



Sparring Requirements

- Regular attendance in sparring class will greatly improve a student's skill in all areas of TKD curriculum.
- *All* students must have their sparring gear before Purple Belt.
 - Sparring class is recommended from **Green Belt** & up. Please inquire in the office for details.
- **You must bring your gear to EVERY class from Purple Belt & up.**
 - Sparring is required for **TESTING** for all Red Belts & above. Remember to bring your gear to all tests once you reach Red Belt.
 - *All Students* who are **Red Belt** or higher *must* attend at least 2 sparring classes per month (weekly is recommended)
- Check the class schedule for your Dojang to see sparring class times.
 - Junior Sparring is for students age 11 & younger
 - Adult Sparring is for students age 12 & up

(Please let an instructor know if you are not able to attend your scheduled sparring class time and give them the reason)