



AKA Sparring Rules

For your safety, please follow the rules and guidelines below for free sparring. Any student not conforming completely to the sparring rules will not be allowed to spar.

Free sparring can be a good learning experience and is required for your training. It is expected that maturity and control will be used at all times while sparring.

1. The following protective gear must be worn while sparring or during contact drills-
 - Uniform
 - Padded Gloves
 - Padded Boots
 - Headgear
 - Mouthpiece
 - Groin Cup (Males)
2. The following protective gear is optional but recommended while sparring or during contact drills -
 - Shin Guards
 - Forearm Guards
 - Chest Protector
3. The following protective gear is optional but recommended for all female students while sparring or during contact drills-
 - Groin Protection (Females)
 - Female Chest Protector
4. All contact will be light and controlled to all legal target areas. Legal target areas are as follows-
 - On the protective headgear (no contact to the open face or neck area)
 - The front part of the body above the belt and below the neck (no kicks or punches below the belt or on the back part of the body)
5. No jewelry or watches should be worn during sparring.
6. If your sparring partner falls to the floor, stop sparring immediately and help him/her up.
7. No sparring is allowed without an Instructor being present.
8. At all times during sparring, students will use control in their kicks and punches to prevent any type of injury to themselves or their partners.
9. The person you are sparring is your friend, not your enemy. Treat him/her accordingly.
10. Relax and Enjoy!