M, L, XL Red, Blue

Please call for pricing



Vinyl Shin Guards Item # SGV Sizes: S/L Red, Blue

Please call for pricing



Head Gear with Clear Safety Guard Item # HGSF Sizes: XS, S, M, L, XL Red

Please call for pricing



Boxing Gloves Item # BXG 10oz, 12oz, 16oz Red, Black

Please call for pricing

SPARRING EQUIPMENT SIZE CHART

н	lead Gear Size Cha	rt
Head Circumference Inches	Head Circumference Centimeters	Head Gear Size Recommended
18 ½ to 20	47 to 51	Extra Small
20 ½ to 22	52 to 56	Small
22 ½ to 24	57 to 61	Medium
24 ½ to 26	62 to 66	Large
26 ½ to 28	67 to 71	Extra Large

н	and Gear Size Cha	rt
Knuckle Width Inches	Knuckle Width Centimeters	Hand Gear Size Recommended
2 to 2 ¼	5 to 5.7	Extra Small
2 ¼ to 2 ¾	5.7 to 7	Small
2 ¾ to 3 ¼	7 to 8.3	Medium
3 ¼ to 3 5%	8.3 to 9.3	Large
Over 3 %	Over 9.3	Extra Large

F	oot Gear Size Char	t
Foot Length Inches	Foot Length Centimeters	Foot Gear Size Recommended
5 ½ to 6 ½	14 to 16.5	Extra Small
6 ½ to 7 ½	16.5 to 19	Small
7 ½ to 8 ½	19 to 21.5	Medium
8 ½ to 9 ½	21.5 to 24	Large
10 to 11 ½	25.5 to 29	Extra Large



SHOCK DOCTOR™ PRODUCTS



Braces Mouthguard

FIT SYSTEM: Instant Fit/No Boiling Required - Latex Free (1) INSTA-FIT™ a special Ortho-Channel fits around brace brackets and adapts to changes in tooth position as braces are adjusted, providing an instant fit and protection

from lacerations. (2) 100% MEDICAL-GRADE SILICONE for ultimate comfort, no boiling or fitting required.

Item # SDMG-1

Sizes: Youth/Adult (with or without strap)

Blue, Pink

Please call for pricing



Double Braces Mouthquard

FIT SYSTEM: Instant Fit/No Boiling Required - Latex Free (1) INSTA-FIT™ a special Ortho-Channel fits around both upper and lower teeth brace brackets and adapts to changes in tooth position as braces are adjusted, providing an instant fit and protection from lacerations. (2) BREATHING CHANNELS through the center of the mouthguard allow for freer flow of air and easier breathing. (3) 100% MEDICAL-GRADE SILICONE for ultimate comfort, no boiling or fitting required.

Please call for pricing

Item # SDMG-2

Sizes: Youth/Adult (with or without strap)

Blue, Pink



Gel Nano Mouthguard

FIT SYSTEM: Tight Molded Gel-Fit

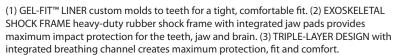
(1) GEL-FIT™ LINER custom molds to teeth for a tight, comfortable fit. (2) MONOCOQUE SHOCK FRAME vertical wall extensions shield teeth and protect the jaw against injury caused by side impacts. (3) MORA™ PERFORMANCE ENHANCEMENT.

Please call for pricing

Item # SDMG-3 Sizes: Youth/Adult

Gel Max Mouthquard

FIT SYSTEM: Gel-Fit - Latex Free



Please call for pricing



Sizes: Youth/Adult (with or without strap)

Blue/Black, Marron, Pink, Yellow, Blue, Black, Purple, Green, Orange,

Grey, Red



Anti-Microbial Mouthguard Case

(1) CARABINER CLIP attaches easily to your athletic bag. (2) VENTILATED CASE promotes fast drying. (3) ANTI-BACTERIAL TREATMENT provides clean storage of your mouthguard. (4) SECURE CLOSURE. (5) DRIP SLOT FOR YUCK.

Item # SDMG-C (SD102C)

Please call for pricing



SHOCK DOCTOR™ PRODUCTS



Ultra Brief with Ultra Carbon Flex Cup

- (1) YOUTH SIZE for the best fit in a jock for a young athlete.
- (2) X-STATIC anti-microbial lining protects against bacteria and odor.
- (3) ULTRA CARBON FLEX CUP advanced multi-stage impact protection transfers shock away from vital areas while flex-curve design and orbital gel pad maximize comfort and fit. Constructed with supportive four-way stretch material and comfort waistband.

Please call for pricing

Item # SDGP-1

Sizes: Youth Regular, Youth Large



Ultra Supporter with Ultra Carbon Flex Cup

(1) X-FIT™ integrates a wraparound external supporter for unparalleled comfort and fit. (2) X-STATIC? anti-microbial lining protects against bacteria and odor. (3) ULTRA CARBON FLEX CUP advanced multistage impact protection transfers shock away from vital areas while flex-curve design and orbital gel pad maximize comfort and fit. Constructed with supportive four-way stretch material and comfort waistband.

Please call for pricing

Item # SDGP-2

Sizes: Teen Regular, L / Adult S, M, L, XL, XXL



Core Compression Short with Bioflex Cup

(1) X-FIT $\!^{\mathsf{TM}}$ CUP RETENTION SYSTEM integrates a wraparound external supporter for unparalleled comfort, fit and protection. (2) VERSATILE COMPRESSION SHORT with interlocking flat seams, a ventilated inside cup pocket and comfort fit waistband. (3) BIOFLEX CUP unique, vented bio-shape body with integrated gel perimeter pad for unrestricted movement and improved comfort. Constructed with supportive four-way stretch anti-microbial fabric that wicks moisture away from the skin.

Please call

Item # SDGP-3

Sizes: Boys S, M, L, XL / Men S, M, L, XL

Black, White

for pricing



Ultra Sliding Short with Cup Pocket

(1) X-FIT™ BRIEF CUP RETENTION SYSTEM integrates a wraparound internal supporter for unparalleled comfort, fit and protection. (2) HIP PADS use sonic welded compression molded foam to protect the outer hip sliding zones. (3) LEG GRIPPERS stretch and adjust to keep the short from riding up. Constructed with supportive four-way stretch antimicrobial fabric that wicks moisture away from the skin. Cup sold separately.

Please call

Item # SDGP-4

Sizes: Boys S, M, L, XL / Men S, M, L, XL, XXL

White

for pricing





(1) STAINLESS STEEL ALLOY Lightweight bio-shape and unbreakable, weighing just ounces more than our Ultra Carbon Flex Cup. (2) GEL PERIMETER PAD dual density pad makes it supremely comfortable as it protects vital areas.

Item # SDGP-5 Teen/Adult

Please call for pricing

SHOCK DOCTOR™ PRODUCTS



Pelvic Protector

(1) DUAL DENSITY COMPOSITE/FOAM construction offers low-profile protection and superior comfort.

Item # SDGP-6 Sizes: Girls / Women Please call for pricing



Women's Ultra Slider w/ Pelvic Protector Pocket

(1) HIP PADS internal, low-profile sliding pads integrated in double-(1) HIP PADS internal, low-profile sliding pads integrated in double-layer compression short. (2) PELVIC PROTECTOR POCKET. (3) LOW-RISE CUT designed with a low rise comfort-fit waistband and a 7" inseam specifically for female athletes. (4) LEG GRIPPERS stretch and adjust to keep short from riding up. Constructed with supportive four-way stretch antimicrobial fabric that wicks moisture away from the skin. Pelvic protector sold separately.

Please call for pricing

Item # SDGP-7 Sizes: Girls S, M, L, / Women S, M, L, XL, XXL Black, White



TRAINING EQUIPMENT

Kicking Flappers

Item # KF

Please call for pricing



Punching Bag

Item # VPB Size: 48" High Please call for pricing



Bag Chain

Item # PBC

Please call for pricing



Large Hand Pad

Item # HP-L

Please call for pricing



Kicking Shield

Item # KS-L

Size: 15.5" x 27" x 7"

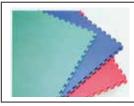
Please call for pricing



Curved Hand Pads

Item # CHP

Please call for pricing



Puzzle Mats

Item # PM

Size: 3' x 3' x 2.5cm Blue, Red, Black

* Large quatities to be ordered in advance. 50% Deposit.

Please call for pricing



Stretching Machine

Item # SM

Please call for pricing

TRAINING EQUIPMENT



Rubber dummy

Flesh Colour Size:169cm,177cm,185cm Please call for pricing



Standing sandbag

Red: For Children - 20 Kg White: For Adults - 25kg

Size: 175cm

Please call for pricing



Re-Breakable Boards

Item # RB Sizes: S, M, L Please call for pricing



T-Shirt

Item #TS

Available with ITF or ICTF logo on left side

white or black



Leather Training Shoes

Item # LTS Sizes: 32 - 46 White Please call for pricing



Gym Bag

Item # GB

Please call for pricing

SHOE SIZE CONVERSION TABLE

					Shoe Si	ze Chart	- Pre/Gi	rade Sch	ool					
US	13.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7
UK	13	13	1	1	2	2	3	3	4	4	5	5	6	6
Europe	32	33	34	34	35	35	36	36	37	37	38	38	39	39

					Shoe	Size Cha	art - Mei	1					
US	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
UK	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11
Europe	40	40	41	41	42	42	43	43	44	44	45	45	46

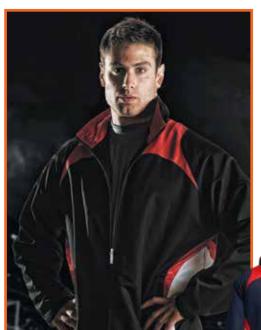
							Shoe !	Size Ch	art - W	omen								
US	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5
UK	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5
Europe	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43

APPAREL EMBROIDERY

Warmup Jacket: Complete embroidery includes large design on the back (about 9.5" X 9.5") and 2 designs in front (usually club crest or federation crest on one side and name on other side). Total cost **\$85.00** plus tax with a minimum of 4 pcs ordered.



TRI-COLOUR WARM-UP JACKET



Outer Shell: 100% Micro Twill Polyester **Lining:** Micro Mesh Lining with Taffeta Sleeves

Breathable • Wind Resistant • Water Resistant Velcro cuffs • 2 exterior zippered pockets • Open hem body with draw-cord & lock

Item #: KOJC1

Sizes: Adult S-XXXL / Youth S-XL

Call for pricing



Available Colours:

Navy/Red/White (NRW) • Black/Gold/White (BGW) • Red/Black/White (RBW) • Black/Red/White (BRW) • Navy/Gold/White (NGW) • Royal/Black/White (ROBW)

TWO-TONE WARMUP JACKET



Outer Shell: 100% Micro Twill Polyester **Lining:** Micro Mesh Lining with Taffeta Sleeves

Breathable • Wind Resistant • Water Resistant Velcro cuffs • 2 exterior zippered pockets • Open hem body with draw-cord & lock • Contrast Stitching

Item #: KOJC2

Sizes: Adult S-XXXL / Youth S-XL



Call for pricing

Available Colours: Navy/White (NA/WH) • White/Black (WH/BL) • Black/White (BL/WH)

WARMUP PANTS



Available Colours: Black (BL) • Navy (NA)

Outer Shell: 100% Micro Twill Polyester

Lining: Micro Mesh Lining with Taffeta below the knee

Breathable • Wind Resistant • Water Resistant Elasticized waist with drawstring • 2 side seam zippered pockets & 1 back zippered pocket • Covered lower leg zippered opening and open hem cuffs.

Item #: KOPT1

Sizes: Adult S-XXXL / Youth S-XL

Call for pricing

FULL ZIP HIGHLAND FLEECE JACKET



FULL ZIP PERFORMANCE HOODIE



Black (BL) • White (WH) • Royal (RO) • Metallic (MET) • Navy (NA) • Red (RE)

PERFORMANCE HOODIE



Available Colours:

Metallic (MET) • White (WH) • Red (RE) • Royal (RO) • Black (BL) • Navy (NA)

PERFORMANCE PANTS



Fabric: 100% Polyester Fleece

Moisture wicking • Elasticized waist with draw-cord 2 side pockets • Open hem cuffs.

Item #: KOPT2

Sizes: Adult S-XXXL / Youth S-XL

Call for pricing

Available Colours: Navy (NA) • Black (BL)

HANES COMFORTBLEND® 50/50 FULL ZIP HOODED SWEATSHIRT



Fabric: # 13-oz, 50/50 cotton/polyester PrintPro®XP low pill, high stitch density fleece

Single lined hood • Set-in sleeves • Full length metal zipper • Split pouch pockets • Rib knit cuffs and waistband • Dyed-to-match drawstring

Item #: KOHD3

Sizes: Adult S-XXXL / Youth XS-XL

Call for pricing



Available Colours:

Maroon • White • Navy • Deep Red • Light Blue • Deep Forest • Ash • Deep Royal • Light Steel • Black

GILDAN® HEAVY BLEND™ 50/50 HOODED SWEATSHIRT



Fabric: # 13.5-oz, 50/50 cotton/polyester PrintPro®XP low pill, high stitch density fleece

Air jet spun yarn for a softer feel and no-pill performance wash after wash • Double lined hood Set-in sleeves • Pouch pocket • Rib knit cuffs and waistband • Double-needle stitching throughout for increased durability • Quarter-turned body for seamless print surface • Dyed-to-match drawstring

Item #: KOHD4

Sizes: Adult S-XXXL / Youth S-XL

Call for pricing

Available Colours:

White - Ash - Sport Grey - Black - Dark Chocolate - Dark Heather - Forest Green - Irish Green - Light Blue - Light Pink - Maroon - Navy - Orange - Red - Royal Blue





ACCESSORIES



Legacy Continues Colour Belt DVD

Item # CBDVD

Please call for pricing



Legacy Continues Black Belt DVD

Item # BBDVD

Please call for pricing



CD-ROM Learning Series (Set of 4 CDs)

Item # CDRS

Please call for pricing



ITF 1999 Final Edition Encyclopaedia

Item # ITCE

Please call for pricing



ITF 15 Volume Encyclopaedia (1 CD)

Item # IT15VCD

Please call for pricing



Skipping Rope

Item # SKR

Please call for pricing



ITF Crest

Item # IT-C

Please call for pricing

ACCESSORIES



ICTF Crest (on request)
Item # IC-C

Item #TR

Please call for pricing



Runners Embroidered with Federation logo or School Crest

Please call for pricing

Martial Arts Supplies

Please note that this is only a small sample of all the products we offer. For all the variations on these products please contact us and we'll be happy to help you with your needs.

TROPHIES & CUPS



PLAQUES & CLOCKS



AWARDS



MEDALS



* Medals may be customized for every occasion, all artwork to be provided. *

Call Us Now: 905-790-9997

SERVICES



• Embroidery •

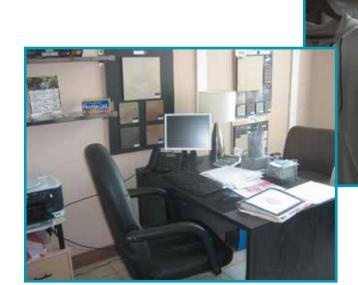


WAREHOUSE





OFFICE & SHOWROOM



NOTES

NOTES

Thank you for choosing ADVANCE MARTIAL ARTS SUPPLIES.

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In order to ensure that everyone receives the highest quality service, we ask that all our customers provide us with general feedback towards our services. This will allow us to make any necessary changes to improve our company. ADVANCE MARTIAL ARTS SUPPLIES looks forward to working with you and for establishing a long-term relationship.

Thank you in ADVANCE,

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