

## **SPARRING / KUMITE AT OKAIGAN**

### **WHEN CAN I START SPARRING?**

As soon as you attend a YOUTH (6+) class or Adult class, and as early as White Belt.

### **WHEN DO I HAVE TO PURCHASE EQUIPMENT?**

When you earn your Orange belt, you need to purchase your equipment

### **CAN JR'S SPAR?**

Not at this time

### **WHERE DO I GET EQUIPMENT?**

Please purchase equipment at Okaigan. There is all types of equipment out there and we use specific types. Please see front desk for more information

### **WHAT EQUIPMENT DO I NEED?**

Gloves (Red or Blue in color) (both colors mandatory for tournaments)

Shin Insteps

Face helmet with shield

Chest guard

Mouthguard/Case

Boys- cup (highly recommended) Mandatory for tournaments

### **IS SPARRING PART OF BELT EXAMS?**

Yes, beginning at Purple Belt, sparring can be on your test

### **WHAT ARE THE RULES?**

We use modified USA Karate Rules, the rule book can be found on [usakarate.org](http://usakarate.org)