

Orange Belt Sparring Combinations

SPARRING COMBINATIONS

Taekwondo America uses Sparring Combinations to introduce the principles of free-sparring. It is a controlled method of sparring in which students practice fighting combinations with a moving partner while wearing gear and making light contact. Sparring Combinations encourage students to use a wide variety of fighting techniques. Students develop physical control of these techniques and learn the proper distance from a target that a technique should be executed. Orange belts are required to learn pre-arranged Sparring Combinations as part of their training.

BASIC RULES OF SPARRING COMBINATIONS

- Sparring Combinations should never be attempted without direct supervision of an Instructor. Only red, Century Martial Arts and Taekwondo America co-brand gear may be used. This gear should be purchased from your Instructor. This includes hand gear, foot gear, head gear, shin guards, elbow pads, a mouthpiece and, for men, a groin protector.
- Before each match, the partners should bow and touch gloves. This is a show of respect and courtesy. It also indicates both partners are ready to begin.
- While fighting stances vary greatly, most follow the following principles:
 - Hands are up around the chin. This makes blocking techniques to the head much easier.
 - Body is turned sideways. This limits the surface area that is exposed to the opponent.
 - Light on your feet. This makes it easier to move and evade incoming techniques.
 - Eyes on your partner.
- Light contact is acceptable and encouraged. Impact, striking forcefully and which may result in injury, is not allowed and should be immediately addressed by the partners or instructors. If the level of control is exceeded, apologize sincerely and immediately.
- Legal target areas are the chest, above the belt, and the headgear. These areas may be struck with either the hands or feet.
- Striking with the knees or elbows is prohibited (though no sparring combination includes such a move). Any any contact to the throat, face, back or below the belt is strictly prohibited. Sweeps, takedowns, grabbing and grappling are also prohibited (though, again, no sparring combination includes such a move).
- Sparring combinations may be stopped at any time by either partner for any reason and is signaled by holding up both their hands.
- Never continue the combination if either partner is injured or can no longer defend themselves.
- At the end of each match, the partners should again bow and touch gloves.

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RULES OF ENGAGEMENT

- All basic rules of Sparring and Sparring Combinations should be followed at all times.
- When performing sparring combinations, the attacker executes the prearranged fighting techniques making light contact. The defender should execute appropriate blocks to prevent the attacker's techniques from making contact.
- The attacker yells (Ki-Hap!) at the end of his/her sparring combinations.
- These steps are repeated for all sparring combinations with both students participating as both the attacker and defender until instructed to stop.
- When the Instructor calls to stop, the students should shake their partner's hand and thank him/her.

ORANGE BELT SPARRING COMBINATIONS

Juniors (up to 12 years old) perform 1-3. Adults (13 years old or older) perform 1-5. Yells (ki-haps) are Indicated in BOLD.

1. #1 Round Kick
Lead Hand Punch
Reverse Punch
2 Round Kick
2. #3 Jump Side Kick
#2 Front Kick/ Round Kick Combinations
Lead hand Backfist
Reverse Punch
3. #3 Jump Front Kick
Lead Hand Punch
Reverse Punch
#2 Double Round Kick Combination
Spin Hook Kick
4. Lead Hand Backfist
#1 Side Kick
Spin Side Kick
#2 Jump Round Kick
5. Lead Hand Punch
Reverse Punch
Lead Hand Hook Punch
#1 Side Kick
Spin Crescent Kick
#1 Round Kick