

# Taille des Shinais

## Caractéristiques

SHINAI SIZE REGULATION				
	Gender	Jr. High School	High School	University Adult
		Size 37	Size 38	Size 39 (Women:38 or 39)
Length (cm)	Male& Female	less than 114	less than 117	less than 120
Weight (g)	Male	more than 440	more than 480	more than 510
	Female	more than 400	more than 420	more than 440
Tip Diameter (mm)	Male	more than 25	more than 26	more than 26
	Female	more than 24	more than 25	more than 25
SHINAI SIZE BY AGE				
Ages		Size		
Kindergarten and 1st grade		Size 28		
6-12 years old (Elementary School)		Size 30/32/34/36 (Depending on the height and preference)		
12-15 years old (Junior High School)		Size 37		
15-18 years old (High School)		Size 38		
18 and over (University and up)		Size 39 *Adult Women can use Size 38 Shinais		