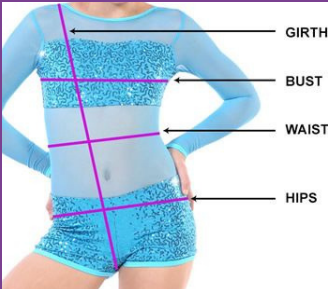


SIZING CHART FOR UNIFORMS



This is a measuring chart to help you when determining your orders online with Ascendace Academy. All measurements are in **cm's** not inches. Please measure each students Chest, Waist, Lower Hips and Girth and refer back to our measuring chart to work out what size your student would be. Girth measurement is the tape measure starting at one shoulder, loop tape measure through the legs and back up to the same shoulder.



	Child					Adult					
	4	6	8	10	12	XS	S	M	L	XL	XXL
Height	104	119	132	142	149	162	162	162	162	162	162
Chest	55	59	64	69	75	80	86	94	102	104	106
Waist	53	56	58	61	66	65	70	75	80	85	90
Hips	58	63	67	72	77	88	93	98	103	108	113
Girth	97	110	118	126	135	147	153	158	163	168	173
Inner Leg	43	51	58	63	68	80	80	80	80	80	80