

OUR SIZE CHART IS BASED ON AN AVERAGE AND IS A RECOMMENDATION ONLY. EVERY PERSON IS BUILT DIFFERENTLY. IF YOU NEED HELP WITH SIZING WE ARE HAPPY TO HELP YOU GET FITTED IN THE CORRECT SIZE.



## HIZ HELMET



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SIZE	HEAD CIRCUMFERENCE
XS	52CM-54CM
S	54CM-56CM
М	56CM-58CM
L	58CM-60CM
XL	60CM-62CM
XXL	62CM-64CM

## HOW TO MEASURE

THE HEAD CIRCUMFERENCE IS MEASURED OVER THE MOST PROMINENT PART ON THE BACK OF THE HEAD AND CIRCA SCM ABOVE THE EYEBROWS. THIS IS THE LARGEST CIRCUMFERENCE OF THE HEAD. FINDING THE RIGHT HELMET SIZE IS IMPORTANT. THE BEST WAY IS TO TRY IT AT YOUR LOCAL JITSIE DEALER. IF THIS IS NOT POSSIBLE FOR YOU, THIS SIZECHART CAN BE A GOOD ORIENTATION.