



# Rules of Sparring

- Always wear ALL required protective gear
- Use controlled, light contact ONLY
- No blind techniques: See your target first
- Mistakes happen, apologize immediately and don't repeat them
- After bowing, the highest rank goes first
- If someone falls, stop, help them up, bow and resume sparring
- Never spar or continue to spar when someone appears angry, upset, injured or ill
- If your partner shows a lack of control or uses excessive contact, stop and tell an instructor
- Hands up and chin down when in striking range
- Be humble...one day you WILL meet your match

\*\*\*Line bad...circle good! Mr. C. Kyle\*\*\*

\*\*\*Evade...Don't Trade! Mr. J. Kyle\*\*\*