

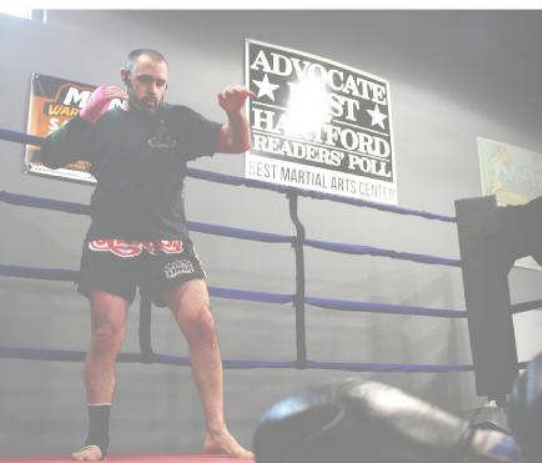
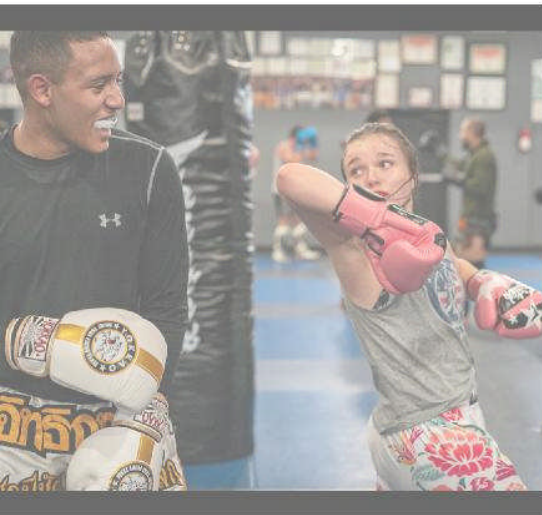


PLUS ONE DEFENSE SYSTEMS

HELPING YOU LIVE A HEALTHIER, HAPPIER, SAFER, MORE SUCCESSFUL LIFE

FREE-SPARRING RULES

The below listed rules are to be followed whenever a student is involved in a class that includes sparring.



1. Safety equipment will be worn during sparring. At a minimum, this is to include a mouthpiece, headgear, hand pads, and a groin cup for males.
2. If a student does not have the proper gear with her/him, it is the student or parent's responsibility to notify the instructor. After such notification, the instructor will either permit the student to borrow protective gear or proceed in a fashion that involves participation in the sparring class without any physical contact with other sparring class students.
3. Control of all techniques, kicks, and punches is a must. Proper technique must be used, and no full contact is allowed.
4. Students should be attentive to their partner's ability and should maintain open communication (as appropriate) when sparring.
5. Contact is not allowed to the groin.
6. While contact is allowed to the head, students are encouraged not to aim for the open face area, but rather to the forehead and side of the head. No contact is allowed to the back of the head. All head contact must be light and mutually agreed to.
7. Students must break immediately when the instructor calls.
8. Sparring partners must workout in a respectable and responsible fashion. The goal is learning- not winning. Work appropriately to your partner's level.
9. Anybody caught bullying their partner or "fighting", as opposed to "sparring" will be asked to sit out of class and may be prohibited from training with *Plus One Defense Systems*.
10. If your partner falls to the floor or is injured, immediately stop free-sparring and allow the instructor to render assistance.

9 Tolles Street
West Hartford, CT 06110
(860) 922-5343
www.TeamPlusOne.com
Darin@TeamPlusOne.com

Karate, Kung-Fu
Brazilian Jiu-Jitsu
Muay Thai Kickboxing
Krav Maga, Capoeira
Silat, MMA, and More!