



STRIKE **SPARRING ETIQUETTE**
STUDIO

S.C.A.L.E

SIZE

COMMUNICATION

ATTITUDE

LEVEL

**EXTREME
CONTROL**

As Strike Studio continues to grow, we now have a wider range of members sparring together from complete beginners to experienced fighters and athletes visiting from other gyms. Because of this, it is important that everyone shares the same expectations, approach, and standard when sparring. We have put together a Sparring Etiquette Guideline to help create a safe, respectful, and productive training environment for everyone involved.

These principles are designed to help members learn faster, train smarter, and ensure that all students can enjoy sparring confidently and safely.

S.C.A.L.E

S.IZE

Be mindful of size and weight differences

Adjust your power and intensity based on the size of your partner. If your partner is smaller than you, dial the power back and focus on control and technique. If they are larger or heavier than you, you may increase the intensity slightly, while still prioritising safety and respect at all times.

C.OMMUNICATION

Communicate openly with your partner before and during the round

Let them know if you are carrying an injury, if the pace is too hard, or if you want to work on something specific. In turn, learn to read your partner's body language and reactions as well. If they are shelling up, looking overwhelmed, or becoming uncomfortable, make adjustments accordingly and check in with them when needed.

A.TTITUDE

Leave the ego at the door

Sparring is not about proving who is tougher. It is about applying what you have learned, sharpening your skills, and improving every session. While we do encourage competitiveness, it should never become personal or create negativity between teammates. Push each other to improve, but always with respect. Compete with the version of yourself from yesterday, not your training partners.

L.EVEL

Adjust your sparring to your partner's experience level

If someone is newer than you, work with them rather than trying to overwhelm them. Controlled, technical sparring helps people learn faster and build confidence. Help out beginners where you can, you can learn from them too.

E.XTREME CONTROL

High risk techniques should be avoided or used with extreme control only.

Head kicks, sweeps, spinning attacks, elbows, and other high risk techniques should either be avoided entirely or used with extreme control. There's a much higher risk of serious injury. If you are unsure whether a technique is appropriate during sparring, speak to one of the coaches first.

Please note:

If students are seen repeatedly disregarding these sparring etiquette guidelines or creating unsafe training situations, they may be asked to step away from our freestyle sparring classes. In these cases, students may be encouraged to continue attending our Sparring 101 classes until the issues have been resolved and safe sparring habits have been demonstrated.