

Warrior Martial Arts Self-Defense Karate

SPARRING POLICY

IN ORDER TO PARTICIPATE IN ANY SPARRING ACTIVITY OR SCHOOL EVENT ALL STUDENTS ARE REQUIRED TO WEAR THE FOLLOWING EQUIPMENT:

1. FOAM COVERED PROTECTIVE BOOTS- (SHIN PADS ARE OPTIONAL)
2. FOAM COVERED PROTECTIVE GLOVES
3. FOAM COVERED PROTECTIVE HEADGEAR
4. PROTECTIVE MOUTHPIECE
5. PROTECTIVE GROIN CUP – (OPTIONAL FOR FEMALES)

THERE CAN BE **NO CONTACT** ABOVE THE SHOULDERS OR TO THE GROIN AREA.

EXCESSIVE FORCE WILL NOT BE ALLOWED. ALL TECHNIQUES MUST BE CONTROLLED.

THERE WILL BE **NO EXPECTATIONS** TO THIS POLICY

Signature of Student/ Parent or Guardian (if under 18 yrs.)

Sensei M. Paredes-Chief Instructor

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Date Signed