

SPARRING (KUMITE) RULES LITTLE HEROES KARATE

LHK features non-contact sparring as part of its curriculum. Sparring helps develop reflexes and offers an opportunity to test your skills against a partner, and enjoy the competitive aspects of martial arts. Safety is our first concern. Our insurance carrier requires us to have students wear proper safety gear when sparring, and have a parent read and sign this form along with our school waiver. Detailed sparring rules are covered and learned in class, but please review the basic safety rules, and agree to them by signing below. By joining LHK, participants, or parents on behalf of minor participants, agree to abide by the following sparring and safety rules.

CONTACT

No striking or kicking contact is allowed in sparring, to any part of the body or safety equipment. Minor and accidental contact will result in point penalties, and possible match disqualification. Major, careless, or aggressive contact will result in match disqualification, potentially being banned from further sparring, and possibly suspension or expulsion from the program. All of these consequences are at the discretion of the match referee, and school owner.

SAFETY GEAR

Students are required to purchase, keep in good order, and bring to class, vinyl/foam safety gear, as specified in our safety gear purchase guidelines. Required items include a helmet, gloves, and boots. Additional required equipment includes a well-fitting mouth guard and a groin cup for the males. Students will not be allowed to participate in free sparring without safety gear.

LEGAL TARGETS

Students are allowed to target specific areas of the head, face, and body, depending on their sparring experience. Students will be limited to targeting the body, until they have attained a sufficient rank and received permission to target the face and head as well. In general, legal targets include the face, side of the head, side of the neck, collar bone, chest, solar plexus, abdomen (above the belt), ribs (front and back), and kidneys. Off-limits targets include the top and back of the head, throat, back of the neck, spine, limbs, joints, and groin.

ILLEGAL TECHNIQUES

No throwing is allowed.

No grappling is allowed.

No rear-leg sweeps are allowed.

No scissor kicks are allowed.

No Jump-kicks or flying kicks are allowed.

No Spin Kicks are allowed until Red Belt, and then only with special permission.

Certain techniques are banned, including but not limited to Axe Kicks, elbows, open hand strikes to the face, hammer-fist, knee kicks, and palm heel strikes.

CONDUCT & SPORTSMANSHIP

Safe sparring relies on self-control and respect for partners. Ring etiquette is one of the keys to safety, and is enforced in the same manner that technique rules are, with accompanying penalties. Participants are expected to show respect for their partners and officials at all times, both inside and outside the ring. Win or lose, good call or bad call, participants are expected to show a positive attitude. Parents of minors are expected to do the same.

By signing here, I agree to follow these sparring and safety rules. (BOTH STUDENT & PARENT SIGN)

Student Name: _____ Minor Student Signature: _____

Parent Signature for minors: _____ Date: _____

PLEASE MAKE A COPY OR REQUEST A COPY OF THIS DOCUMENT FOR YOUR RECORDS.