

Hickey Karate Center
4540 Stow Road • Stow, Ohio 44224
330-686-1628

Hickey Karate Center Kumite Free-sparring Rules

Student _____

Student agrees and understands that their training partners are partners, not opponents. Training together is not about whom can beat whom. It about how well we can work as a team to increase our mutual skill. Training together through sparring is be a team effort to help one another improve, not about proving who can win or hurt another. That is how people get injured. Student understands and agrees that each one of us is responsible for the safety of both ourselves and our partners. We train to separate emotion from violence learning to keep our power under the control of our will, not under the control of our emotions. Sparring is not fighting, it merely is a tool to learn how to deal with physical action under pressure.

SECTION 1. - EQUIPMENT

- A. Each student must have the following mandatory equipment for kumite (sparring): mouth guard (preferably double boxing type and not the "football type"), approved hand pads (Macho Dyna Punch or equivalent dipped foam pads) and groin protection (male competitors - preferably boxing type) for those old enough to wear them.
- B. Optional use of forearm, shin, instep and chest protection is allowed.
- C. Each person is responsible to keep his/her gear in good condition. The instructor(s) are to review all protective equipment to ensure that the equipment poses no threat or possibility of injury to the student wearing the equipment or their partner (opponent).
- D. No student will kumite without protective equipment.
- E. Each student will practice cleanliness: toenails and fingernails cut, hands and feet clean, etc.
- F. The karate-gi must also be clean and neat with no holes or tears.

SECTION 2. - KUMITE RULES

- A. Attacks are limited to the following areas: Head, Face, Neck, Chest, Abdomen, back excluding the kidney and shoulders, and side.
- B. The following are forbidden:
 - 1. Contact to head or face
 - 2. Contact to neck or throat
 - 3. Contact to groin, joints or instep
 - 4. Contact to kidney
 - 5. Dangerous throws which by their nature preclude or prejudice the opponent's ability to land with safety.
 - 6. Techniques which by their nature cannot be controlled for the safety of the opponent.
 - 7. Repeated or direct attacks to the arms or legs.
 - 8. Purposeless grabbing, wrestling, or violent pushing.
 - 9. Techniques which make excessive contact.
 - 10. Full contact, street techniques or other dangerous techniques
 - 11. Spin Back kicks unless approved by the instructor.
 - 12. Blind Techniques
- C. Full contact is never allowed. Neither is street fighting technique nor techniques determined to be unsafe or hazardous. Any student exhibiting such technique(s) will be permanently removed from the dojo. A technique need not land to cause removal from the dojo.
- D. Students are advised that this is a training dojo and as such, courtesy and respect is to be shown to all instructors and students. Failure to do so will result in sanctions. Further, the student agrees and understands that what may not be contact to one student may be contact to another. Assault can happen in these circumstances and the student can subject themselves to criminal and civil penalties. Hickey Karate Center will not condone such actions.
- E. Competitors will bow before and after each match and introduce themselves to their partner. Utmost courtesy shall be given to each opponent. Should an accident occur, it is the responsibility of the uninjured student to assist the injured student.

F Respect and courtesy will be shown to all students, especially elders (those older than you) and seniors (those of higher rank.) Higher rank will also show respect and understanding to lower ranking students.

SECTION 3. - SUPERVISION

A. No student will kumite without supervision from an approved instructor. Such action may cause the student to be permanently removed from the dojo.

SECTION 4. - LIABILITY AND HOLD HARMLESS

- A. Each student, and their parents if a minor, are responsible for their own actions and accept such responsibility.
- B. Student understands that during the course of instruction, employees of Hickey Karate Center and/or other students or authorized personnel will be engaged in a course of conduct requiring physical contact; and he/she gives full consent to such contact as is required by the training.
- C. Each student holds Hickey Karate Center, Inc. and its representatives or instructor harmless from any free-fighting activity
- D. Student understands that there is a risk of serious injury and Student agrees to assume the risk of personal injury without liability to Hickey Karate Center by participating free-fighting activity
- E. Student understands and agrees that Hickey Karate Center will not be held liable for any injuries, damages, etc. not caused by or resulting from the negligence of the owners, operators, or persons in charge of such establishment, or their agents, servants or employees.
- F. Any student believing any student or activity is dangerous must bring that student or activity to the attention of the instructor(s). Failure to do so or to participate in such activity is at the sole risk of the student and no liability shall impute to Hickey Karate Center, Inc. or its instructors or representatives.

SECTION 5. - SUSPENDING OR ENDING OF STUDENT INSTRUCTION

A. Any student breaking any of the Formalized Sparring Rules will be suspended from class participation for 30 days or permanently removed from further class participation depending on the rule broken and the situation involved.

ATTESTATION

- We have read and reviewed the above rules with our child and both our child and us understands that they must abide by them.

SIGNED: Parent _____ Date _____

SIGNED: Parent _____ Date _____

- I have read and understand the above rules and I agree to abide by them.

SIGNED: Student _____ Date _____

Print: Student's Name _____ Date _____

- Both parents must sign. Student must sign regardless of age.
- Parents are expected to have reviewed these rules with their child prior to signing.
- Student is expected to have reviewed these rules with their child prior to signing.