



SPARRING REGULATIONS:

- Equipment requirements to be worn during sparring:
- Headgear
- Mouthpiece
- Gloves
- Chest Protector
- Groin cup for men
- Shin and instep guards.

Any and all contact sparring must be done with supervision of an instructor.

1. No contact is permitted to the head, face, or neck, except for light contact to the headgear.
2. No contact is permitted to the groin, except for very light or no contact to groin cup.
3. No contact is permitted to the joints, kidneys, and spine.
4. Headgear and mouthpiece are required if head is a legal target.
5. Groin cups for male participants are mandatory.
6. Gloves are required for all contact.
7. Chest protectors are required for novice and intermediate students. It is optional for advanced students except when conducting full contact.
8. Shin and instep guards are required for all contact sparring. It is optional for advanced students except when conducting full contact.
9. All wounds and cuts will be immediately cleaned and bandaged.
10. Fingernails and toenails will be kept trimmed and clean.
11. Student always has the option to participate or not participate in contact sparring.
12. All injuries must be reported to Instructor and an incident report filled out.
13. No malicious or intentionally harmful contact is permitted.
14. No influence of alcohol or drugs permitted.

LIABILITY RELEASE FOR ANY AND ALL CONTACT TRAINING

I, the undersigned, do fully understand that Martial Arts training is an austere discipline. It requires me to commit my mind, body, and spirit to the rules, regulations, and demands of my Instructor (Sensei). I, the undersigned, do fully understand that the program of instruction through the Washington State, Academy of Koei-Kan Karate-Do, Inc. includes all types of full contact free fighting; reverse joint techniques, and a variety of combat. I understand that I have the option to participate or not to participate, and then such participation is entirely at my own risk.

Medical treatment for any injury I may sustain as a result of attending of participation in said contact training shall be my own responsibility. The dojo, (Academy of Koei-Kan Karate-Do, Inc.), shall have no duty to furnish medical treatment, and any rendered will be first aid only, and I consent to such treatment for myself. I will report any/all injuries to the Sensei and fill out an incident report of said injury.

As a condition of acceptance of my application, I assume the risk of and accept full responsibility for any and all damages, injuries, or losses that I may sustain while attending or participating in said training. On behalf of myself and my heirs and personal relatives, I hereby waive and relinquish all claims against Academy of Koei-Kan Karate-Do, Inc., its members, instructors, employees, agents, or other students, individually and otherwise, for any of said damages, injuries, or losses, inclusive of any future psychological or physical pain and suffering claims. This release is in effect for the duration of my contract with Academy of Koei-Kan Karate-Do, Inc.

I have read, understand and will abide by the above sparring regulation and liability release statement.

Student Name: _____
(please print)

Student signature _____ Date: _____