

# U.S. TAE KWON DO CENTER LLC.

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## **RE: FREE SPARRING**

PRIOR TO PRACTICING FREE SPARRING, STUDENTS ARE REQUIRED TO ATTEND SPECIAL FREE SPARRING SEMINAR AND CLINIC CLASS IN ORDER BE FAMILIAR WITH FREE SPARRING RULES AND REGULATIONS AND SAFETY RULES TO PREVENT POSSIBLE INJURY.

**NOTE:** NO CONTACT TO HEAD OR GROIN EXCEPT LIGHT CONTACT TO HEAD GEAR.

## **MANDATORY EQUIPMENT:**

**HEAD GEAR, PROTECTIVE GROIN CUP(FOR MALE ONLY), MOUTH PIECE, CHEST PROTECTIVE (FOR MALE & FEMALE), FOREARM PROTECTOR, SHIN PROTECTOR,AND PADDED FOOTGEAR OR KICKING BOOTS.**

1. NO FREE SPARRING IS PRACTICED OUT OF CLASS HOUR.
2. KEEPING THEIR NAILS CUT SHORTS AND NO ANY METALLIC ARTICLE MAY INJURE AN OPPONENT.
3. LOSS OF TEMPER OR ANY DISPLAY OF LACK OF SELF-DISCIPLINE WILL NOT BE TOLERATED.
4. PROPER RESPECT SHOULD ALWAYS BE DISPLAYED TO THE OPPONENT.
5. STUDENTS SHOULD ALWAYS REMEMBER THAT THE ULTIMATE PURPOSE OF TAEKWONDO IS TO PROMOTE BOTH PHYSICAL AND MENTAL HEALTH.

**PREPARED BY:** \_\_\_\_\_

**MASTER JUNE B. LEE**

## **GENERAL RULES AND REGULATIONS FOR ALL EVENTS**

### **FREE SPARRING:**

COMPETITIONS ARE CONDUCTED IN 2 ROUNDS OF 1 MINUTE EACH WITH 30 SECONDS RECESS BETWEEN ROUNDS.

**MANDATORY EQUIPMENT:** HEAD GEAR, PROTECTIVE GROIN CUP (FOR MALE ONLY) MOUTH PIECE, CHEST PROTECTOR ( FOR MALE & FEMALE) FOREARM PROTECTOR, SHIN PROTECTOR, AND PADDED FOOTGEAR OR KICKING BOOTS.

### **VALID SCORES:**

1. A PUNCH SUCCESSFULLY DELIVERED WITH THE FIST ON THE MIDDLE PART OF THE BODY( CHEST PROTECTOR) SCORES ONE POINT.
2. A CONTROLLED KICK TO THE HEAD GEAR OR MIDDLE PART OF THE BODY (CHEST PROTECTOR AREA) SCORE ONE POINT.

FOLLOWING ACTIONS:

- 1). ATTACKS WHICH OCCUR AFTER COMMAND TO BREAK.
- 2). ATTACKS WHICH OCCUR AFTER HOLDING OR GRABBING OF THE OPPONENTS.
- 3). ATTACKS WHICH OCCUR OUTSIDE OF THE RING.

**NOTE:** NO CONTACT TO HEAD OR GROIN EXCEPT LIGHT CONTACT TO HEAD GEAR.

**DISQUALIFICATIONS:**

1. CONTACT WITH HAND TO FACE MASK AREA.
2. EXCESSIVE CONTACT TO THE BODY AREA.
3. MALICIOUS OR UNCONTROLLED ATTACK.
4. DISRESPECT TO OPPONENT, REFEREE AND JUDGES.
5. SIGNIFICANT UNSPORTSMANLIKE CONDUCT.
6. USING AN UNAUTHORIZED ATTACKING IMPLEMENT.(BUTTING, KNEEING, BITING, GOUGING, ETC.)
7. INJURING THE OPPONENT IN AN UNAUTHORIZED AREA.

**POINT DEDUCTIONS:**

1. ATTACKING A FALLEN OPPONENT.
2. UTTERING VIOLENT AND UNDESIRABLE REMARKS.
3. HOLDING THE OPPONENT.
4. ESCAPING FROM FIGHTING BY TURNING ONES BACK.
5. STEPPING OUT OF BOUNDS TO ESCAPE FIGHTING.
6. THROWING THE OPPONENT.
7. PRETENDING INJURY.
8. STALLING.
9. INTENTIONAL FALLING.
10. ATTACKING WITH AN ILLEGAL TECHNIQUE.
11. ATTACKING IN AN ILLEGAL AREA.

**NOTE:** THE REFEREE SHALL IMPOSE DEDUCTION POINTS WHEN ANY OF THE ABOVE VIOLATIONS ARE COMMITTED.

**FORMS:**

JUDGES SHALL DISPLAY THE SCORE CARD OF EACH COMPETITOR BY RISING A FLASH CARD. POINTS SHALL BE AWARDED ON A SCALE 0 TO 10 WITH 10 BEING THE HIGHEST SCORE. HALF-POINTS MAY BE AWARDED. ALL SCORES ARE TO BE INCLUDED; THE HIGHEST AND LOWEST SCORES ARE NOT DROPPED.

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