

# Tae Kwon Do Sparring Basics



Sparring in Tae Kwon Do is the practice of using techniques safely and accurately against an opponent. For the purposes of training and competitions, points are awarded when you land a hit on the appropriate areas of an opponent's body. The targets are designed to keep the students safe while challenging them to develop better techniques.

Since there are limitations with techniques and targets, sparring in class should not be viewed as the sole practice for self-defense. However, development of speed, accuracy, timing, physical endurance, mental toughness, and the ability to perform under pressure will transfer into all areas of martial arts training. Students with a White Belt and higher may start sparring with light contact, while Green Belts and higher ranks are allowed to use moderate to full contact in practice with proper safety equipments.

## What To Use:

### HAND TECHNIQUES:

Punches using the fore fists only.



### FOOT TECHNIQUES:

Any part of the foot below the ankle.



## The Targets:

### The Head (Foot techniques only - 2 points)

Side of face and forehead. No contact to the back of the head or neck areas.

### The Torso (Foot & Hand techniques - 1 point)

Chest, stomach, and side of ribs are legal targets. No contact to the spine or below the belt.

### Required Gear White Belts

- forearm pads
- foot & shin pads
- mouth piece
- groin cup for males



Without Head & Chest Guard  
(light contact)

### Required Gear Green Belts & Up

- forearm pads
- foot & shin pads
- chest guard
- head gear
- mouth piece
- groin cup for males



With Head & Chest Guard  
(moderate to full contact)

**Illegal Techniques:** In sparring, students may not strike or kick below the belt; strike the face with the hands; grasp or hold an opponent; push, throw, or sweep an opponent; or hit an opponent while he/she is on the ground.