

Martial Arts Sparring.

Martial Arts Sparring Explained.

Sparring is a common training exercise employed by many martial arts. Martial Arts Sparring can be described as free form fighting governed by rules, customs or agreements. Rules are required to minimize injuries.

The nature of Martial Arts Sparring varies depending on the types of technique it is intended to develop. For instance Tae kwon do Sparring would begin with the opponents separated so that hand and foot techniques can be practiced, the match would break if they grappled. On the other hand Judo Sparring commences with opponents holding one another and end if they separate.

The organization of sparring may also differ, strict rules may govern the sparring with referee, timer and judges especially if emotional tension is involved or the sparring is being evaluated. However, often if the opponents know each other they train without such guidelines.

The distinction between competition fighting and sparring is that competition fighting seeks to determine a winner whereas sparring is designed to practice technique and educate.

The Limitations of Marital Arts Sparring.

The educational capacity of Sparring is limited to some degree as many techniques are excluded for safety reasons. Furthermore as safety is such as concern participants may develop an over reliance on the protection and technique suffer as a consequence. A good example is a loose fist; in real life punching with a loose fist could result in injury.

Martial Arts Sparring - Safety.

Marital Arts Sparring Equipment is of paramount importance when sparring. Protective sparring equipment such as the Warrior Combat Kit or other Sparring kits from Century such as the Rival or Dyna ranges are recommended by Pad-Up. Top Ten have an excellent range of sparring equipment. To get started in Semi or light contact sparring one would need a sparring kit comprising of; warrior shin guards, warrior kicks, warrior head guard, warrior punches (closed finger punches for European tournaments). Shock Doctor Gums Shields such as the shock doctor double and not forgetting the macho groin guard. If your going for heavy contact the Top Ten Boxing Gloves, Top Ten Head Guard and Top Ten Groin Guard is preferred along with the Shock Doctor Double Gum Shield and some hand wraps to strengthen the wrists.

Martial Arts Sparring Forms.

Sparring has different names and forms depending on the martial art. In Chinese martial arts sparring is often practiced as freestyle long, medium and short range techniques. Examples include chin na and pushing hands.

Japanese martial arts, a sparring like activity is called randori. In judo this is a one to one sparring; in aikido it is formalized where one aikidoka defends against multiple attackers.

Korean martial arts such as Tae kwon do sparring are called Kyorugi. The World Taekwondo Federation WTF encourages the majority of kicking techniques.

In Karate sparring is called Kumite and in Capoeira sparring is called roda.