

# **R U L E S**

## **CONTINUOUS SPARRING: ONE ROUND 2:00 MIN.**

**All fighters should have full protection gear**

1. Spinning kick to the head 3 points.
2. Kicks to the head 2 points.
3. Kicks to the body 1 point.
4. Will lose point if you are passive.
5. Will lose point if you are aggressive.
6. Will lose point if you just use single techniques.
7. No straight punch to the face.
8. No elbow, knee is allowed.
9. No groin kick
10. No kinder punch.
11. All kick from waist up.
12. Sweeping allowed with control.

## **KICKBOXING: 3 ROUNDS, 2MIN. (45SEC .BREAK)**

**All fighters should have full protection gear**

**All the rules of Continuous sparring plus:**

1. Punch to the face allowed
2. Low kicks allowed
3. Take down allowed