

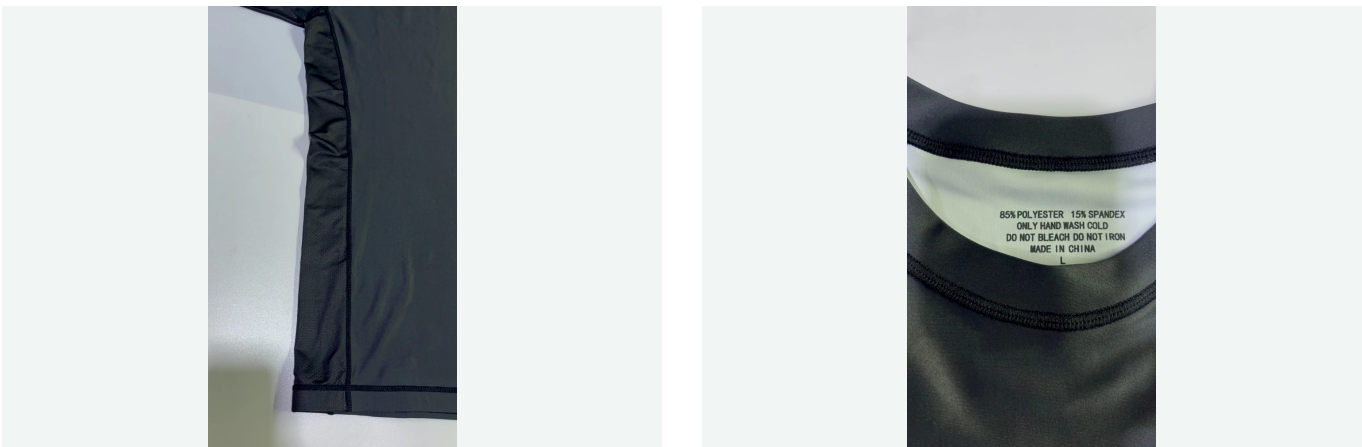
01 / RASH GUARD MATERIALS

Fabric & Construction Selection Guide

A practical starting point for custom rash guards, MMA shorts and training shorts. Confirm each selected style through sampling.

Rash guard reference: 220 GSM stretch knit

Confirmed main-fabric reference: 85% polyester / 15% spandex, nominal 220 GSM. Use composition and weight as material identifiers, then assess fit, feel, coverage and recovery on the finished colorway.



Actual garment main knit. Adjacent panels are separate components.

Supplied label shows 85% polyester / 15% spandex.

Decision	What to confirm
Main knit	Identified swatch, nominal GSM, composition and finish.
Stretch & recovery	Panel direction, wearing extension, recovery and seam compatibility.
Coverage	Selected color under representative lighting and wearing stretch.
Decoration	Printed sample on the selected material; color and heat response.

GSM is mass per unit area, not a universal quality score. A fiber ratio alone does not prove compression pressure, opacity in every color or a measured drying rate.

[Explore the 220 GSM fabric reference](#)

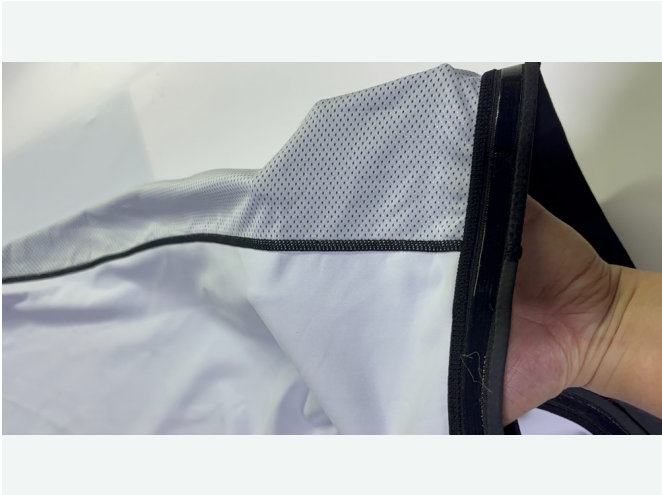
02 / INNER LAYERS & VENTILATION

Specify every layer

Main fabric, mesh, liner, gusset and hem elastic need separate records.



Actual high-split sample: separate outer shell and inner layer.



Actual stretch mesh detail: openings and connecting seams.

Component	Documented direction	Approval checks
Outer shell	Four-way stretch woven direction on the high-split reference.	Confirm actual fiber ratio, GSM, extension and recovery.
Inner knit	250 GSM milk-silk inner fabric on the supplied high-split brief.	Milk silk is a trade description; confirm fiber content, length, fit and coverage.
Stretch mesh	Separate open-structure material for selected panels.	Opening size, feel, stretch compatibility, seams and snagging review.
Hem grip	Optional silicone anti-slip elastic on selected rash guard styles.	Width, placement, attachment, recovery and skin contact.

A mesh detail inside a hem is not proof of a full fitted compression liner. Photographs illustrate construction; they do not establish laboratory performance results.

[Review the outer-shell / inner-layer reference](#)

[Review stretch mesh](#)

03 / SHORTS ARCHITECTURE

Choose the construction

Match the shell, gusset, split, liner and waist system to the intended training use.



Snake-scale fight shorts: hook-and-loop fly / internal cord direction.



Cyber-gradient shorts: elastic drawcord waist / curved opening.

Reference	Supplied material / structure	Confirm on sample
Snake-scale MMA	Shell brief: 100% micro-polyester. Gusset brief: 88% polyester / 12% spandex.	Fabric records; gusset dimensions; closure overlap, cord routing and covered surfaces.
Cyber-gradient	Shell brief: 92% polyester / 8% spandex. Printed mesh visible inside hem.	Inner coverage; do not assume a full fitted liner. Review waist and slit dimensions.
High-split 2-in-1	Separate shell / inner layer with high side openings.	Layer lengths, split height, attachment and movement together.
Utility training	Ventilation and zipped storage direction.	Pocket / hardware suitability for the intended activity.

[Read the complete MMA shorts construction guide](#)

04 / SELECTION & APPROVAL

From reference to sample

Use the product images to choose a direction, then approve a defined specification.

A practical approval sequence

Step	Buyer action	Record to keep
1. Define use	Product, wearer, sport, fit and destination.	Brief and reference style.
2. Select components	Main fabric, liner / mesh, waist, closure and branding.	Identified material / component list.
3. Define dimensions	Measurement points, size allocation and numerical tolerances.	Versioned measurement chart.
4. Review decoration	Artwork scale, colors, placement and seam crossings.	Approved artwork and decorated sample.
5. Check the garment	Fit, movement, coverage, seams, closure and agreed care checks.	Observations, corrections and retest results.
6. Approve a version	Confirm scope and resolve outstanding items before release.	Accepted sample, approver and date.

What to send with your inquiry

Share the product reference, estimated quantities by size and color, artwork status, material / construction priorities and requested delivery timing. Use the Project Brief and Sample Approval Checklist alongside this guide.

No universal tear-proof, non-slip, permanent-color, medical-compression or competition-approval claim is made. Measured performance needs an appropriate method and report for the selected garment. Check current organizer requirements for competition use.

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Source basis: TONTON supplied garment photographs, product composition briefs and published fabric / product pages. Images are actual supplied garment references; file optimization does not establish a test result. Document version 1.0, 29 October 2026.