

# EAST MADISON KARATE

530 Tasman Street  
Madison, Wisconsin 53714  
608-221-4020

## SPARRING RULES

To All EAST MADISON KARATE STUDENTS:

For your safety, please follow the rules and guidelines below for sparring.

Sparring can be a terrific learning experience and EAST MADISON KARATE requires sparring in your training in order to progress. It is expected that maturity and control will be used at all times while sparring or participating in other class instruction.

- 1.) Headgear, gloves, padded kicking boots of the foam type, and mouthpiece are mandatory equipment for participating at any time in sparring at EAST MADISON KARATE.
- 2.) Only light contact to the headgear area will be allowed. No contact will be allowed to the groin area, face, or neck.
- 3.) At all times during sparring, students will use control in their kicks and punches to prevent any type of injury to themselves or their partners.
- 4.) Any student not conforming completely to the above sparring rules will not be allowed to spar.

I understand and will abide by the above rules for sparring.

STUDENT SIGNATURE: \_\_\_\_\_

PARENT OR GUARDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_