

KARATE SPARRING RULES & REGULATIONS

Sparring is light contact controlled fighting, which is highly recommended for students advancing in ACTIVSTARS ATHLETICS. Students will learn how to use their techniques in actual self-defense and sports scenarios. Actual self-defense scenarios include how to defend against a multi-person attack and various weapon attacks. Sports scenarios include tournament preparation, competition rules and regulations, and sportsmanship. Techniques will be taught with actual "contact" with partners.

COST: \$4.00 per class (this is in addition to the regular class fee)

At the first sparring class, a special 30-minute sparring seminar/demonstration will be held for all interested **students and parents at no charge. Your instructor will explain what sparring is and what it involves, and all equipment will be available for purchase on that day. If you decide to take the sparring class, rules and regulations must be adhered to.**

PARENTS AND STUDENTS: Please read them over and sign a release form. Students will not be allowed to participate in the sparring class without a **parent-signed** release form.

Sparring is only available to colored belts. Sparring is **mandatory for students ranked purple & above.** Absolutely **NO** white belts are allowed. It will begin the week after the 1st class & continue through the end of the semester at a set time (determined by the instructor). **The sparring class costs \$4.00 per week (prepaying of sparring is not allowed).**

1. **ALL** students are required to wear a mouth guard. You may purchase these at class for \$4.00. Mouthpiece cases are also available for \$4.00 and help to keep the mouthguard clean.
2. **All male students** must wear a cup and supporter, which can be purchased for \$10.99.
3. **ALL** students are required to wear protective hand and foot pads that completely cover their hands, feet, fingers, and toes. These pads are available at class for \$31.99 (hand pads) and \$31.99 (foot pads), tax included.
4. **ALL** students must wear protective headgear, which can be purchased for \$31.99, tax included. We do suggest that you purchase your own for health reasons. Students, **orange & above**, must purchase a full mask to attach to the standard headgear (\$34.99).
5. Chest gear (chest protector) is also required and can be purchased for \$37.99, tax included.
 - a. Due to personal hygiene factors, **ALL students must supply their sparring gear, such as headgear and chest gear.** Instructors will **NOT** have a "supply" available for student use.
6. **NO** contact above the shoulders or below the waist is allowed.

➤ Please be sure to **put the student's name on each piece of equipment** so that if it is misplaced, it can be returned promptly to the correct owner. It is the student's responsibility to keep track of their equipment. A large equipment bag is available for \$39.99 to help your child keep his/her equipment together.

ASK YOUR INSTRUCTOR OR PARENT HELPER FOR A SPARRING PACKAGE ORDERING FORM FOR YOU TO USE TO PURCHASE SPARRING EQUIPMENT.

KARATE SPARRING LIABILITY RELEASE FORM

I, the undersigned, hereby voluntarily allow my child to participate in said sparring class and do hereby release and waive any and all rights, claims, or actions that I or my heirs, successors, or assigns may have against ACTIVSTARS ATHLETICS, LLC./ ACTIVSTARS Youth Outreach, its agents, employees, directors, servants, the host facility, and any other persons, sponsors, associations and business entities associated in any way with this sparring class for damages or any other form of recovery from any liability resulting from injuries, that my child or any other person may incur as a result of my child's attendance and/or participation in said sparring class. I further agree to indemnify all the above parties in any action based on my child's attendance and participation in said sparring class.

I agree that my child will abide by the rules and regulations above and clearly understand that sparring involves bodily contact. I also fully understand that most sparring classes are conducted on a concrete or hardwood floor surface. I hereby assume all the injury risks to my child associated with this sparring class. Additionally, I am fully aware of my child's medical condition and hereby certify that he/she is mentally and physically fit to participate in said sparring class.

Parent's Signature: _____ **Date:** _____
Required *Required*

Student's Name: _____ **Age:** _____ **Phone:** _____
Required *Required*

Instructor's Name: _____ **Class Location:** _____