



Sparring Risks and Recommendations to Students and Parents. Please advise your child of the below information.

Strike Kickboxing would like to work with all partners to ensure safe participation in training. We advise all students to spar lightly and respectful of the level of person they are training with.

Sparring is present to practice timing, accuracy, techniques, footwork, fitness and for competition practice. It is not intended to injure the other party.

We advise all students to purchase appropriate protective equipment as detailed below asap for use in sparring.

Head Guard

Mouth Guard

Point Sparring or 10oz boxing gloves

Shin Guards

Foot protectors

Groin Guard (females optional)

Chest Guard (females)

Elbow guards are optional

We will not let students spar without a head guard and mouth guard. We have some availability of other items to borrow for new starters, but cannot guarantee availability.

Students do not have to spar without PPE but if they choose to do so, risks to injuries could occur including but not limited to, cuts, bruising, breaks, fractures, internal injuries, head traumas.