



Walter Martial Arts Tae Kwon Do

Sparring Rules

1. All students are subject to the rules of free sparring and point sparring. Failure to adhere to these rules is cause for dismissal from class. Absolutely no exceptions are permitted to the sparring rules.
2. All students must wear approved sparring equipment, head protector, groin guard, fist protector, shin protector, instep protector, and a mouthpiece or face shield. Jewelry is to be removed and eyeglasses are not permitted.
3. Techniques shall not be delivered to unauthorized areas including the spine and back of the head. Foot sweeps and throws are not allowed.
4. There will be no Falling down, Evading by turning the back to the opponent, Grabbing, Holding, or Pushing the opponent. There will also be no pretending injury, butting or attacking with knee, attacking below the waist, hitting the opponent's face with hand or fist, and uttering undesirable remarks.
5. Sparring is allowed only in the presence, and with the permission, of the instructor.
6. Sparring is **LIGHT CONTACT** only. It is important to remember that students are training partners and not opponents. Techniques to the side of the head guard are to be made only with kicks and with a controlled light tapping. Absolutely **NO** hand techniques to the head are allowed.
7. **NO** full-contact sparring will take place under any circumstances.
8. Point sparring consists of rounds lasting between one and two minutes, or by the accumulation of five points. Points are awarded in the following manner:
Controlled hand technique: One point
Controlled kick to the body: Two points
Controlled kick to the head: Two points
9. 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.