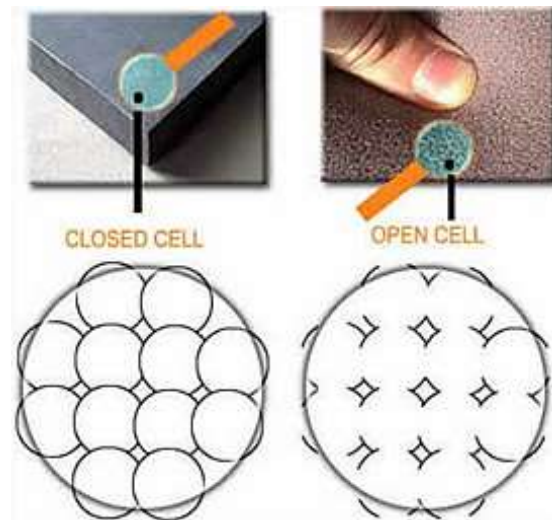




**Closed Cell Foam**  
**vs.**  
**Open Cell Foam**

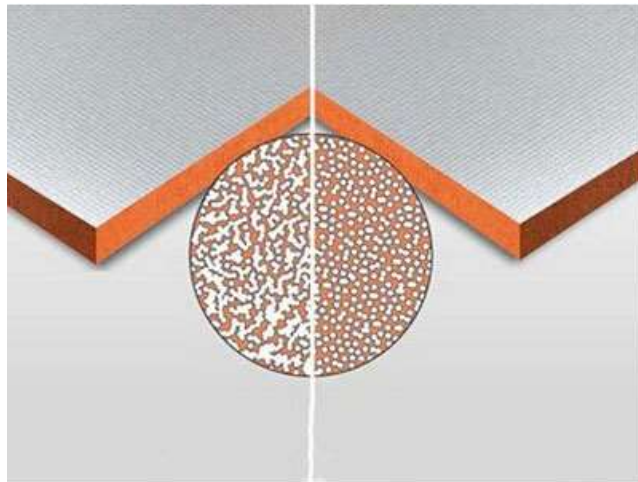
# Why the distinction?

- ▶ The Society and the West mandate the use of closed cell foam because closed cell foam is more resilient than open cell foam.
- ▶ Closed cell foam returns to its original shape more readily than open cell foam.
- ▶ A foam padding that lacks resilience (ability to easily return to the original shape) will compress/breakdown and fail to protect the fighter.
- ▶ Closed cell foam and open cell foam can look a lot alike. They both appear to have “bubbles.”



# Examples

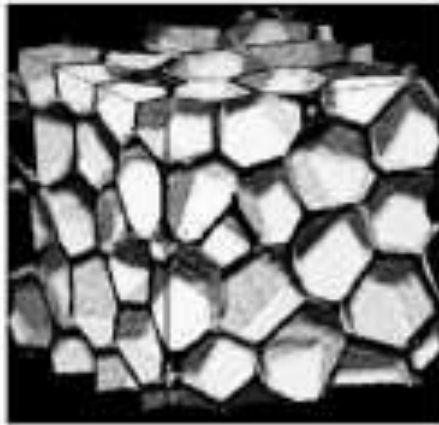
- ▶ Open cell foam is on the left of the first picture. Note that the two foams look incredibly similar.
- ▶ Open cell foam is on the top (yellow foam and middle foam) in the second picture.



# Closed Cell vs. Open Cell

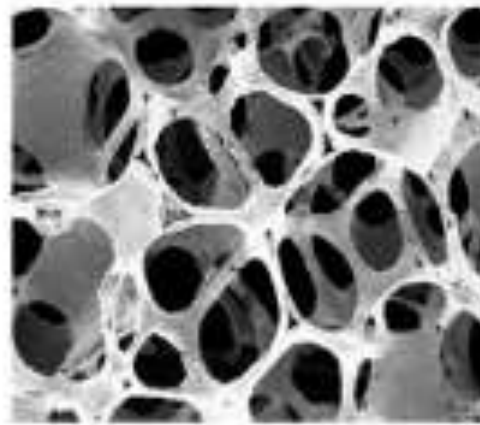
## Closed Cell

- Advantages
  - Higher cushioning
- Disadvantages
  - Closed cells may contain undesirable chemicals



## Open Cell

- Advantages
  - All chemicals leached
  - High interconnectivity
  - High moisture absorption
- Disadvantages
  - Structurally weaker
  - Leads to breakdown of material



- ▶ Which would you rather protect your brain?
- ▶ Use closed cell foam or a resilient equivalent.