

SPARRING REGULATIONS

- **Full sparring equipment is mandatory!!! If the student does not have complete sparring gear they will not be allowed to spar.**

SPARRING EQUIPMENT: *Head protector, chest protector, mouth piece, fist and forearm protectors*, shin and instep protectors and groin cup***

** Teen/Adult and Instructor Approved Child students do not require fist protectors*

*** Groin cups are only required for males but are available for females, if needed*

- **Students are not allowed to make head contact***

Students may not punch or kick to the head.

** Teen/Adult students 3rd Blue Belt and higher are allowed to make controlled head contact (contact that does not significantly move the opponents head) with the foot. Jr. Black Belts under 13 years old are allowed light head contact only if the instructor receives their parent's permission.*

- **Students may only strike the trunk area**

Students may only punch or kick to the front and sides of the trunk covered by the hogu (**chest protector**) from the under arm to the belt. No contact to other body areas is allowed.

- **No knee or elbow strikes, sweeping, grabbing or pushing**

Students may only execute kicking or punching techniques. No other form of attacking is allowed.

- **Remove jewelry and eye glasses**

Students must remove jewelry before sparring. Students must remove eye glasses before sparring (**contacts or sport glasses are recommended if vision is unsuitable without eye glasses**).

- **Fingernails and toenails**

Students must keep their fingernails and toenails trimmed to avoid scratching or cutting their opponents.

Proper fitting instructions for mouth piece

Place the mouth piece in very warm water (**water that is almost hot enough for coffee**) for about 7 seconds, shake off excess water, then place the mouth piece on the upper teeth making light sucking motions for about 10 to 15 seconds. If the mouth piece is too long on the ends they may be trimmed with scissors so the mouth piece fits better in the back of the mouth. **Students with braces will need to consult their orthodontist about a mouth piece that will properly fit over their braces.**

Please mark each piece of your sparring gear ,including mouth piece case, with your name or initials to avoid mix-ups!!!