

SPARRING CONTINUOUS CONTROLLED

CONTINUOUS CONTROLLED SPARRING

(Traditional Taekwon-Do)

DIVISIONS

1. Non-Contact Division

- No physical contact allowed
- Techniques must be controlled and pulled short of the target
- Emphasis on:
 - Speed
 - Control
 - Technique
 - Accuracy (target area is the trunk of the body only)

2. Light Contact Division

- Light, controlled contact permitted
- Contact must be:
 - Controlled
 - Non-injurious
 - Respectful of opponent safety



SCORING SYSTEM

Points are awarded by majority decision of judges:

- 1 Point
 - Hand techniques to legal body or head targets
 - Kicks to the body

SPARRING CONTINUOUS CONTROLLED

- **2 Points**
 - Kicks to the head
 - Jump Kicks to body
 - **3 Points**
 - Jump Kicks to the head
 - **Bonus Consideration**
 - Clean combinations
 - Effective ring control
 - Superior technique and timing
 - **TIME: Color Belts 2 rounds, 90 seconds each. Black Belts, 3 rounds, 2 minutes each.**
-

LEGAL TARGET AREAS

- Head (front and sides)
 - Torso (chest and abdomen)
-

ILLEGAL TARGETS

- Back of head
 - Neck and throat
 - Spine
 - Groin
 - Legs (unless specified division allows)
-

SPARRING CONTINUOUS CONTROLLED

PROHIBITED ACTIONS

- Excessive contact or force
 - Blind or uncontrolled techniques
 - Sweeping or takedowns (unless division allows)
 - Grabbing or holding
 - Turning back to avoid engagement
 - Running out of ring to avoid opponent
 - Unsportsmanlike conduct
-

PENALTIES

- Warning (No point deduction)
- 1 Point Deduction
- Disqualification (for repeated or severe infractions)

Excessive contact in Non-Contact Division may result in:

- Immediate point deduction or disqualification
-

EQUIPMENT REQUIREMENTS

Required:

- Headgear
- Mouthpiece
- Hand/foot protectors not required for non contact, required for contact division

Recommended:

SPARRING CONTINUOUS CONTROLLED

- Chest guard
- Shin guards

Optional (based on division):

- Face shield (younger divisions)
-

OFFICIALS

Each ring will have:

- 1 Center Referee
 - 2–4 Corner Judges
 - 1 Timekeeper
 - 1 Scorekeeper
-

TIE BREAKER

- Sudden Death Overtime
 - First clean scoring technique wins
-

COACHING RULES

- One coach per competitor allowed
 - Coaching must be:
 - Respectful
 - Non-disruptive
 - Excessive or abusive coaching may result in penalties
-

SPARRING CONTINUOUS CONTROLLED

SPORTSMANSHIP

All competitors are expected to uphold:

- **Courtesy**
- **Integrity**
- **Perseverance**
- **Self-Control**
- **Indomitable Spirit**

Failure to do so may result in removal from the division or event.