

Teaching Sparring

Sparring became an integral part of our Martial Art in 2022, when it became part of the intermediate syllabus.

Sparring teaches many things, including;

- distance control
- movement
- avoidance
- sniper attack
- how to hit
- how to get hit
- how to avoid getting hit
- power control
- use of space

Teaching sparring is not an easy task, students fear many things, and as Mike Tyson famously said, “everything changes after a punch in the face”!

Things students do incorrectly whilst sparring;

- move in a straight line.
- stay in the “kill zone”.
- Punch & kick with no control i.e., too hard, or too low or too soft
- Fear of being struck.
- Turn their back on their opponent.
- Not guarding their head / face.
- Not lifting their knees enough.
- Not using the front kick
- Being afraid / reluctant to hit their opponent, esp in the head!

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Questions;

1. Where is the “kill zone” – ANSWER
2. How should students move in order to stay safe – ANSWER
3. How can you combat fear of being struck? ANSWER –
4. When should you turn your back on your opponent? – ANSWER
5. What gear is mandatory before sparring? ANSWER
6. What additional gear is recommended? ANSWER
7. Why can head guards be bad? ANSWER
8. What is the front kick good for? ANSWER
9. How can height be used? ANSWER –
10. What type sparring do we do? ANSWER –