



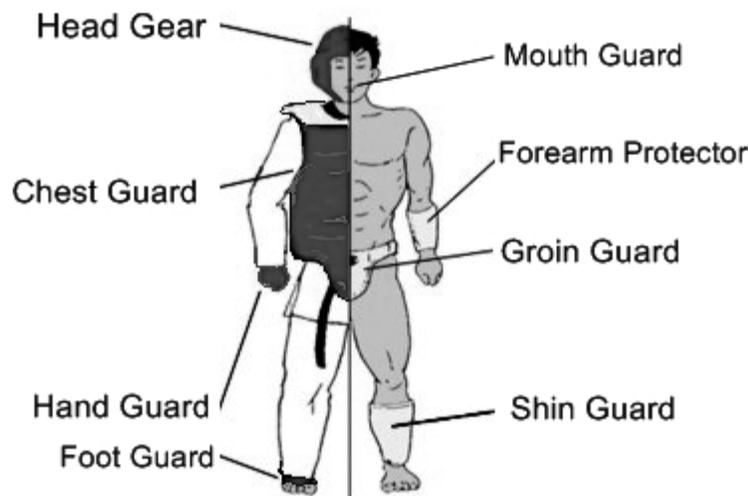
Rules for General Sparring

Sparring safely is one of the most important skills and practices to follow. So, the rules that we have in place for sparring classes are also among the most important in preventing injury.

We do not allow sparring of any sort unless there is an instructor present, and we believe that excessive force is unnecessary for proper learning – therefore, it is not allowed inside the studio. All students inside the studio are expected to exercise excellent control while practicing techniques with other people.

There are also specific rules for sparring to ensure fairness and a reduced risk of injury. In every sparring classes these guidelines are to be followed:

1. Bow to your partner, introduce yourself and show respect.
2. Ask your partner if they have any injuries or limitations before beginning the sparring match. Inform them about any of your own before you begin.
3. All strikes are expected to be controlled. Only light contact is allowed – any delivered strike or committed technique must be pulled.
4. Absolutely no contact is allowed to the head, face, throat, knees or groin, but these areas should still be guarded, as they are extremely vulnerable.
5. No sparring is allowed unless permission is given by the chief instructor or master instructor. It must be supervised by a qualified instructor.
6. All students are subject to the rules of free sparring and point sparring. Absolutely no exceptions are permitted to the sparring rules.
7. Approved safety equipment must be used at all times. The following safety equipment is required: Protective footwear, protective hand wear, head gear, face shield, shin guards, mouth guard, groin guard (men and boys only), and chest protectors.



8. Sparring is **LIGHT CONTACT** only. It is important to remember that students are training partners and not opponents. Contact to the head gear is not allowed. Contact to the body shield is to be made only with a controlled strike.

9. No full-contact sparring will take place under any circumstances.

10. Free sparring consists of one or a series of rounds performed in a nonstop manner. The purpose of free sparring is to build confidence and improve skills.