

# Guide to competition sparring

Taekwondo competitions are 3 x 2min rounds but will be shorter at novice events, the aim is to beat your opponent by points or knock out. Valid points are scored to the body and head with kicks and valid points to the body only for punches. The Sparring mat is an octagon shape 8x8m and after each round fighters are given 30sec to 1min rest. Advanced fighters Red belt upwards use electronic body and head guards and foot socks.

## Valid Points

- 1 Point - Punch
- 2 Points - Straight Body Kick
- 3 Points - Straight Head Kick
- 4 Points - Spinning kicks to the body
- 5 Points - Spinning kicks to the head

## Warnings

- Punch to the head
- Stepping out of the ring
- Grabbing opponants legs or body
- Raising the leg without kicking
- Lack of respect or sportmanship

