



## Sparring/Kickboxing Rules

**Sparring** will have different meanings to different people, schools and styles. In Jung Sim Do training, sparring is a form of combat training where both participants fight each other using a variety of free form controlled techniques in order to develop specific combat attributes. These controlled techniques may include both offense and defense movements (such as punches, kicks, throws, etc.) as well as limited grappling and ground fighting techniques.

### DIFFERENT TYPES OF SPARRING

There are different ways to perform sparring. Every martial arts school has a unique style or variation. However, the Academy practices a few popular sparring styles including:

- Point contact
- Continuous Light/Moderate contact

### SPARRING TRAINING

Never begin contact training until you have acquired some of the following skills and techniques:

- You must have a foundation of both offensive and defensive techniques that can be applied quickly under stressful conditions.
- You must possess the ability to control the force and power of your punching, kicking, and throwing techniques.
- You must possess the fundamental attributes of fighting, including: speed, timing, coordination, accuracy, balance and non-telegraphic movement, etc.
- You need to have a safe attitude toward training.

### PROPER PROTECTIVE EQUIPMENT

Required: Headgear (Under 18 yrs old), gloves, footgear/shin-instep pads, mouthpiece and cup (for males)

Recommended: Headgear, chest protective gear

### LEGAL TARGETS AND TECHNIQUES

**Legal Target Areas:** Entire head and face, ribs, chest, abdomen, Back of leg (Lt Contact), collarbone and kidneys. **Illegal Target Areas:** Spine, back of neck, throat, sides of the neck, groin, legs (other than legal), knees and back. **Non-Target Areas:** Hips, shoulders, buttocks, arms, and feet. **Legal Techniques:** Legal techniques are all controlled **sport karate** techniques, except those listed as illegal. **Illegal Techniques:** Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, ground fighting on a hard surface, any stomps or kicks to the head of a downed partner, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

**LIGHT CONTACT:** Means there is no penetration or visible movement of your partner because of the contact. Light touch is required to all legal target areas. The face shield of a headgear along with the headgear is a legal target area.

**MODERATE CONTACT:** Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the headgear, face shield and face.

**LEVEL OF CONTACT:** Unless expressed by your sparring partner, the assumption is Light Contact sparring. Moderate, and in some cases, Full Contact, sparring is permitted if mutual between partners and an instructor(s) is present during the match.

**STUDENT ACKNOWLEDGEMENT:** I agree that I have read and understand these sparring rules and will abide by them. I further understand that failure to abide by these rules could result in disciplinary actions including discharge from this martial arts school.

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Student Signature (if 18 years old or older)

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Date

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Parent or Guardian (if under 18 years old)

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Date