Classic Basketball Shoe Stability Ranking

1



Converse Chuck Taylor All Star Wide



Air Jordan 1

Most Stable

2



Converse Chuck 70 Wide



PUMA Clyde Base



Adidas Forum



Converse Weapon

3



Nike Dunk Retro



Adidas Superstar



Air Jordan 2

Less Stable



Converse Chuck Taylor All Star Wide

Size: US M11.5 - Weight: 11.6 oz., 329g

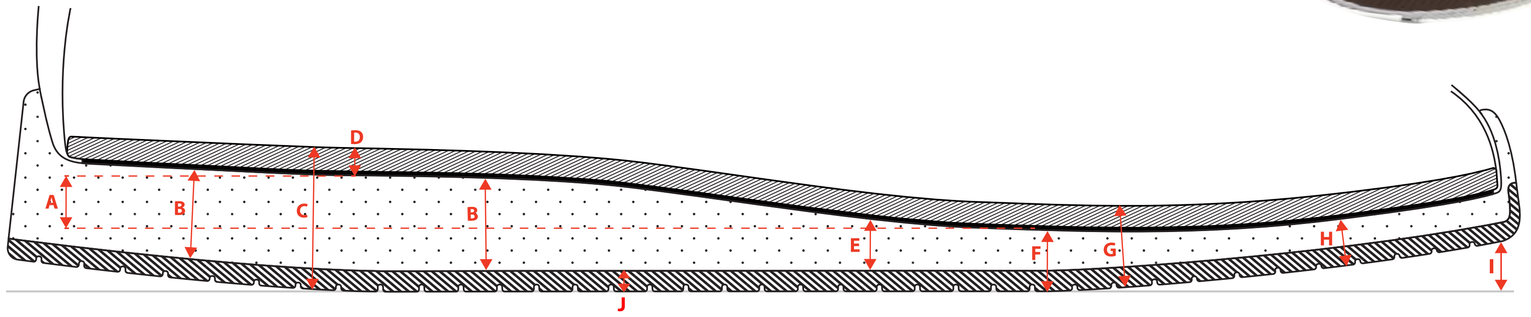


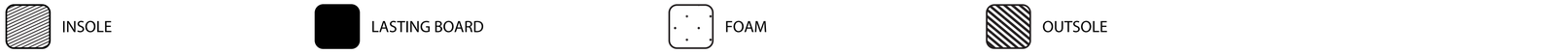
Thickness

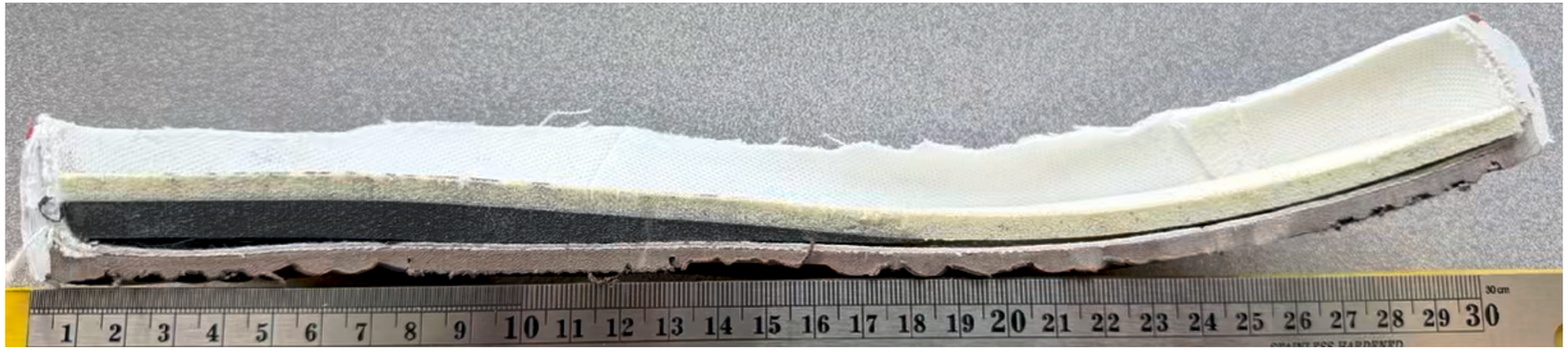
Heel Stack (C)	20mm
Forefoot Stack (G)	12mm
Heel Drop (A)	8mm

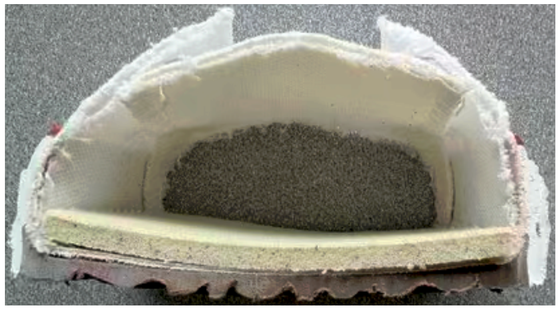
Midsole/Outsole

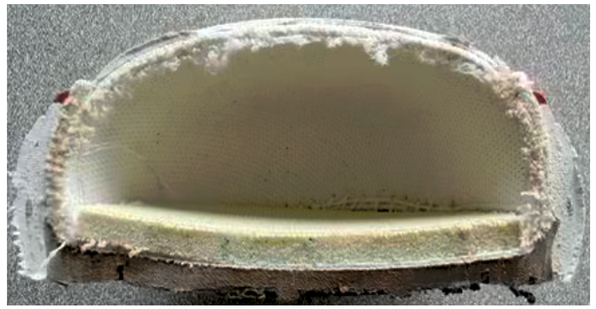
Heel Thickness (B)	14mm
Midfoot Thickness (E)	10mm
Forefoot Thickness (F)	6mm
Forefoot Thickness (H)	6mm
Midsole Foam Density	NA
Forefoot Width	110.3mm
Insole + Board (D)	7mm
Outsole (J)	5mm
Toe Spring (I)	22mm
Forefoot/Midfoot Flexibility	Excellent
Forefoot/Heel Torsion	Excellent
Toe Thickness Taper	None















Air Jordan 1

Size: US M11.5 - Weight: 15.4 oz., 437g



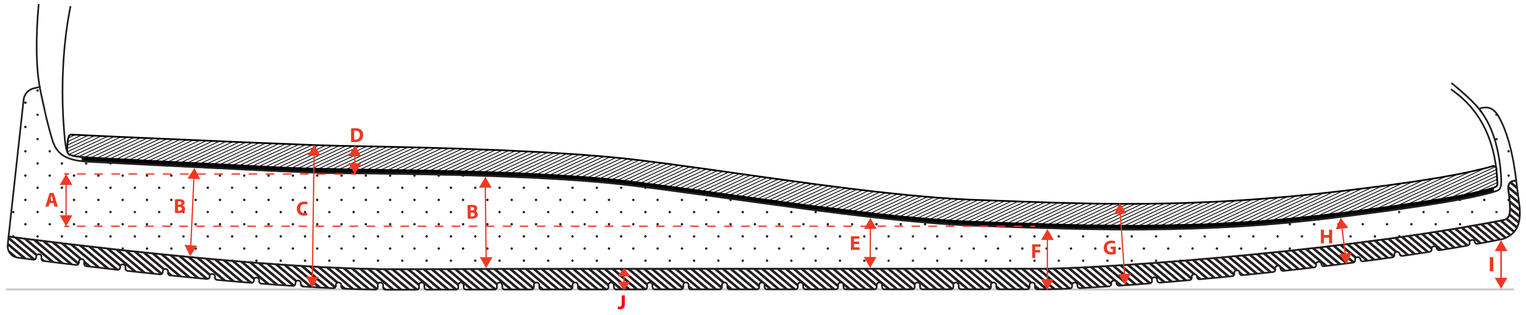
Thickness

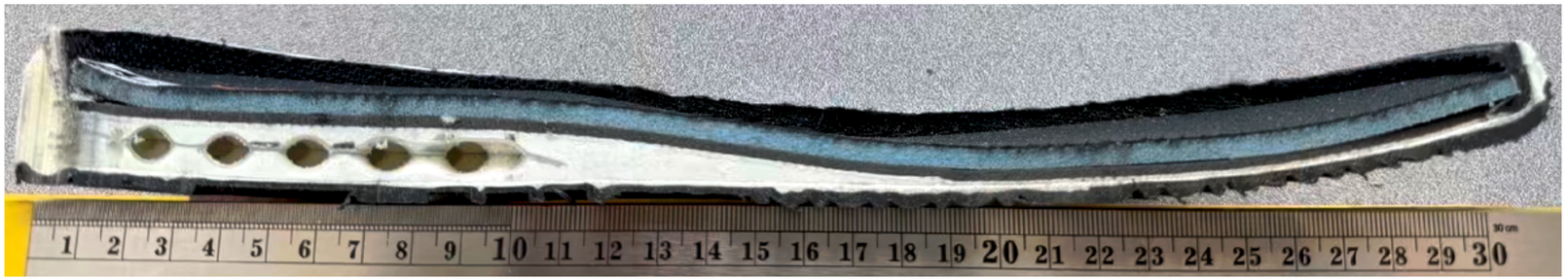
Heel Stack (C)	22mm
Forefoot Stack (G)	11mm
Heel Drop (A)	11mm

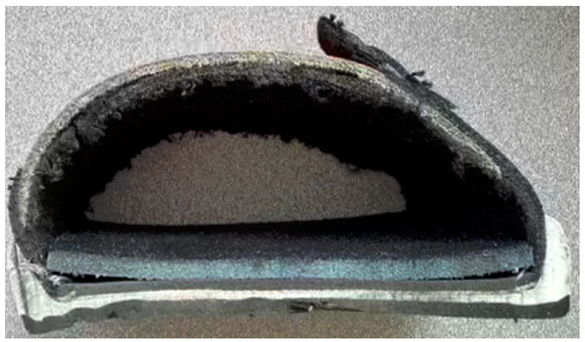
Midsole/Outsole

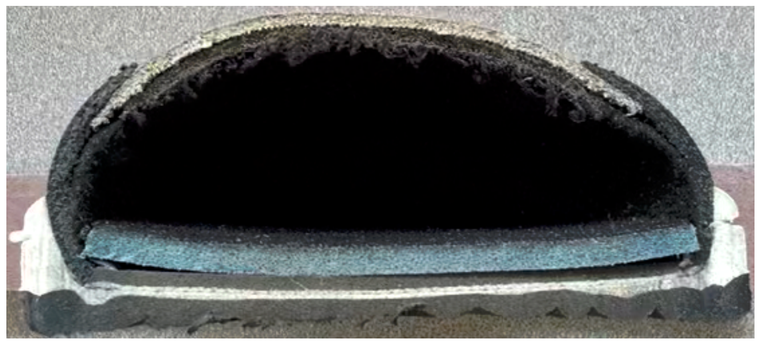
Heel Thickness (B)	17mm
Midfoot Thickness (E)	12mm
Forefoot Thickness (F)	7mm
Forefoot Thickness (H)	7mm
Midsole Foam Density*	27HA
Forefoot Width	118mm
Insole + Board (D)	7mm
Outsole (J)	5mm
Toe Spring (I)	15mm
Forefoot/Midfoot Flexibility	Excellent
Forefoot/Heel Torsion	Excellent
Toe Thickness Taper	None

*no forefoot midsole foam













Air Jordan 2

Size: US M11.5 - Weight: 19.4 oz., 556g

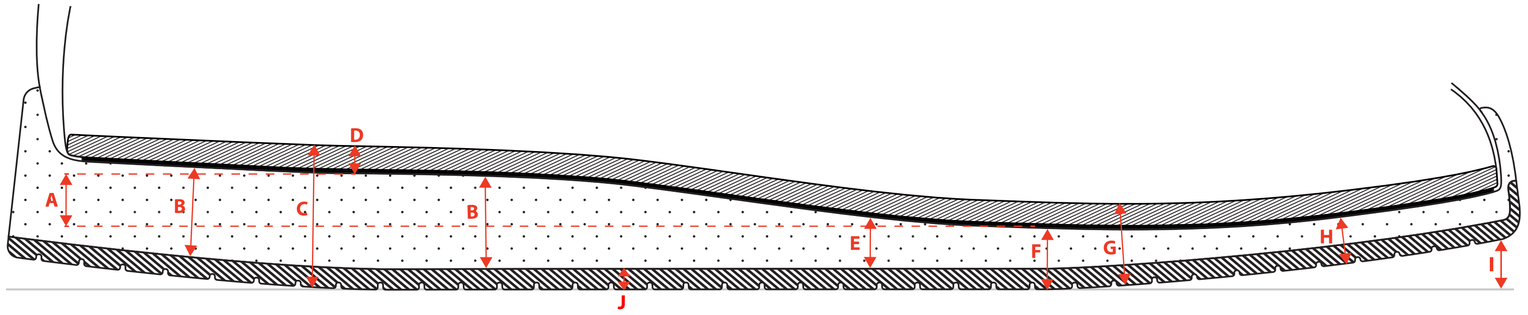


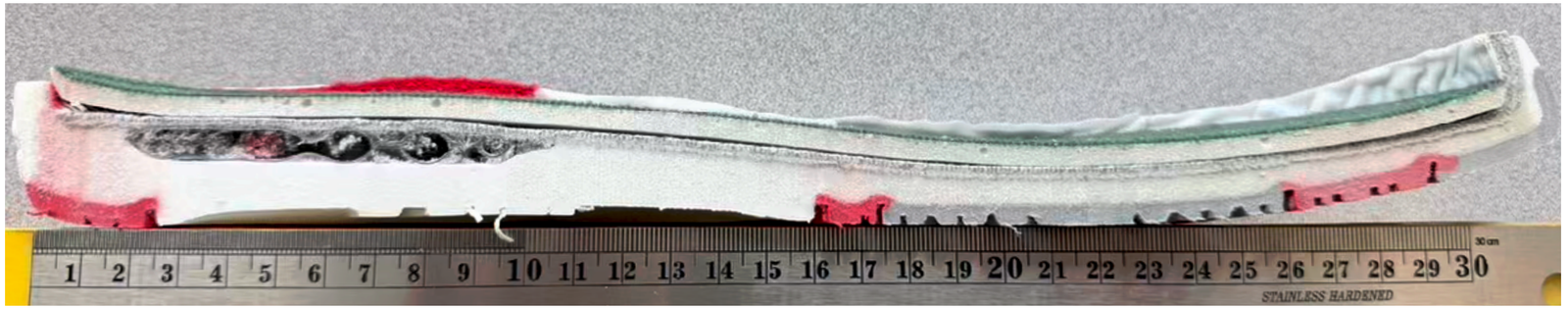
Thickness

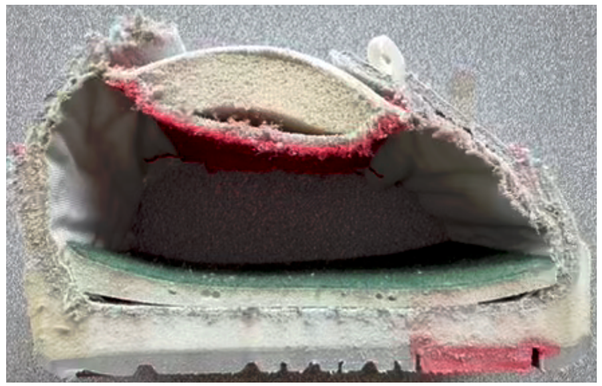
Heel Stack (C)	26mm
Forefoot Stack (G)	17mm
Heel Drop (A)	9mm

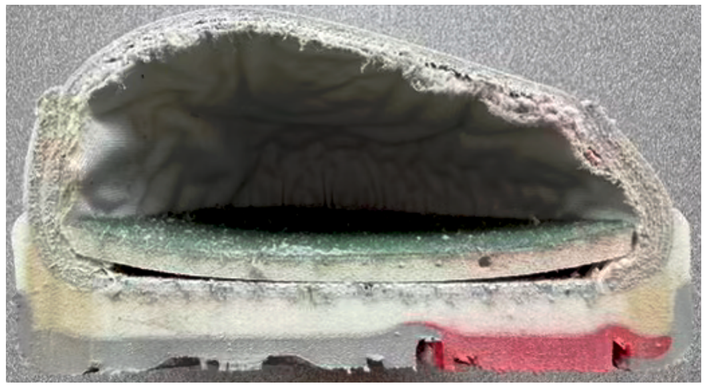
Midsole/Outsole

Heel Thickness (B)	22mm
Midfoot Thickness (E)	17mm
Forefoot Thickness (F)	12mm
Forefoot Thickness (H)	12mm
Midsole Foam Density	22HA
Forefoot Width	112.6mm
Insole + Board (D)	6mm
Outsole (J)	5mm
Toe Spring (I)	15mm
Forefoot/Midfoot Flexibility	OK
Forefoot/Heel Torsion	OK
Toe Thickness Taper	None













Converse Chuck 70 Wide

Size: US M11.5 - Weight: 15.4 oz., 437g



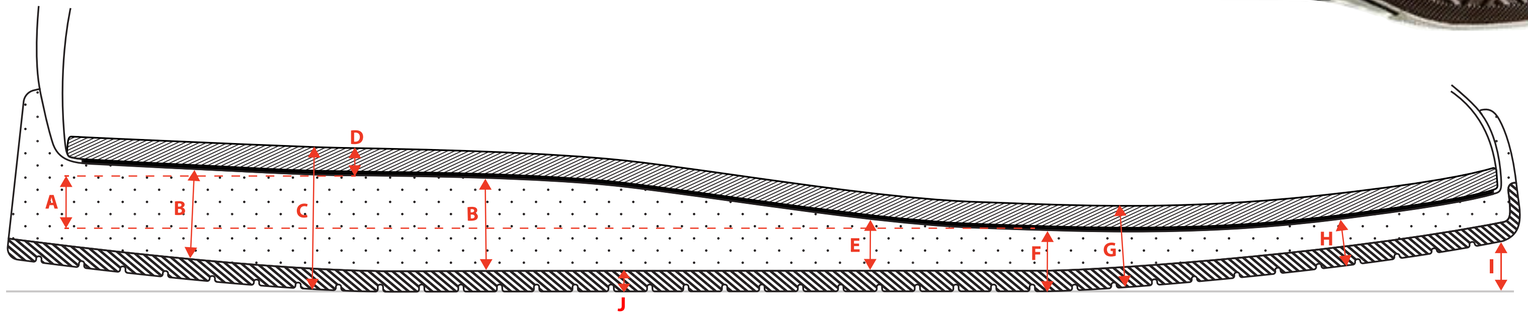
Thickness

Heel Stack (C)	24mm
Forefoot Stack (G)	16mm
Heel Drop (A)	8mm

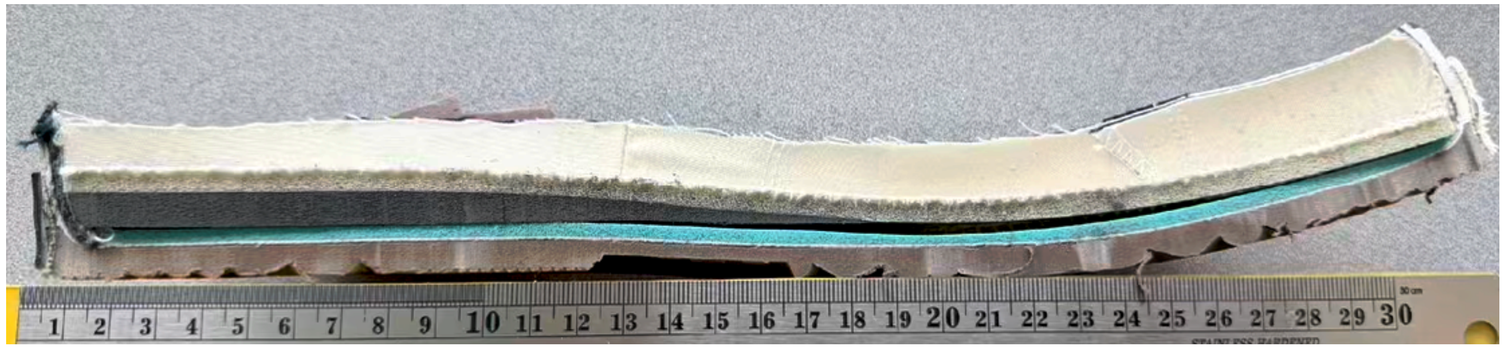
Midsole/Outsole

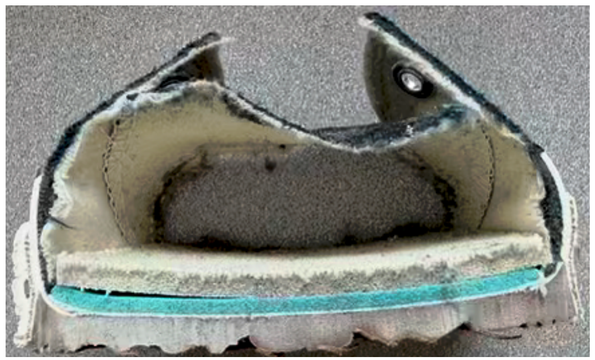
Heel Thickness (B)	18mm
Midfoot Thickness (E)	14mm
Forefoot Thickness (F)	10mm
Forefoot Thickness (H)	10mm
Midsole Foam Density*	18HA
Forefoot Width	112.6mm
Insole + Board (D)	16mm
Outsole (J)	7mm
Toe Spring (I)	22mm
Forefoot/Midfoot Flexibility	Excellent
Forefoot/Heel Torsion	Excellent
Toe Thickness Taper	None

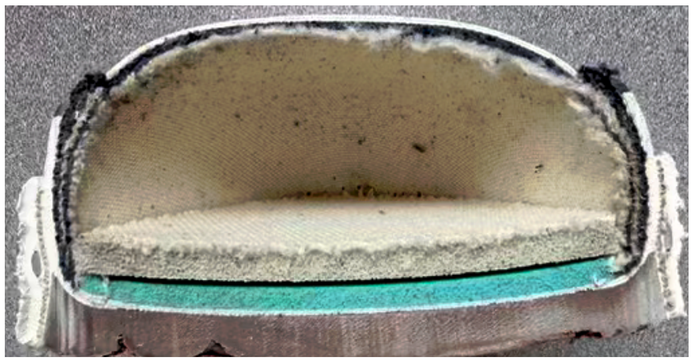
*no forefoot midsole foam

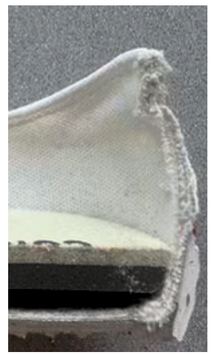














PUMA Clyde Base

Size: US M11.5 - Weight: 14.4 oz., 408g

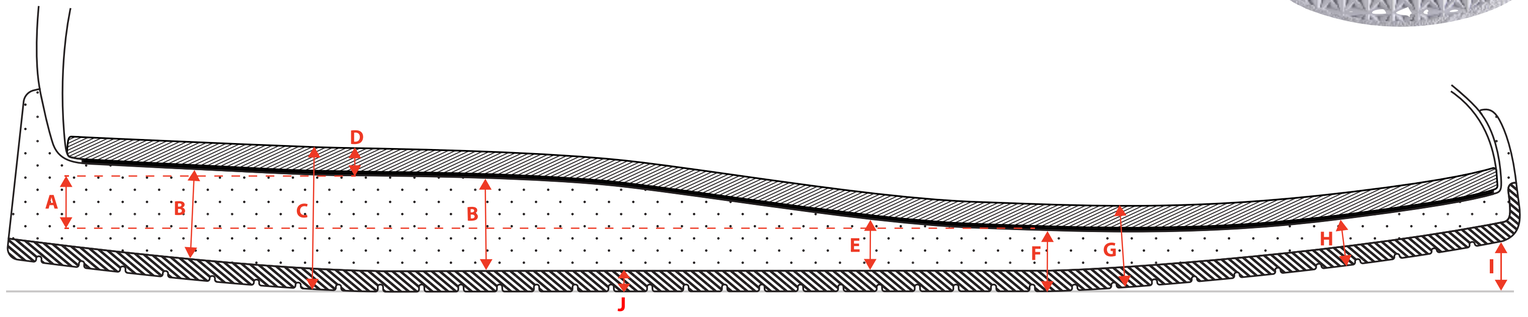


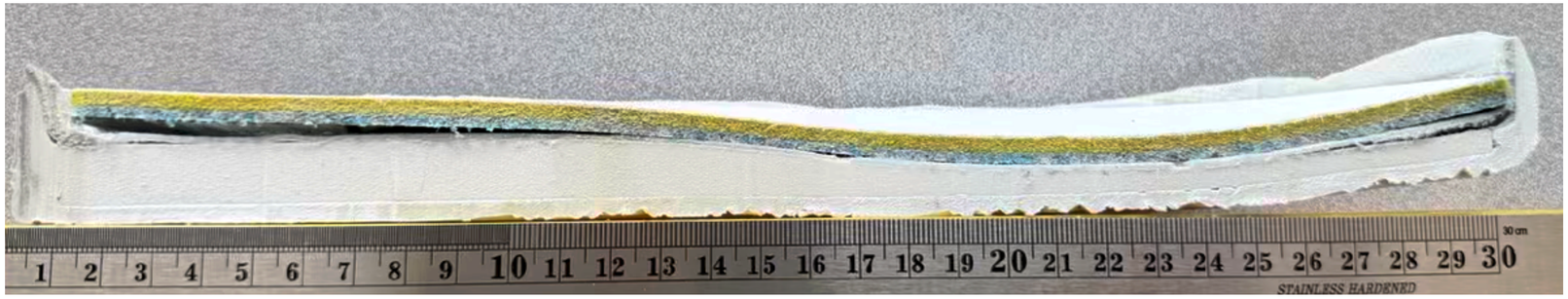
Thickness

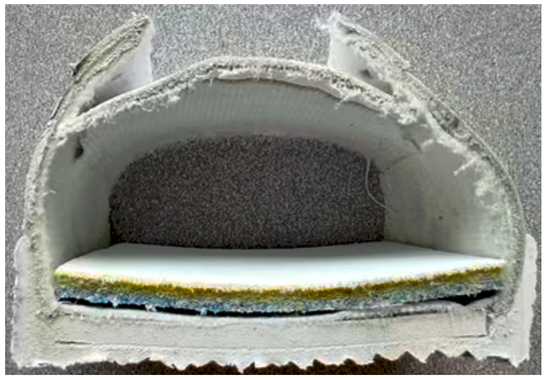
Heel Stack (C)	23mm
Forefoot Stack (G)	16mm
Heel Drop (A)	7mm

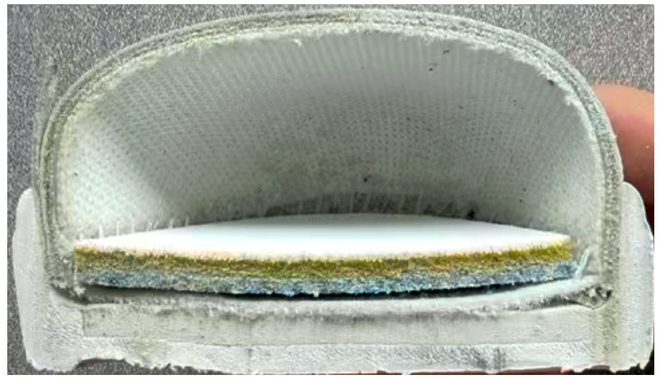
Midsole/Outsole

Heel Thickness (B)	18mm
Midfoot Thickness (E)	15mm
Forefoot Thickness (F)	11mm
Forefoot Thickness (H)	11mm
Midsole Foam Density	30HA
Forefoot Width	106mm
Insole + Board (D)	6mm
Outsole (J)	5mm
Toe Spring (I)	8mm
Forefoot/Midfoot Flexibility	Excellent
Forefoot/Heel Torsion	Excellent
Toe Thickness Taper	None













Adidas Forum Low CL

Size: US M11.5 - Weight: 16.9 oz., 480g

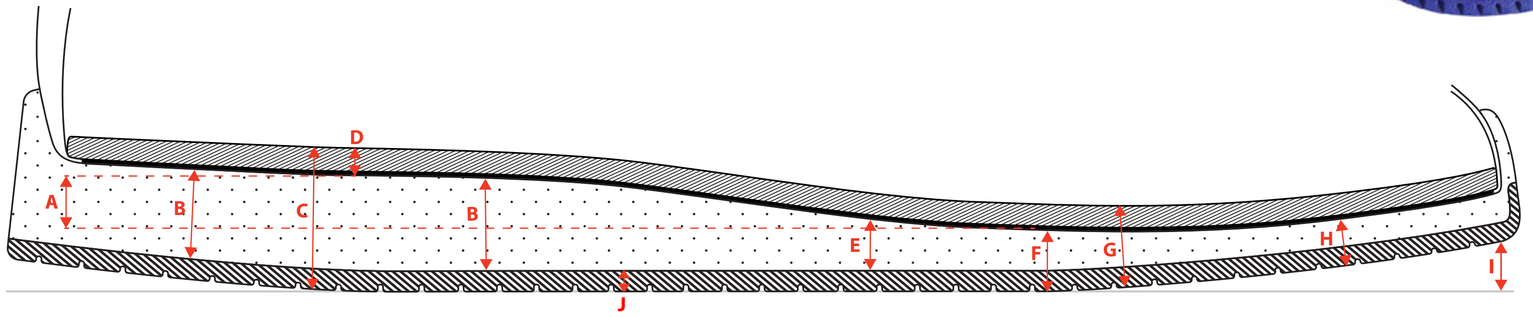


Thickness

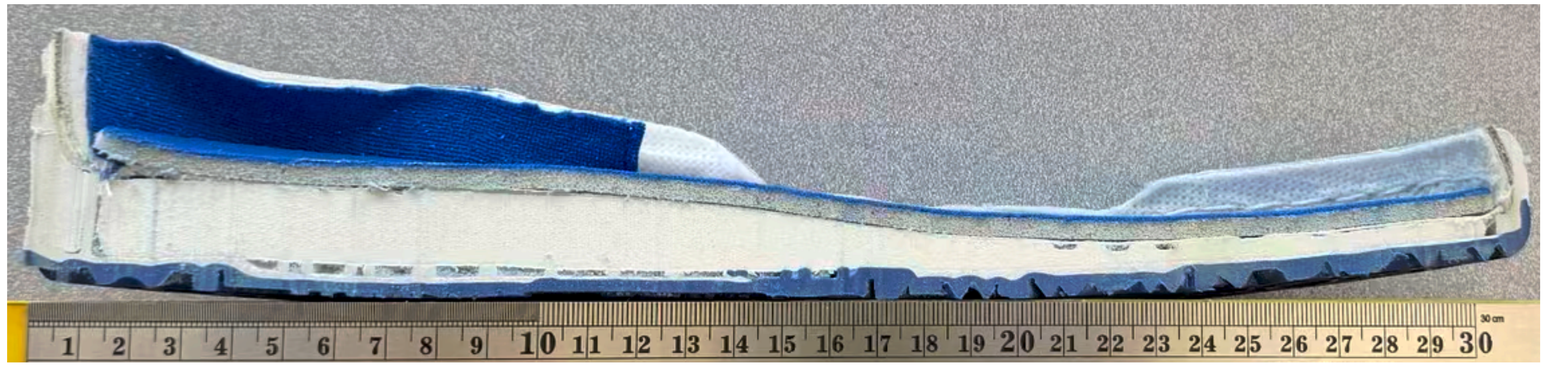
Heel Stack (C)	28mm
Forefoot Stack (G)	18mm
Heel Drop (A)	10mm

Midsole/Outsole

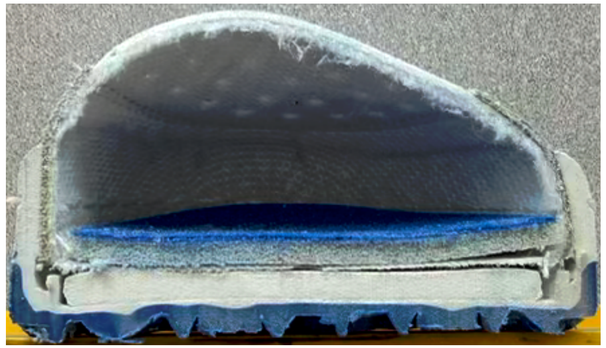
Heel Thickness (B)	23mm
Midfoot Thickness (E)	19mm
Forefoot Thickness (F)	13mm
Forefoot Thickness (H)	11mm
Midsole Foam Density	27HA
Forefoot Width	107.6mm
Insole + Board (D)	5mm
Outsole (J)	5mm
Toe Spring (I)	8mm
Forefoot/Midfoot Flexibility	Very Good
Forefoot/Heel Torsion	Very Good
Toe Thickness Taper	None















Converse Weapon OX

Size: US M11.5 - Weight: 19.6 oz., 560g

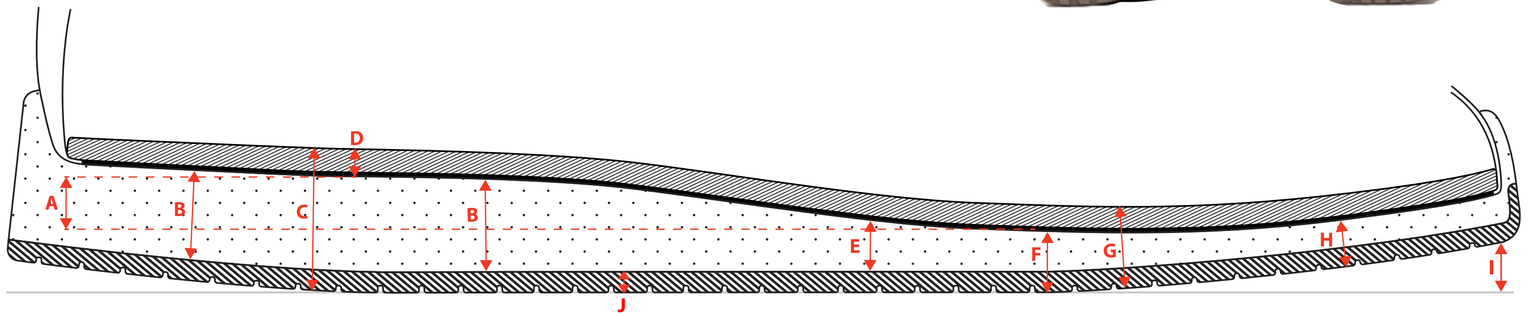


Thickness

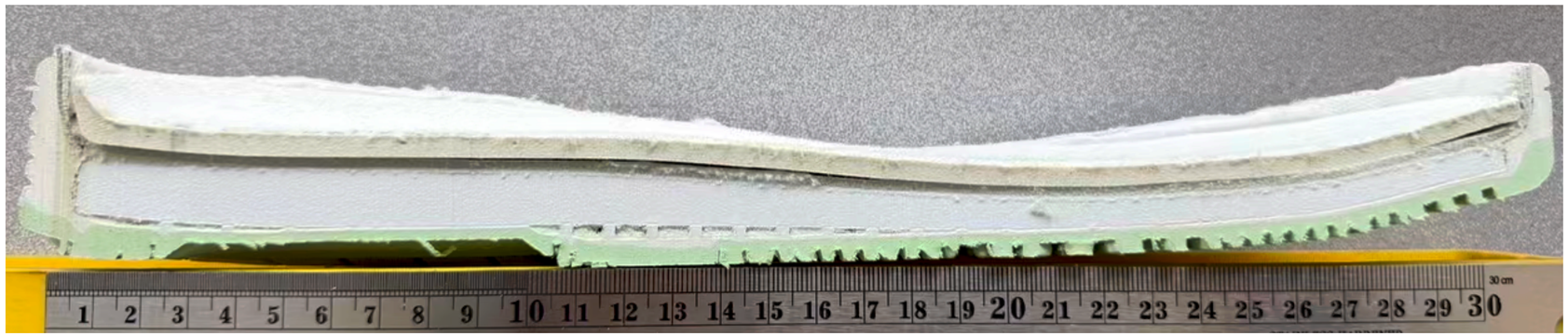
Heel Stack (C)	28mm
Forefoot Stack (G)	19mm
Heel Drop (A)	9mm

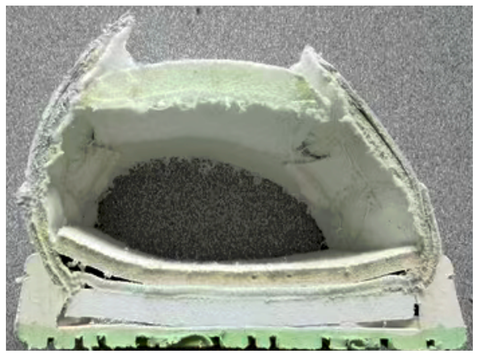
Midsole/Outsole

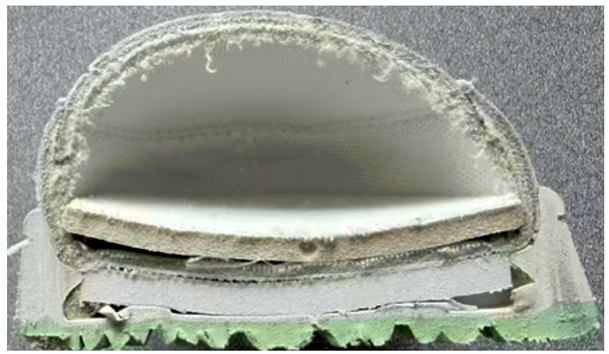
Heel Thickness (B)	23mm
Midfoot Thickness (E)	19mm
Forefoot Thickness (F)	14mm
Forefoot Thickness (H)	14mm
Midsole Foam Density	23HA
Forefoot Width	115mm
Insole + Board (D)	6mm
Outsole (J)	5mm
Toe Spring (I)	8mm
Forefoot/Midfoot Flexibility	Good
Forefoot/Heel Torsion	Good
Toe Thickness Taper	None















Nike Dunk Retro

Size: US M11.5 - Weight: 13.7 oz., 388g

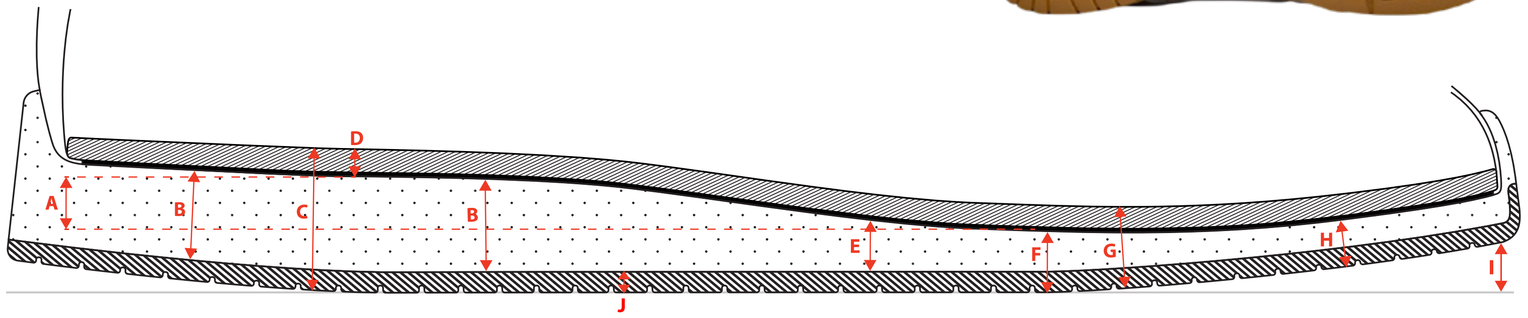


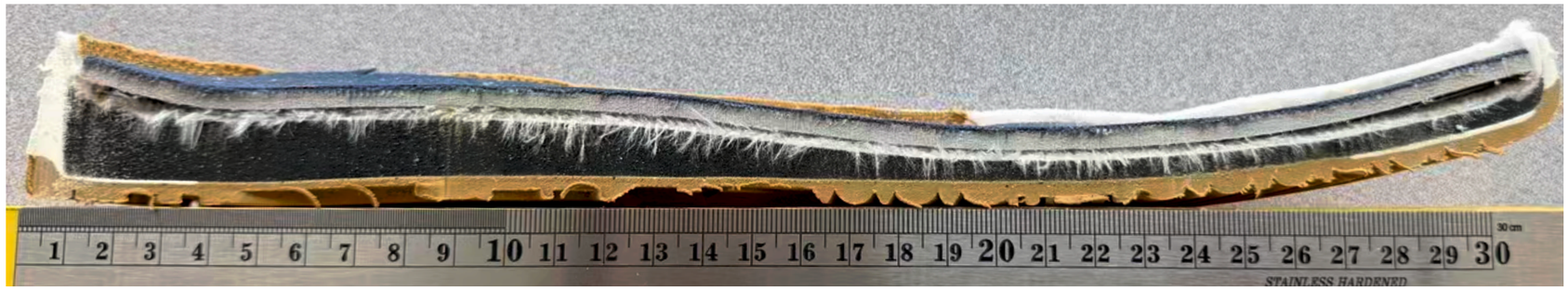
Thickness

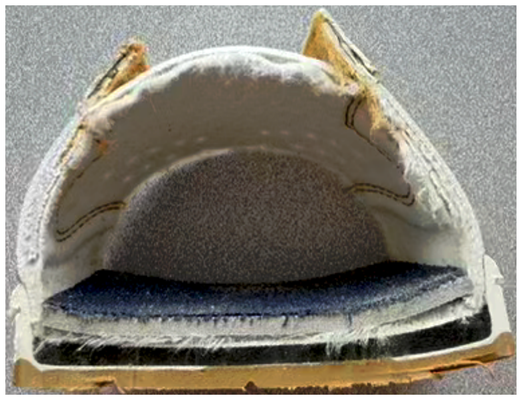
Heel Stack (C)	24mm
Forefoot Stack (G)	16mm
Heel Drop (A)	8mm

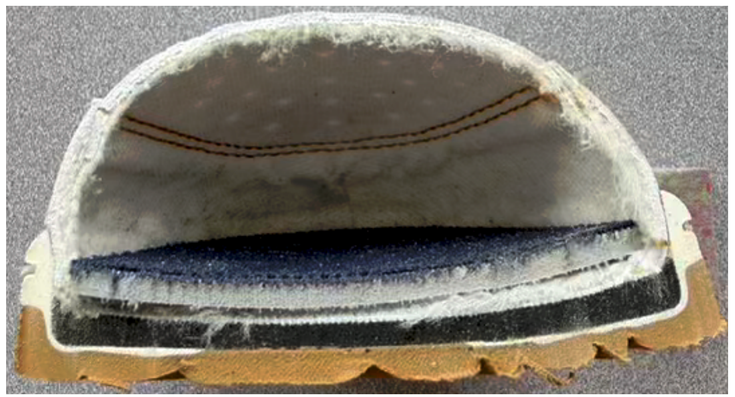
Midsole/Outsole

Heel Thickness (B)	17mm
Midfoot Thickness (E)	16mm
Forefoot Thickness (F)	9mm
Forefoot Thickness (H)	7mm
Midsole Foam Density	23HA
Forefoot Width	108.5mm
Insole + Board (D)	7mm
Outsole (J)	5mm
Toe Spring (I)	14mm
Forefoot/Midfoot Flexibility	Good
Forefoot/Heel Torsion	Good
Toe Thickness Taper	None













Adidas Superstar



Size: US M11.5 - Weight: 15.8 oz., 448g

Thickness

Heel Stack (C)	27mm
Forefoot Stack (G)	13mm
Heel Drop (A)	14mm

Midsole/Outsole

Heel Thickness (B)	22mm
Midfoot Thickness (E)	16mm
Forefoot Thickness (F)	11mm
Forefoot Thickness (H)	9mm
Midsole Foam Density*	NA
Forefoot Width	107mm
Insole + Board (D)	4mm
Outsole (J)	5mm
Toe Spring (I)	8mm
Forefoot/Midfoot Flexibility	Excellent
Forefoot/Heel Torsion	Excellent
Toe Thickness Taper	None

*No Foam Midsole

