

SPARRING RULES

- A) The following are **NEVER ALLOWED** at KM3 under **ANY CIRCUMSTANCES**:
1. Head splitting. (Attempting a jaw split, mouth split, half & half or neck manipulations)
 2. Trophy collecting. (Attempting to fish hook, rip off the nose or ear)
 3. Dismantling. (Attempting to rip the head, arms, legs or genitals by pulling)
 4. Screeching. (Held over 1 second)
 5. Putting a finger into any cut or laceration of an opponent.
 6. Spitting at an opponent.

- B) The following are allowed with **EXTREME CAUTION** (5% POWER RATIO ONLY):
1. Eye gouging.
 2. Biting.
 3. Striking at the knees.
 4. Throat strikes, including grabbing the trachea.
 5. Spiking an opponent to the canvas on his head or neck.
 6. Striking to the spine or the back of the head.
 7. Kicking to the kidney with a heel.
 8. Putting a finger into any orifice.
 - Male vs. Male
 - Female vs. Female
 - Female vs. Male
 - Male vs. Female (**NEVER ALLOWED**)



- C) Any techniques that have not been mentioned are allowed in a controlled manner.

All sparring will be conducted at a 5% - 50% power ratio. All other power ratios must be approved by the supervising instructor. There are numerous other extremely dangerous techniques that can cause **DEVASTATING INJURIES**. If uncertain of a technique, ask the instructor. All students must use logic and common sense before performing any action. Here are a few examples:

- I) You are allowed to hold your opponent by the hair and bang their head against the wall if the situation permits, but you probably should not do it in a way where you rip off all their hair. Makes sense?
- II) You are allowed to hold onto clothing but you probably should not rip your partner's pants off. Makes sense?
- III) You are allowed to use abusive language to create realism and test your partner's emotional control but you probably should not use racial slurs when sparring with someone you met two classes ago. Makes sense?

In sparring, all participants must come out of the match better combatants, not injured or handicapped for life. It is your goal to make your partner a better fighter by showing him or her weaknesses, not by punishing their weaknesses. Finally, at KM3, men fight women and vice versa. There should never be an incident where inappropriate touching occurs. Mistakes should happen only once. Disregard the commands of your instructor and you will never spar at KM3 again.

NUMBER OF SERIOUS INCIDENTS DURING SPARRING AT KM3 SINCE 2012:

