

## **Pacific Wave Jiu-jitsu Sparring Safety Rules**

These rules are laid out so all our students can all safely enjoy the benefits of sparring as a training practice. Please read through these rules carefully and do your best to follow them in your training.

### ***Equipment***

Your groin protector is a mandatory piece of equipment for both men and women and should be worn at all times when training. In addition, each student who achieves the rank of orange belt is required to wear all of the following equipment for use in sparring exercises:

- Boxing gloves (16 oz for men, 14 oz for women)
- Soft shin guards
- Mouth guard
- Boxing helmet with cheek and chin protectors (optional for orange belts, required for green & up)

When the rank of green belt is achieved, a boxing helmet with cheek and chin protectors is required for use in sparring with the full range of kicks and multiple attacker sparring drills.

### ***Banned Targets***

There are a number of areas on the body that are banned as targets during sparring drills for safety reasons. These include all of the following:

- Back of the head
- Any part of the spine
- Kidneys
- Knees

### ***Level of Force***

The level of force acceptable for use in sparring in our dojo varies from 5 – 25% based on three important factors: size/strength, level of experience, comfort level. Before engaging in sparring, students each sparring pair or group should briefly discuss what level of contact is appropriate for them.

#### **Level of Experience**

If you are new to sparring or you're sparring with someone who is new to sparring, the level of force used in contact should be kept to a minimum, around 5 – 10%. As you become more experienced and you spar other people with similar or greater experience, you can increase the level of force gradually to an eventual maximum of 25%.

#### **Size/Strength**

If your partner is much smaller or weaker than you, then you should engage in sparring at lower levels of force than you would with people your size or larger. And vice versa, if you're sparring

with someone much bigger or stronger than you, it is reasonable to increase the level of power you use to compensate for the size difference.

**Comfort Level**

Comfort level is an important factor that can vary widely, whether you're new to sparring or very experienced. If you or your partner are having an off day or are just not yet comfortable with sparring altogether, you should keep the level of force on the lower side. Be sure to communicate this before and during your sparring exercises to ensure the force stays at a level that is appropriate for you both.