



SPARRING RULES

1. Sparring can only be done under strict supervision of the instructor.
2. Sparring will always be done in a safe, controlled and respectful environment. No overly aggressive and hurtful behavior will be tolerated. Sparring will be immediately stopped by the instructor if that situation happens.
3. Students will need to always wear full sparring equipment in good condition to ensure the safety of the students. Full equipment includes helmet, chest and groin protectors, arm and leg guards, and mouth guard.
4. Please make sure that finger and toe nails are cut to prevent any harm during sparring.
5. Students need to adjust their sparring style based on their partner abilities and always control the intensity of their strikes. If a student is not comfortable during the sparring at any time, he should immediately notify his partner and/or instructor. Students should be paired based on their age, height/weight and level.
6. Yellow belts and above only can participate to sparring. Students needs to know the basic kicks and blocks to participate.
7. Beginner and intermediate students are only allowed to spar with light contact and no head shots.
8. Advanced students can spar with light contact and head shots.
9. Black belt students can spar with moderate contact and head shots (Only controlled light head contact).
10. No head shots are allowed during the warm-up.
11. Techniques such as elbow and knee strikes are not legal. Contact is not permitted to the following areas: face, throat, back and below the belt.
12. If an illegal move has been done by mistake, please stop immediately, apologize and make sure that your sparring partner is OK. Resume sparring when partner is ready.
13. If your sparring partner falls, please stop immediately. Help and resume sparring when partner is ready.
14. Students should always keep their guard up, keep eye contact with sparring partner at all times and only proceed with technique if eye contact is maintained.
15. Always show humility when sparring. Have a helpful and teaching attitude towards your sparring partner if you have much better skills, so they can learn from you.
16. Goal of sparring is to score points in the most accurate and clean manner without using excessive force/contact and win the match. In the process, students will be able to apply their techniques learned during classes and gain self-control, confidence and focus. Students will also need to understand the strategy required to score points in the most effective way.
17. Students need to fully understand and acknowledge these rules to participate.