



General Sparring Rules

- 1) No one below the rank of Green Belt may spar, ever.
- 2) No sparring before class or after class is allowed unless a Black Belt instructor agrees and is on the floor to supervise.
- 3) All free sparring should be very controlled free sparring.
- 4) No hard contact free sparring is ever allowed.
- 5) No free sparring is allowed without full sparring gear.
- 6) Always show proper respect by bowing to your sparring partner.
- 7) Signal that you are ready to spar by bowing, assuming a sparring stance, and Ki-Haping loudly.
- 8) Only strike with hands close and up in guarding position.
- 9) Only strike to legal target areas and only use legal techniques.
- 10) Never turn your back to your partner when free sparring without throwing a legal spinning technique.
- 11) Never punch at the open face, to the back, or below the belt. A controlled hand technique to the helmet is allowed in class and testing sparring, but not in tournament sparring.
- 12) Never kick at or toward the back, or below the belt—if you cannot kick, with control, above the belt, use hands only. (Adult Black Belts have an added target area at the back of the upper thigh of the leading leg.)
- 13) Out of courtesy, avoid directing techniques toward the solar plexus or a woman's chest, although these are within the legal target area.
- 14) Never strike or block with elbows, knees, or head.
- 15) Blind techniques are never allowed (i.e. spin backfist). Always look before you strike.
- 16) Stay on your feet. If you cannot throw a specific technique without falling, do not use that technique.
- 17) If you make a mistake while sparring, always apologize immediately and don't repeat the mistake.
- 18) If you hurt someone, apologize immediately, turn and kneel while the instructor(s) determines the extent of the injury.

- 19) If your partner falls while sparring, stop, and always extend a hand to help. However, don't force your partner up in case he/she is injured.
- 20) If either partner stops for any reason (to fix equipment, etc.), the opponent should stop immediately, come to attention, and both should bow and Ki-Hap before resuming sparring.
- 21) Never spar or continue to spar when one or both partners become upset or feel overly frustrated.
- 22) If you make a particularly good move or obviously demonstrate greater skill than your opponent, never make an outward sign of gloating.
- 23) If you ever feel that your physical well-being is threatened while free sparring, you have the right to stop, bow, go to the side of the sparring area, and remove your head gear.
- 24) COURTESY is the most important rule. Always be courteous to your partner.