



# GOLDEN CRANE

## Traditional Karate

46 Lowell Rd – Unit #6  
Windham, NH 03087

### Golden Crane Sparring [Kumite] Guidelines

Sparring [Kumite] is an integral part of the curriculum taught, providing an opportunity for students to learn first hand how to combine their techniques, and develop improved coordination and balance, while engaging with a partner in a fun, safe drill. This activity also builds skills that can be applied to self-defense.

In all karate programs, except for the Junior Level [ages 4-5 yrs old], sparring will be one of the requirements needed to test for the rank level of Orange Belt & Above.

To participate in sparring, each student must have his (or her) own set of sparring gear\*. We encourage students to become involved in sparring early in their training, and students [or their parents] may speak with Kyoshi or Shihan about purchasing their gear\* at any time.

Please note that we provide chest protectors, at no cost, for the students to wear while sparring, although some students elect to purchase their own chest protector, which is also available for purchase thru the school.

[\*Sparring gear is sold through the Golden Crane.]

- 1) The #1 consideration in sparring is... Safety!
- 2) All sparring will be supervised.
- 3) A full set of sparring gear is comprised of the following:
  - a. Dipped foam safety equipment: gloves, boots, shin guards, and headgear.
  - b. A mouthpiece [clear or white in color]
  - c. Chest protector [provided by the school]
  - d. Additionally, a groin protector for male students is required, and must be worn at all times when sparring.
- 4) Students are requested to maintain their sparring gear in good condition [i.e. torn gear may not be taped (or glued), but must be replaced]. Students are NOT permitted to spar with gear that has been compromised &/or repaired.
- 5) Students, or their parents or guardians, are requested to label each piece of gear with the students' name or initials.
- 6) Students participating in sparring may not wear any protective equipment made of metal, plastic, wood or any other hard material. Protective safety / sports glasses are recommended for students who wear glasses.
- 7) Shoes, sneakers, slippers, etc. may not be worn while participating in sparring, unless
  - a] a medical condition exists that requires footwear be worn, and
  - b] the footwear must be pre-approved through the dojo [school] office.
- 8) For the safety of the students, fingernails and toenails should be kept trimmed neatly.
- 9) Students may not wear any jewelry.

Safety First... Lack of compliance with the above guidelines may result in sparring privileges being revoked or suspended.

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