

Equipment List, FMATucson

In approximate order of priority for each activity (unarmed or weapons). Much of the gear can be used for both unarmed and weapons. Everyone's on a budget, so get the higher priority things first.

Equipment for Unarmed

1. gloves
2. eye protection
3. shin pads
4. int./adv.:
 1. elbow and knee pads
 2. groin protection
 3. throat protection

For Weapons

1. gloves
2. rattan stick
3. light headgear *
4. padded stick
5. int./adv.:
 1. synthetic practice weapon
 2. steel practice weapon
 3. cutting sword
 4. contact armor, for heavy sparring w non-padded trainers.

* Headgear details:

- for light sparring can be just eye and throat protection.
- for heavy sparring w weapons, should be an impact protection helmet (options shown below), which includes eye and throat guards.

Purchase options: These are suggestions. You can look at other options, but please clear it with us first to make sure it's acceptable for our purposes.

HEAD PROTECTION	budget/diy	standard
lite headgear	mesh goggles + diy throat	mesh goggles + throat guard
full headgear	mesh goggles + diy throat guard + used m.a. headgear	fencing helmet + throat and back of head add-ons

- mesh goggles don't fog up. get the kind that looks like it has [little circular holes](#), not the ones that look like [criss crossed wires](#). \$3 ebay, \$6 amazon.
- HEMA style neck protectors like [AF's](#), [Red Dragon's](#), \$30 or so, with shipping.
- any regulation fencing helmet is ok. it doesn't matter whether its foil, sabre, or 3-weapon. HEMA helmets also fine. There are many varieties and price points. \$25 used on ebay. \$60 new anywhere.

GLOVES	used lacrosse	lacrosse, "stick fighting", HEMA
ELBOW PADS, KNEE PADS, CUPS	these are common athletic items for many sports. the goal is for moderate elbow and knee strikes not to hurt your partner too much.	
SHIN PADS	shin pads are a commonly available martial arts item, as well as for other sports like soccer.	

- get gloves that cover all the way to the end of the fingers and thumb with good thickness foam, as well as the whole back of the hand and wrist joint. \$20 used on ebay.
- "stick fighting gloves" or HEMA gloves that are padded at least like above are also fine.
- we use these same gloves for unarmed, so don't get the ones with hard plastic pieces unless you are going to have the hard pair for weapons, and another softer pair for unarmed.

RATTAN STICKS	available widely on the internet. 28" long by 7/8" diameter is our standard. doesn't matter if its lacquered or natural. tape your stick up generously (duct, electrical or strapping tape). this store is quite affordable.	
PADDED STICK/SWORD	dual 1/2" PEX core has been the best DIY design.	actionflex and bunal are two good brands. also have a good design made by one of our own, for \$25.
SYNTHETIC SWORD	purpleheart armory - (espada, ginunting, or other historical "short swords"). also large variety of more expensive trainers in other brands.	
METAL TRAINING SWORD	a well dulled machete of appropriate length.	
CUTTING SWORD	talk to me when you're ready to shop for one.	
CONTACT ARMOR	used lacrosse or hockey gear, or anything, + safety, creativity, and time.	hema regulation equipment, escrima/kali padded armor

- synthetic swords start at \$20-25 and are a good quality at this price point. non indo-malay blade shapes are fine too, but talk with me if you are departing far from our 28" length starting point.
- there are more expensive synthetic ones, not necessarily better, but you might think they look cooler.
- contact armor is either going to be a) fairly pricey (\$300-600 and up), b) shop for deals over time, c) get craft-y and make your own stuff, which can take a lot of time but be fun, or d) a combination of the above.

