



Tompkins Karate Association (TKA)

TKA Rules For Free Sparring (Jayu Dae Ryun)

Protective Gear Requirements, effective December 8, 2002:

Adults – head, hand, and foot protection is required.

Kids – head, hand, and foot protection is required for green belts & up.

Instructors as well as students

No protective gear, no participation.

Students must wear their own head gear for reasons of health and hygiene.

General Rules:

No contact to the face or body! – a “point” is a controlled technique thrown within a reasonable distance to a legal target.

Single-style mouthpiece is required for all students.

Legal targets include - facial area
solar plexus
ribs
stomach

Illegal targets include- back of head
eyes
throat
spine
all targets below the waist – groin, legs, etc.

Kicks and gi pants may not be grabbed or trapped.

Sweeps of the supporting leg are not permitted.

Etiquette and Manners –

1. Please remember to be courteous to your partner
 - a. Observe the protocol of bowing in and out and shaking hands.
 - b. When a point is scored, the fighters should break the action and acknowledge the point.