

Size G

Narrow

Instructions:
- Place your Left foot on the Narrow template with your heel touching the line at the back.

- Standing up, look at the widest part of your foot. If you can't see the lines either side, move to the Wide template.

- Standing up, look at your big toe. If you can't see the line in front, move one size Up. If there is more than a centimetre gap between toe and line, move one size Down.

If you can see the line all the way around just touching your foot, this is the correct size for you.

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