



## **Kumite Rules**

1. Always show courtesy to all.
2. Bow to your opponent before and after sparring.
3. Always wear approved hand and foot protectors.
4. Head, chest, eye, and groin protectors are optional.
5. No contact or light contact is acceptable. Greater contact can be used only if agreed upon by your opponent.
6. No kicks are to be delivered below the opponent's waist level. Sweeps to the feet are acceptable.
7. No throws of an opponent are allowed without proper safety mats and drill instructions.
8. Never spar in anger or with the intent to harm others.