

GLENDALE TAEKWONDO ACADEMY SPARRING SAFETY RULES

- 1) Wear full sparring gear.**
- 2) Use only light contact to the head and light-to-medium contact to the body.**
- 3) Direct a technique only to legal target areas with legal techniques.**
- 4) See your target before you throw a technique.**
- 5) Stop sparring if one or both partners become upset or feel overly frustrated.**
- 6) If you ever feel that your physical well-being is threatened while sparring, you have the right to stop, remove your head gear and go to the side of the sparring area.**
- 7) Always be courteous to your partner.**
- 8) An Instructor will direct you to take your gear off and go to the side of the sparring area if you violate any sparring safety rules.**