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SPARRING GUIDELINES

Safety should always be the top priority during sparring. Following these guidelines will help minimize the risk of injury and create a safer training environment:

Warm-up and Protective Gear: Start your sparring session with a proper warm-up to reduce the risk of injury. Wear protective gear such as a mouthguard, groin protector, gloves, shin guards, and headgear. Make sure all protective gear is in good condition and fits properly.

Respect Your Training Partner: Treat your training partner with respect. Sparring is a controlled environment for learning and improving skills, not a competition to win or injure each other. Your partner is trusting you not to hurt them, always honor that trust.

Communicate and Establish Boundaries: Before each session, communicate your goals and any limitations you may have. Establish clear boundaries with your partner and signal whenever you need to take a break. Always consider your partner's age, size, and experience level.

Controlled Intensity: Emphasize technique, timing, and strategy rather than brute force. Using excessive force not only leads to unnecessary injuries, but also demonstrates poor judgement and bad sportsmanship. When Kickboxing, use light to medium contact strikes. Be cautious while executing high-risk techniques such as head kicks or spinning movements. Pull your punches and keep head contact to a minimum to reduce the risk of concussions.

Proper Technique and Focus on Defense: Focus on executing clean, controlled strikes and submissions. Sloppy technique increases the risk of injury for both you and your partner. Prioritize defensive skills. In Kickboxing, this includes footwork, blocking, evading, and counter-striking. In Jiu-Jitsu, work on framing, defensive postures, escapes and submission defense.

Controlled Takedowns and Throws: When practicing takedowns and throws, ensure proper control and awareness of your partner's safety. Gradually increase the intensity as both partners become more comfortable. Never spike your partner on their head or back. Never slam your partner to escape a hold. Jumping guard and flying takedowns are never permitted.

Tap Out and Respect Submissions: If caught in a submission hold, immediately tap out to signal your partner to release the hold. Respect your partner's tap and release the submission without delay. Joint locks and chokes should always be applied slowly and carefully. Neck cranks and finger locks are not permitted. Advanced or twisting leglocks are only permitted for green belts and up during sparring. All twisting leglocks must be applied in a "catch-and-release" manner.

Hydration and Rest: Stay hydrated throughout the training session and take regular breaks as needed. Overexertion can lead to fatigue and increased risk of injuries.