



INSPIRE REQUIRED PROTECTIVE GEAR

YELLOW BELT



**BOXING
GLOVES**
\$30

**FOOT
GEAR**
\$30



**GEAR
BAG**
\$25



PURPLE/BLUE BELT



**HEAD
GEAR**
\$50

**SHIN
GUARDS**
\$20



**MOUTH
GUARD**
\$5

INSPIRE SPARRING

RULES, GUIDELINES, & BENEFITS

SPARRING PRINCIPLES

1. Goal is to keep our partner safe
2. We are partners, not opponents
3. Everyone is different, spar accordingly

BENEFITS OF SPARRING

Distance - learn how to manage the distance between you and your partner

Timing - how to time your movement, blocks, and strikes

Footwork - become comfortable with moving forwards, backwards, and circling

Balance - centering yourself as you move, kick, block, and strike

Reaction - being able to time your partners strikes and block them

Conditioning - improve your fitness and endurance levels

Fun - it's fun! sparring with controlled and friendly partners is a blast!

SPARRING RULES:

1. All techniques must be controlled and hit with light contact to valid targets.
2. Students must spar with respect and control, emotional responses will not be tolerated.
3. You must either purchase sparring gear from IMA, or have your equipment approved by a team member
4. No sparring is allowed off the mats or outside of class, unless you have explicit permission from the chief instructor
5. If during the course of a round a student ends up on the ground, the students must break immediately
6. You must have all of your gear to spar (head gear, mouth piece, boxing gloves, shin guards, foot gear, cup)
7. Target areas: temple areas of the head, the front of the torso between shoulders and belt level; including the sides
8. Invalid target areas: top and back of head, the face, neck or throat, back, arms, legs or knees, groin.