



SHORIN BUJUTSU DOJO SPARRING RULES



In the Shorin Bujutsu Dojo, sparring is considered a privilege. Sparring is a training method for students to get hands-on experience at applying what they have learned in class. The purpose for sparring is for students to improve their defensive skills against real attacks. In this dojo, sparring is not used for competitions to see which student can beat or hurt another student. Sparring is not for hurting; it is for learning.

In order to assure the safety of all students, sparring rules for this dojo are clearly posted in the dojo and are provided to all students and/or their parents/guardians to read before they are allowed to participate in sparring.

Beginning students (White belts) **are not** allowed to participate in any sparring. Once students have reached the rank of Blue belt (9th Kyu), they may begin participating in special training classes where they will learn how to spar safely and according to the dojo rules. No student will be allowed to participate in sparring unless they have attended at least one training class and have signed and turned in the below "Agreement to Sparring Rules" waiver. Once students have been allowed to participate in sparring, sparring may be included as part of, but not necessarily as a requirement for, their rank testing.

(Return the signed form below to Sensei Michael Veillon)

AGREEMENT to SPARRING RULES

I, _____ acknowledge that on _____ I received a copy of the sparring rules for the Shorin Bujutsu Dojo. I further acknowledge that Sensei _____ has clearly reviewed and explained the sparring rules for this dojo. I understand that sparring is a privilege. I also understand that sparring can be very dangerous and that my fellow classmates or I could be seriously hurt if the sparring rules are not obeyed. I hereby agree to obey the sparring rules of this dojo.

Student's Signature (Over 18): _____
Date: ____/____/____ Print Name: _____

PARENT/GUARDIAN: Authorization if Student is a Minor

Parent's Signature: _____ Relationship: _____
Date: ____/____/____ Print Name: _____
Parent's Signature: _____ Relationship: _____
Date: ____/____/____ Print Name: _____

Instructor's Signature: _____
Date: ____/____/____



SHORIN BUJUTSU DOJO

SPARRING RULES



Students **willfully** breaking the following dojo sparring rules will be demoted or expelled from the class. These rules apply to free sparring and controlled sparring activities. These rules **do not** apply to tuite (grappling) drills, self-defense drills, kick drills or Ippon Kumite (One Steps) drills.

Beginning students (White belts) **are not** allowed to participate in any sparring. Once students have reached the rank of Blue belt (9th Kyu), they may begin participating in special training classes where they will learn how to spar safely and according to the following rules.

Controlled Sparring:

1. Controlled sparring is limited to specific attacks, such as punches-only or kicking-only.
2. For punches-only sparring, contact is allowed only to the front and between the shoulders and belt. No kicking is allowed. Punching to the head, face, groin, knees, joints, back, or below the belt is not allowed.
3. For kicking-only sparring, contact is allowed only to the front and below the shoulders. Kicking to the head, face, groin, knees, or back is not allowed.
4. For kicking-only sparring, **Mouthpieces, padded gloves and padded headgear are required.** Headgear with facemasks or shields is optional.
5. For kicking-only sparring, **padded kicking boots, mouthpieces and padded headgear are required.** Shin guards are optional.
6. Groin protection is highly recommended for males.
7. Chest protection is optional. Teenage and older females are strongly encouraged to wear breast protection.
8. If a student falls, trips, or is knocked down, his/her sparring partner is not allowed to attack while he/she is down.

Free Sparring:

1. No punching to the face is allowed. Only light contact to the headgear is allowed.
2. **Mouthpieces, padded gloves, padded headgear, and padded kicking boots are required.** Shin guards are optional.
3. Headgear with facemasks or shields is optional.
4. Groin protection is highly recommended for males.
5. Chest protection is optional. Teenage and older females are strongly encouraged to wear breast protection.
6. Kicking is limited to below the shoulders. Kicking to the head, face, groin, knees, or back is not allowed.
7. Kneeing and elbowing are not allowed.
8. Biting, eye gouging, fish hooking, joint locks, and pressure points are not allowed.
9. If a student falls, trips, or is knocked down, his/her sparring partner is not allowed to attack while he/she is down.

Please direct any questions to: Sensei Michael Veillon

(318)447-3112 SenseiVeillon@ShorinBujutsu.com

Dojo website: www.ShorinBujutsu.com

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