



Alberton Chinese Kickboxing Association

Student Sparring Policy

As a student of ACKB you will be expected to behave in a responsible manner and to follow instructions from your Instructor. All sparring sessions must be supervised by an Instructor. When taking part in a sparring session ACKB students will:

1. Wear full protective equipment:
 - Head Guard
 - Groin Protection
 - Gloves (covering all fingers)
 - Foot Pads (covering all toes)
 - Shin Guards
 - Chest Protectors (recommended for female students)
2. In the event of an injury to yourself or your opponent, stop sparring and tell you instructor.
3. Show respect to all members, at all times.
4. Remember, sparring in Kickboxing is a high risk sport. All students who participate in sparring choose to do so entirely at their own risk.