

Sparring rules

Scoring

1 point

Hand attack to mid or high section

Foot attack to mid section

Flying hand attack to mid section

Perfect defence

2 points

Foot attack to high section

Flying hand attack to high section

Flying foot attack to mid section

3 points

Flying foot attack to high section

Flying 180° kick to mid section

4 points Flying

180° kick to high section

Flying 360° kick to mid section

5 points Flying

360° kick to high section

Sparring - Target Area

Head & neck area at the front & sides (But not the back

of the head)

Trunk of the body from the neck to the navel vertically and from a line drawn from the armpit vertically down to the waist on each side (Excluding the back)

Sparring equipment

Hands and feet must be Top Ten style fingers enclosed, 10oz palm enclosed gloves are not compulsory

Strictly no Macho or Dyna type for hands or feet (Dipped Foam) will be not permitted!

Competitors must have a full set of safety equipment that fits, hands, feet, shin, head guard, gum shield, males must have a groin guard, females must have a chest protector.

Match times

Colour belts

Matches for under 12 years are 60 seconds

Matches for over 12 years are 90 seconds

Black Belt

Matches for under 12 years are 2 rounds of 60 seconds

Matches for over 12 years are 2 rounds of 90 seconds