



Great Falls Tang Soo Do

Free Sparring & WTSDA Point Sparring Rules

GENERAL RULES - FREE AND POINT SPARRING

All students are subject to the rules of free sparring and point sparring. Failure to adhere to these rules is cause for dismissal from the match or expulsion from the school depending on severity. Dismissal and expulsion is at the discretion of the head instructor. No exceptions are permitted to the sparring rules.

Sparring is at the students own risk and in accordance with the terms and conditions of the school waiver.

Sparring is only allowed with the permission of a certified World Tang Soo Do Association (WTSDA) instructor and in the presence of a certified WTSDA instructor.

NO FULL-CONTACT SPARRING.

REQUIRED PROTECTIVE GEAR - FREE AND POINT SPARRING

(Our school offers many sizes of sparring gear for student use or gear can be purchased)

All students must wear the following protective gear, approved by the instructor:

1. Gloves that cover the fingers
2. Feet pads that cover the toes
3. Head gear
4. Mouth Guard
5. Guys: Protective Groin Guard

FREE SPARRING - GENERAL RULES

CONTACT

Light contact to the body and head. We are working with partners, not opponents. In regards to targeting the head: light, controlled tap to the head to indicate strike. Strike must be insufficient to make the recipients head move.

TIME

Time of each round is indicated by the instructor. Each round is non-stop to help develop confidence with techniques learned in class.

PARTICIPATION

At any time, before or during free sparring, a student may bow out of the match by letting the instructor and training partner know they do not feel comfortable participating.

WTSDA POINT SPARRING RULES – (abridged from The WTSDA 2016 Official Championship Rules Book)*

CONTACT*

No contact. 'No contact' means no contact to the body no matter the severity. A light touch to the uniform does not constitute contact.

TIME*

Each match is 2 minutes long whether for Gup (color belt) or Dan (black belt) competitors. Time is only stopped at the command of the center judge.

WINNING*

The first person to receive 3 points in two minutes or the competitor with the most points after 2 minutes wins.

TARGET AREA FOR VALID POINTS*

1. The front and sides of the body above the belt but below the neck are legal for hand and foot techniques.
2. In addition, front and sides of the head and throat areas are legal for foot techniques. The back of the head is not a legal target. Contact to the head and neck are forbidden.

RECOGNIZED OFFENSIVE TECHNIQUE FOR LEGAL POINTS*

Hand Techniques: Body only, reverse punch, side punch, and front hand lunge punch are the only allowable techniques for scoring.

Foot Techniques: Any kicking techniques to valid target areas as described above.

Illegal Techniques: Boxing jab, hook, uppercut, and cross punches are not allowed. Illegal offensive techniques which use the head, elbows, back fist, back wrist, fingers, spear hand, ridge hand, knee, toes, and knife hand are not allowed.

POINTS*

Foot or hand techniques to authorized area shall be awarded one (1) point.

Points shall be called for techniques having correct form, distance, balance, focus, and control. **No points will be awarded for contact by hand or foot techniques.** Skilled judges should determine if a technique meets the point criteria, including how close it must be to gain a point. Discretion should be used between the distance required for children and beginners and the distance required for Black Belts.

PARTICIPATION

At any time, before or during point sparring, a student may bow out of the match by letting the instructor and training partner know they do not want to participate.

*See the WTSDA Official Championship Rule Book for further details on WTSDA Point Sparring. It is available at the school for review as well as for purchase.