



最戰鬪服

ULTIMATE BUYERS GUIDE

WWW.TATAMIFIGHTWEAR.COM

**TO QUICKLY FIND THE INFORMATION YOU NEED**

**USE THE QUICK LINK BUTTONS BELOW**

**OR IF YOU WANT TO READ OUR WHOLE GUIDE**

**GRAB A COFFEE, DIM THE LIGHTS AND SIT BACK!**

**MENS BJJ GIS**

**MENS NO-GI**

**MENS TEES/HOODS**

**LADIES BJJ GIS**

**LADIES NO-GI**

**LADIES TEES/HOODS**

**KIDS BJJ GIS**

**KIDS NO-GI**

**KIDS TEES/HOODS**

**CARE FOR YOUR TATAMI PRODUCT - WASH/CARE INSTRUCTIONS**

Choosing the right fitting t-shirt or hoodie can be a tricky prospect. Choosing the right fitting clothing to fight or grapple in is even harder. You are trying to balance the fit, comfort and legality or a product with personal preferences and aesthetic quality . Tatami Fightwear have spent years perfecting the sizes and cut of every product we sell. Does this mean that we have the right size product for everyone? No of course it doesn't. Does it mean you will be extremely happy with the fit of our product? Again no it does not. Finding the right fitting product is down to product development, the brand and personal preferences. You've probably noticed that if you go to 10 different shops on the high street the same size will be slightly different in each one. The same goes for BJJ clothing.

With that in mind here at Tatami Fightwear we offer one of the largest size range of BJJ Gi's for men, women and children. Adding to this a wide selection of sizes in our NO-GI and Leisurewear section we are confident that we cater for 90% of BJJ practitioners looking for products of high quality, sharp design, affordable price and superior fit.

In this document we aim to offer some of our advice on what sizes best suit certain body types and sizes. We also offer some general advise on what to expect from each product, and how best to care to care for your products. Again this is not a definitive list and we always recommend that if you have any questions at all to contact our Customer Support team for advise. They have years of experience advising customers of the best sizes and 90% of the time we are usually right.

**Tatami**  
**fightwear**





# STEP BY STEP BUYING GUIDE



**Step 1** – Pick your favorite Tatami products from our website or from one of our Official stockist

**Step 2** – Check you are ordering the right size by reading our guidelines below

**Step 3** – Once your order has been delivered, open the package and check you have the correct size and product.

**Step 4** – Check the product for faults. Sometime you may get some loose cotton or loose threads on the garment. Guess what? This is normal. I bet if you walked into your favorite retail store you will find some loose threads on many of the products. Its no big deal, simply get a scissors and snip it off. Give the seam a little tug and if it seems solid, bingo you have no issues. Loose threads are just over stitching in production and are not faults. We stand by our products 100% and will always provide the best customer service so if there is a hole, rip, tear, stain etc etc email us and we will fix it right away. But if all you have is some loose cotton and no damage please just give it a little snip.

**Step 5** – Try it on and make sure it all fits you OK. In the UK we offer free returns (retail customers only) so its always best to rectify wrong sizes before you go wrapping it around someones head. If of course you get any problems with any of products after you wear them please let us know so we can rectify it for you. You are always safe in buy Tatami products and we will always look after our customers. As long as it is within a 6 month period. After that we believe that you have had fair use of any product.

## HOW TO CARE FOR YOUR PRODUCTS

### ...BJJ GIS

Over the years there have been many myths on how best to care for a BJJ GI, here we will explain to you how best to care for your new Tatami Fightwear BJJ GI. Please note that the instructions and advice given in this section are purely for Tatami Fightwear products as other brands may use different methods during production.

## WASHING

Some people may tell you that you have to wash your BJJ GI in vinegar to keep the colour, or bicarbonate of soda to keep it crystal white. None of these are necessary with Tatami Fightwear BJJ GI's here is how to best care for your new GI.

- Always wash your BJJ GI at 30-40 degrees centigrade. Washing on a higher temperature can not only cause excessive shrinking but can also warp the collar of the jacket. All of our BJJ GI's have a collars made from a core of EVA rubber giving it strength and durability. Washing and drying on high temperatures can cause the collar to warp out of shape.
- Always wash your GI inside out, this prevents other clothes or indeed the GI itself from rubbing the fabric. Particularly in coloured BJJ GI's this will help to keep the GI's correct colour for longer.
- If possible wash with an organic or non-bio detergent this will minimize the chemicals interacting with the fabric of GI.
- We are very proud of the colour fastness of all our BJJ GI's. They are treated with a special dye sealing process in manufacture so there is no need to wash with any other products (i.e. vinegar, bicarbonate of soda etc)



# ESTILO

# MODEL



	124	132	143	154	165	176	187	198	209	220	231	243	254	265	276	287	298	300		
5'4"	A0	A0	A0	A1	A1															
5'5"	A0	A0	A1	A1	A1	A2	A2	A3S												165
5'6"	A0	A0	A1	A1	A2	A2	A2	A3S	A3S	A3S										167.6
5'7"	A0	A1	A1	A1	A2	A2	A2	A3S	A3S	A3S										170
5'8"	A1	A1	A1	A2	A2	A2	A2	A3	A3	A3	A4S									173
5'9"		A1L	A1L	A2	A2	A2	A2	A3	A3	A3	A4S									175.7
5'10"		A1L	A1L	A2	A2	A2	A2	A3	A3	A3	A4S	A4S	A4S							178
5'11"		A1L	A1L	A2L	A2L	A2L	A2L	A3	A3	A3	A4S	A4S	A4S	A4S						180
6'				A2L	A2L	A2L	A2L	A3L	A3L	A3L	A4	A4	A4	A4	A4					183
6'1"				A2L	A2L	A2L	A2L	A3L	A3L	A3L	A4	A4	A4	A4	A4	A5	A5			185.5
6'2"				A2L	A2L	A2L	A2L	A3L	A3L	A3L	A4	A4	A4	A4	A4	A5	A5			188
6'3"				A2XL	A2XL	A2XL	A2XL	A3L	A3L	A3L	A4	A4	A4	A4	A4	A5	A5	A6		190.5
6'4"				A2XL	A2XL	A2XL	A2XL	A4	A4	A4	A4	A4	A4	A5	A5	A5	A5	A6	A6	193
6'5"				A2XL	A2XL	A2XL	A2XL	A4	A4	A4	A4	A4	A5	A5	A5	A5	A5	A6	A6	195.5
6'6"															A5	A5	A5	A6	A6	198
6'7"															A6	A6	A6	A6	A6	201
	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140		

**Estilo Model** - This is our premium and industry standard size. The Estilo will shrink approx 1-2% if washed at 30 degrees Celsius. This Gi model has taken years to develop this cut and it regarded worldwide as being a functional and fitting pattern and style. The unique Y vent on the Estilo 5.0 model offers a superior body wrap of the kimono (Gi). This helps the Gi stay in the belt longer and makes you look much more bad ass.

**Dragon Fly Model** - This Gi is based on the same materials and cut as the Estilo standard so you can expect a similar level of fit and function.

**Thinker & Zen Model** - This Gi is based on the same materials and cut as the Estilo standard so you can expect a similar level of fit and function.

**\*\*Mike Fowler Signature Model\*\*** - Special mention for the Mike Fowler Signature Gi. This Gi is based on the Estilo standard size. But because it is made from a Gold Weave jacket and Twill Cotton pants you will notice up to a 10% shrinkage in all areas. In this case we recommend you buy a size up or contact our support team for advice prior to purchase.

**Nova Model** - This model is cut approx 2-3cm larger in all area vs the "Estilo Cut". This is simply to accommodate the shrinkage that you encounter in this model. The Nova Gi will shrink approx 5-7% in all areas on a 30 degrees Celsius wash over approximately 5 washes. So when you open this Gi fresh out of the packaging please take this into account.

**Zero G Model** - Again as the Nova model this Gi is ct approx 3-4cm larger in all areas. The Zero G will not shrink as much as the Nova but we have cut this Gi slightly larger to accommodate Gi checks you may encounter when entering competitions.

**Inverted Collection Model** - This Gi will fit very similar to the Zero G model, being a few cm longer than the Estilo standard. This Gi will feel a little different to our other models due to it being made in China on a different type of pearl weave material. Again expect approx 3-4cm of shrinkage on this model.

**Honey Badger V3 Model** - This is based on the Zero G size so you can expect a similar level of fit and function to the above.

**The Tank Double Weave Model** - In similar respect to the Mike Fowler Gi the Tank Double Weave is made on the Estilo standard pattern but will also shrink approx 10%. This will happen over a few washes. Because of the sheer weight and the thickness of this Gi it will also appear slimmer due to the material not being able to wrap around your body as much as a light weight Gi. This Gi is meant for hard core guys, but again you may want to either buy a size up and contact our support team for advice.



# DRYING

- Under no circumstance should you place your BJJ GI in a tumble dryer, this will cause high levels of shrinkage and will stress all areas of the BJJ GI causing it to lose shape (see above section on washing at high temperatures)

- Always allow your GI to dry naturally do not let it dry against any high temperatures i.e. radiators, towel rails. A method We recommend is to place the GI's on a clothes dryer and position it about 1m from a radiator. This allows the warm air to circulate and dry the GI, without the excessive temperature.

# IRONING

- If you are one of the people who likes to iron their GI's, please iron inside out and not over any of the patches. Even though the patches on the GI's are woven, they can sometimes stick to the bottom of an iron.

# SHRINKAGE

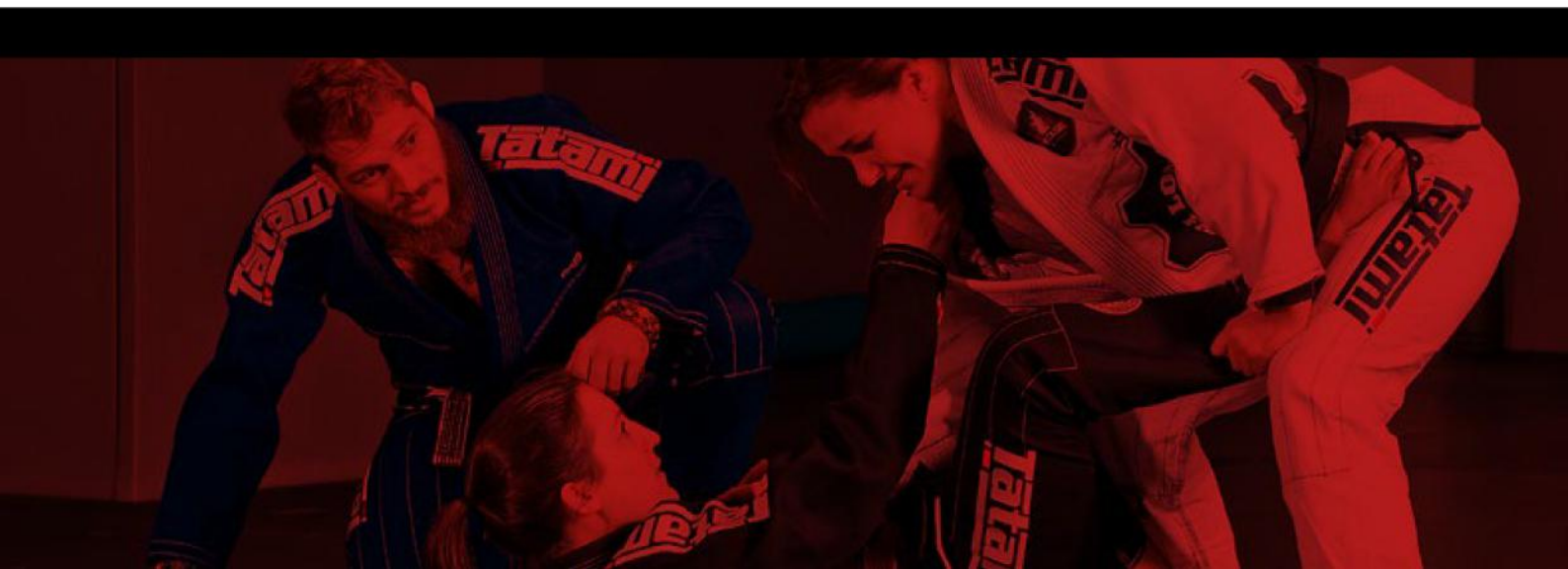
- By nature all BJJ GI's will shrink slightly (no matter what some brands might say!). Cotton is a material that will absorb water heavily when washed. When the GI is then dried the material will shrink back and condense down to its tightest form. If it is dried at a high temperature the water evaporates from the material quicker and the cotton condenses or shrinks more. That is why when washing and drying you should do so on the lowest temperature possible.



## WE USUALLY GIVE THESE GUIDELINES ON OUR CURRENT RANGE OF BJJ GI'S

Estilo Premier BJJ GI (washed at 30 degrees centigrade) - 1-2% Jacket and Pants  
Zero G Super-light BJJ GI (washed at 30 degrees centigrade) - 3-4% Jacket and Pants  
Nova Basic BJJ GI (washed at 30 degrees centigrade) - 5% Jacket, 7% Pants  
(please note these are our estimated guidelines)

We hope this will allow you get the most for your new (or old) Tatami Fightwear BJJ GI, although this is not a definitive list of steps you can take to look after your GI, it should point you in the right direction.



# MENS RASH GUARDS

## SHORTS & SPATS

As with our Gi range our rash guards all following a similar size pattern. You will notice slight differences in some models, this is because some will be from different factories and some will have a slightly different construction.

**Please use the guide below when choosing the correct size rash guard for your shape and size.**

### ++IMPORTANT INFORMATION++

Rash guards are made from a blend of polyester and elastane. Over the years, we have refined our rash guards into what we feel is the best balance of comfort, fit and material weight. But even with us taking these steps you WILL notice piling of your rash guard. This is not a fault in the product, it is just something that is to be expected when friction or Velcro rubs your sublimated rash guard

To put things very basically, polyester is made of short fibres. Those short fibres are liable to "piling". This is when small white bobbles of fabric work themselves out of the main panel of fabric. This happens during training. You can lessen the likelihood of it happening by using higher quality polyester with special treatments applied (like we do.) But, it will happen eventually. There is no way around it. Ways to avoid this piling include:

**1** - Avoid Velcro, as Velcro just loves pulling out the little polyester fibres and can completely ruin a pair of spats or a rash guard. Do not wash your spats or rash guard next to a pair of MMA Shorts with Velcro strips.

**1A-** This also goes for MMA and Boxing gloves. Picture this scenario, you are in MMA and you enter a clinch situation, your opponent is fighting their double under hooks and they have not closed the Velcro on their gloves correctly. This will cause piling to appear on your rash guard.

**2** - Wash inside a delicates net. Just throw your rash wear into one of those nets and it will stop the threads and the polyester from getting torn up in the washing machine.

**3** - Watch our for loose threads. When we train, our training wear takes serious punishment. Snipping off a loose thread can stop damage from multiplying.

### MENS SHORTS AND SPATS CHART

	Weight KG	Weight LBS	Waist (Shorts)	Spats Size
Under	65	143	28inches/71cm	XS
Under	70	154	30inches/76cm	S
Under	79	173.8	32inches/81cm	M
Under	89	195.8	34inches/86cm	L
Under	99	217.8	36inches/91cm	XL
Under	110	242	38inches/97cm	XXL



# MENS TEES, HOODIES AND VESTS

As with all of our products we use a number for different factories to produce our leisurewear. Below is a guide as to what size will fit you best for your chest size.

## MENS RASH GUARD CHART

Your Chest Size In Inches	Your Chest Size In CM	Size
34 - 36	86 - 91	XS
36 - 38	91 - 96	S
38 - 40	96 - 101	M
40 - 42	101 - 106	L
42 - 44	106 - 111	XL
44 - 46	111 - 116	XXL
46 - 48	116 - 121	XXXL



# LADIES BJJ GIS

And now we enter a whole new ball game of Female BJJ Gi sizes. As with men, female BJJ athletes come in a variety of shapes and sizes so at Tatami Fightwear we have recently added some new sizes to the ladies Estilo 5.0 range to allow us to cater for a greater variety of female practitioners, and therefore we have recently introduced the L C sizes to the Estilo 5.0 model.

**L = Long** - This means that the Gi is cut the same in the body but longer in the wingspan, pants and jacket length. Example. An F2L is the same size in the width as a normal F2 but it approx 5cm longer in the jacket length, pants length and the wingspan.

**C = Curvy** - This means that the Gi is cut the same length but wider in the body and hips. Example. An F2C is the same length jacket, wingspan and pants as the normal F2 but is wider in the bust, hips and bum area of the pants.

**\*\* Important Message \*\*** Many females have commented on the Female Gi's now being bigger than they were before in the core sizes of F1, F2, F3 and F4. This is purely due to new IBJJF Gi regulations. They now place a measuring stick down the arm of the Gi when being worn that must reach your arm pit. In our previous batches this caused problems for many athletes. We therefore had to make the arm sizes slightly bigger to accommodate these new guidelines.

All of our Female BJJ Gi's follow our base "Estilo Cut" this is our standard size and the basis for all our models. But..... to accommodate shrinkage and the difference in material there some subtle changes. Also note the L and C sizes are only available in the Estilo 5.0 model right now.

## LADIES BJJ GI SIZE CHART

	75	85	97	108	119	130	141	152	163	174	187	
4'9"	F0	F0	F1									144
4'10"	F0	F0	F1	F2	F2	F2C						146.5
4'11"	F0	F1	F1	F2	F2	F2C						149
5'	F1	F1	F2	F2	F2	F2C						151.5
5'1"	F1L	F1L	F2	F2	F2	F2C	F3	F3C	F3C			154
5'2"	F1L	F1L	F2	F2	F2	F3	F3	F3C	F3C			156.5
5'3"	F1L	F1L	F2	F2	F2L	F3	F3	F3C	F3C			159
5'4"		F1L	F2	F2	F2L	F3	F3	F4	F4	F4	F5	161.5
5'5"			F2	F2	F2L	F3	F3	F4	F4	F4	F5	164
5'6"			F2L	F2L	F2L	F3L	F3L	F4	F4	F4	F5	166.5
5'7"						F3L	F3L	F4	F4	F4	F5	169
5'8"						F3L	F3L	F4	F4	F4	F5	171.5
5'9"										F5	F5	175
5'10"												178
5'11"												181
	34	39	44	49	54	59	64	69	74	79	85	

**Estilo Model** - This is our premium and industry standard size. The Estilo will shrink approx 1-2% if washed at 30 degrees Celsius. This Gi model has taken years to develop this cut and it regarded worldwide as being a functional and fitting pattern and style. The unique Y vent on the Estilo 5.0 model offers a superior body wrap of the kimono (Gi). This helps the Gi stay in the belt longer and makes you look much more bad ass. This is the only female Gi model available in the L and C sizes

**Thinker & Zen Model** - This Gi is based on the same materials and cut as the Estilo standard so you can expect a similar level of fit and function.

**Nova Model** - This model is cut ONLY approx 1-2cm larger in all area vs the "Estilo Cut". This is simply to accommodate the shrinkage that you encounter in this model. The Nova Gi will shrink approx 5-7% in all areas on a 30 degrees Celsius wash over approximately 5 washes. So when you open this Gi fresh out of the packaging please take this into account.

**Phoenix Model** - This model is cut approx 2-3cm larger in all area vs the "Estilo Cut". This is simply to accommodate the shrinkage that you encounter in this model. The Nova Gi will shrink approx 5-7% in all areas on a 30 degrees Celsius wash over approximately 5 washes. So when you open this Gi fresh out of the packaging please take this into account.

**Zero G Model** - Again as the Nova model this Gi is ct approx 3-4cm larger in all areas. The Zero G will not shrink as much as the Nova but we have cut this Gi slightly larger to accommodate Gi checks you may encounter when entering competitions.



# LADIES RASH GUARDS

## SHORTS & SPATS



As with our Gi range our rash guards all following a similar size pattern. You will notice slight differences in some models, this is because some will be from different factories and some will have a slightly different construction.

**Please use the guide below when choosing the correct size rash guard for your shape and size.**

### ++IMPORTANT INFORMATION++

Rash guards are made from a blend of polyester and elastane. Over the years, we have refined our rash guards into what we feel is the best balance of comfort, fit and material weight. But even with us taking these steps you WILL notice piling of your rash guard. This is not a fault in the product, it is just something that is to be expected when friction or Velcro rubs your sublimated rash guard

To put things very basically, polyester is made of short fibres. Those short fibres are liable to “piling”. This is when small white bobbles of fabric work themselves out of the main panel of fabric. This happens during training. You can lessen the likelihood of it happening by using higher quality polyester with special treatments applied (like we do.) But, it will happen eventually. There is no way around it. Ways to avoid this piling include:

**1** - Avoid Velcro as Velcro just loves pulling out the little polyester fibres and can completely ruin a pair of spats or a rash guard. Do not wash your spats or rash guard next to a pair of MMA Shorts with Velcro strips.

**1A** - This also goes for MMA and Boxing gloves. Picture this scenario, you are in MMA and you enter a clinch situation, your opponent is fighting their double under hooks and they have not closed the Velcro on their gloves correctly. This will cause piling to appear on your rash guard.

**2** - Wash inside a delicates net. Just throw your rash wear into one of those nets and it will stop the threads and the polyester from getting torn up in the washing machine.

**3** - Watch out for loose threads. When we train, our training wear takes serious punishment. Snipping off a loose thread can stop damage from multiplying.

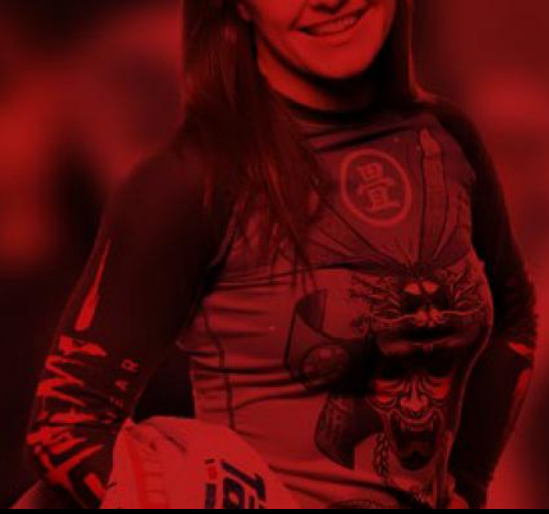
### LADIES SUBLIMATED SIZE CHART

	Weight KG	Weight LBS	Waist (Shorts)	Sizes
Under	58	127.6	25Inches/63.50cm	S
Under	65	143	27Inches/68.50cm	M
Under	72	158.4	29Inches/73/50cm	L
Under	80	176.8	31Inches/79cm	XL

**PLEASE NOTE – MOST LADIES WILL ALSO FIT INTO THE XS CATEGORY OF THE MENS SIZES. PLEASE SEE BELOW**



# HOW TO CARE FOR YOUR SUBLIMATED PRODUCTS



Rash guards are made from a blend of polyester and elastane. Over the years, we have refined our rash guards into what we feel is the best balance of comfort, fit and material weight. But even with us taking these steps you WILL notice piling of your rash guard. This is not a fault in the product, it is just something that is to be expected when friction or Velcro rubs your sublimated rash guard

Example of rash guard piling This is normal if the rash guard has come into contact with Velcro or friction. It may not even be Velcro you are wearing but a training partners gloves, shorts or support strap.

To put things very basically, polyester is made of short fibres. Those short fibres are liable to "piling". This is when small white bobbles of fabric work themselves out of the main panel of fabric. This happens during training. You can lessen the likelihood of it happening by using higher quality polyester with special treatments applied (like we do.) But, it will happen eventually. There is no way around it.

## WAYS TO REDUCE THE RISK OF PILLING INCLUDE:

**1 - Avoid Velcro!!** Velcro just loves pulling out the little polyester fibres and can completely ruin a pair of spats or a rash guard. Do not wash your spats or rash guard next to a pair of MMA Shorts with Velcro strips.

**1a-** This also goes for MMA and Boxing gloves. Picture this scenario, you are in MMA training and you enter a clinch situation, your opponent is fighting their double under hooks and they have not closed the velcro on their gloves correctly. This will cause piling to appear on your rash guard.

**2 - Wash inside a delicates net.** Just throw your rash wear into one of those nets and it will stop the threads and the polyester from getting torn up in the washing machine.

**3 - Watch out for loose threads.** When we train, our training wear takes serious punishment. Snipping off a loose thread can stop damage from multiplying.





# LADIES TEES, HOODIES AND VESTS



## LADIES TEES HOODIES AND VEST SIZE CHART

	Weight KG	Weight LBS	Waist (Shorts)	Size
Under	65	143	28Inches/71cm	XS

As with all of our products we use a number for different factories to produce our leisurewear. Below is a guide as to what size will fit you best for your chest size and weight. This is only a guide however and as always if you have any questions please contact our customer support team

UK Size	EU Size	USA Size	Tatami Size
8	36	4	Small
10	38	6	Medium
12	40	8	Large
14	42	10	XL



# KIDS BJJ GIS

The same as adults kids come in a variety of shapes and size at all ages. This is why at Tatami we do not work to a kids age but to a kids height.

All of our Kids Gi's follow the Kids Standard Gi pattern. There is no change in kids sizes on any of our models. But same as the adults versions you can expect the shrinkage on kids Gi's to be similar. You can find details below

Kids Estilo 5.0 Model - Shrinks approx 1-25 when washed at 30 degrees Celsius.

Kids Nova Model - Shrinks approx 5-7% in all areas when washed at 30 degrees Celsius.

Kids Animal Model - Shrinks approx 5-7% in all areas when washed at 30 degrees Celsius.

Kids Honey Badger Model - Shrinks approx 4-5% in all areas when washed at 30 degrees Celsius.

Kids All Star Model - Shrinks approx 4-5% in all areas when washed at 30 degrees Celsius.

Kids Thinker & Zen Models - Shrinks approx 4-5% in all areas when washed at 30 degrees.

Baby Gi Model - Are you serious?

Size	Height CM	
M0000	90	Only available in Animal range
M000	100	Only available in Animal range
M00	110	
M0	120	
M1	130	
M2	140	
M3	150	
M4	160	





# KIDS RASH GUARDS

## SPATS & SHORTS

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**1** - Avoid Velcro as Velcro just loves pulling out the little polyester fibres and can completely ruin a pair of spats or a rash guard. Do not wash your spats or rash guard next to a pair of MMA Shorts with Velcro strips.

**1A**- This also goes for MMA and Boxing gloves. Picture this scenario, you are in MMA and you enter a clinch situation, your opponent is fighting their double under hooks and they have not closed the Velcro on their gloves correctly. This will cause piling to appear on your rash guard.

**2** - Wash inside a delicates net. Just throw your rash wear into one of those nets and it will stop the threads and the polyester from getting torn up in the washing machine.

**3** - Watch our for loose threads. When we train, our training wear takes serious punishment. Snipping off a loose thread can stop damage from multiplying.

Kids Age	Height CM	Size
6 - 8	120 - 130	S
8 - 10	130 - 14-	M
10 - 12	140 - 150	L

# KIDS RASH GUARDS

# SPATS & SHORTS

As with all of our products we use a number for different factories to produce our leisurewear. Below is a guide as to what size will fit you best for your chest size and weight. This is only a guide however and as always if you have any questions please contact our customer support team

Age	Height CM	Chest Up To CM
3 -4	104	25
5 -6	116	28
7 - 8	128	30
9 - 11	140	33
12 - 13	154	35