



RULES & REGULATIONS

PADDED STICK SPARRING

1. All competitors must wear sparring head and hand gear. Face Cage is optional.
2. All legal strikes will count as one point.
3. All strikes can be administered to the hands, arms, legs above the knees only, the body front, back, sides as well as the headgear sides, top and back. Strikes or thrusts to the face will result in warnings and/or disqualification. Thrusts to the body are permitted. Of course, all strikes and thrusts must be evident and controlled.
4. Winner is determined by accruing five points.

KNIFE SPARRING

1. All striking thrusts and slashes can only be administered from the competitor's neck to his knees.
2. The knives used in the knife sparring are chaulked therefore all the cuts or thrusts are visible on the competitor.
3. Each cut or thrust will count as one point and the winner will be determined by the competitor accruing five points.

All competitors may use their supporting hand to pass the opponent's hand but competitors may not grab or hold the opponent's hand in both divisions.

DISARMS

Stick and knife sparring disarms are allowed and will count as one point.