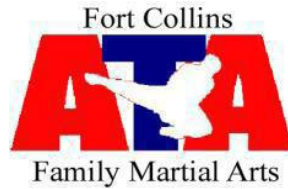


General Sparring Curriculum

This paper is supposed to serve as a reference to what we look for during sparring (for testing). As is with any subjective sport overall impressions play a huge part and it's not possible to quantify exactly what we are looking for. But, if you manage to hit most of these and demonstrate them fluidly you will probably be passing this section of your test. Of course, higher ranks should demonstrate more of them and with different techniques.

General Concepts:

- Control
 - Does the student demonstrate the level of control expected for their level?
 - Camo Belts: Maintain a distance of around 6 – 12 inches away from your partner with your techniques extended
 - Black Belts: Can you move at good speed but still demonstrate the ability to stop your technique within a much smaller distance.
- Blocking
 - Can the student demonstrate the blocking ability that they should have at that level?
- Distancing
 - Does the student understand that different techniques have different lengths, and adjust accordingly?
 - Trying a jump side from 1 foot away is a useless as throwing a crescent kick from 5 feet away
- Evasion
 - Does the student not always move straight back? Do they move to the side instead of having to block everything?
- Evasion with Counter-Attack
 - Does the student know how to evade and simultaneously counter-attack
- Retreat
 - Did the student understand that they were in a bad position and just get out of there without getting hit (and keeping their hands up)
- Retreat with option to Counter
 - Retreat, but then quickly counter attack.
 - A good example is an opponent kicking multiple times with one leg. You get out of the way and when their foot starts going down you move in and strike.



- Timing
 - Does the student demonstrate the timing required at their level? Are they moving and setting up techniques that show they understand and have practiced when to throw them?
- Speed
 - Speed comes with practice. Has the student improved since the last testing. Have some techniques gotten faster?
- Fluidness
 - Do an appropriate number of techniques look well practiced and smooth?
- Similar Technique Set ups
 - Does the student set up their partner with similar techniques, not just relying on their speed or flexibility to score?
- Counter- Attacks
 - Does the student demonstrate appropriate counter – attacks? NOT just retreat then counters.
- Movement
 - Does the student move around in multiple directions? Not just always moving back.