



## Sparring at Warrior Martial Arts



WMA is a Freestyle Kickboxing club that is governed by WAKO (World Associations of Kickboxing Organisations) the largest Governing Body for Kickboxing in the world. Our sparring reflect their rule sets and all members are expected to follow our sparring etiquette when participating in sparring classes.

### Equipment Requirements

Safety is our number one priority whilst sparring. A full sparring kit is required in order to participate. A full sparring kit includes:

**Headguard** - That covers the sides, top and back of your head with padded protection

**Mouthguard** - A boil and bite mouthguard or double mouth guard for those with braces

**Gloves** - Closed fingered boxing gloves that secure with a velcro strap. Men are required to wear between 14oz and 16oz. Women are required to wear between 10oz and 12oz

**Foot-pads\*** - That cover the toes completely as well as providing protection for the heel

**Shin-pads** - That cover the whole shin and are pulled over the calf or secured with velcro

**Groin Guards** - Men are expected to wear groin guards under their uniform

**Chest Protectors** - Ladies are recommended to wear chest protectors under their uniform

\*Muay Thai style shin-pads with the in-step cover are not suitable for sparring at WMA. Footpads should be separate from shinguards and provide full cover for the heel and toes.

### Glasses, Jewellery and Smart Watches

All of these items must be removed during sparring sessions. Students who struggle with their vision are encouraged to get plastic sport goggles with a prescription or wear contacts at their own risk.

### Contact

WMA believe that sparring should be intense and competitive whilst remaining as safe as possible. We do not permit full contact sparring and members are expected to demonstrate control and restraint with their techniques. In particular when it comes to striking to the head.

Please remember to protect your sparring partners. If you have any issues with the contact being too hard you should speak to your training partner or Instructor immediately. We are all here to improve at our sport without the increased risk of injury that hard sparring creates.

### Permitted Striking Areas

**Head** - Strikes can be thrown to the face, forehead and sides of head

**Body** - Strikes can be thrown to the front and sides of the torso

**Legs** - Provided both partners have acknowledged the inclusion of leg kicks at the start of sparring you can strike to the outside and inside of the thigh above the knee

## **Prohibited Striking Areas**

**Head** - Strikes cannot be thrown to the top or back of the head

**Body** - Strikes cannot be thrown to the back/spine

**Legs** - Provided both partners have acknowledged the inclusion of leg kicks at the start of sparring you cannot strike below the knee (to the calf) or to the front of the leg with a push kick such as a side kick

**Groin** - No strikes to the groin area

## **Permitted Striking Techniques**

**Punches** - Jab, cross, hook, uppercut, body shots, back-fists, ridge hand strikes

**Kicks** - Front kick, side kick, roundhouse kick, hook kick, axe kick (with sole of foot not heel), crescent kick. Kicking variations including jumping and spinning

**Sweeps** - Advanced students are permitted to use foot sweeps. They must make contact with the footpad and can only be used on other advanced students

## **Prohibited Striking Techniques**

**Punches** - Spinning back-fists, haymakers, elbow strikes, hammer-fists

**Kicks** - Axe Kicks with heel, front/side kicks to legs, groin kicks, knee strikes

**Holding/Catching** - You cannot hold or catch your partners punches or kicks

## **Sparring Etiquette**

**Touch Gloves** - Before sparring touch gloves with your partner as a sign of respect

**Time Out** - Should you require to stop sparring for any reason create a 'T' shape with your arms to indicate to your partner they need to stop

**Turning Away** - Avoid turning your head away and avoid hitting your partner if he/she does turn their head

**Fighting Area** - Keep your sparring to the given area. Stop sparring when you reach walls or mat edges and return to open space

**Clinching** - You are permitted to work in the clinch for 3 seconds and then must break and continue sparring at range

**Injury** - If you or your partner sustain an injury, raise your hand to inform an Instructor who will be able to provide first aid

**Rest Rounds** - If resting for a round please stand at the edge of the area or off the mats if possible

Failure to abide by these rules will result in your being unable to participate in sparring sessions and can result in membership suspension. Please enjoy your sparring and help us to give all our members the opportunity to grow and improve in the safest way possible.