

KyukTooKi

Participants are reminded that sparring is dangerous and could result in serious or fatal injury. Students take part at their own risk. Failure to comply with these rules will result in the expulsion from the Academy and possible legal action.

Mandatory Safety Equipment

- Shin and Instep Protection.
- Boxing Gloves (Grappling gloves under strict supervision).
- Head Guard with face protection (Full Contact only).
- Hogu (Full Contact only).

Optional Safety Equipment

- Gum Shield.
- Groin Guard.
- Head Guard.
- Chest Guard.

Banned Striking/Attacking Techniques

- Head Butts.
- Groin Attacks.
- Biting.
- Eye Attacks.
- Spitting.
- Punches and Kicks to the throat/neck area.
- Punches using the inner part of the glove.
- Striking on the ground.

Scoring

- 1 point for any acceptable hand technique from the ground or jump.
- 1 point for any controlled kick delivered above the knee.
- 2 points for any controlled kick delivered to the body.
- 2 points for a successful foot-to-foot sweep (below the ankle).
- 3 points for any controlled kick to the head.
- 3 points for any recognised throw or takedown.
- 3 points for a submission.
- Off balance techniques are not awarded with points.
- Every second warning will result in a one (1) point reward for the opponent

Deliberate failure to stop when an opponent has signalled a submission will result in permanent expulsion from the Academy.