



One Step Sparring Rules

1. **Equipment** — required for competition

- None (combinations are done with no contact)

2. **One Step Sparring / Combos**

- This is considered the precursor to point sparring and is offered in the White, Yellow and Orange Belt divisions. *(note: If you have a student that would like to compete in Point Sparring, they need to be registered in the Green Belt and above divisions.)*
 - A double elimination bracket is used to pair competitors
 - Competitors perform a total of three combinations; these can be the same or can differ. After each combination the three judges each award one point to the person they believed performed the best.
 - As in forms competition, students are judged on proper execution of techniques, accuracy, timing and focus.
 - After all three combinations have been scored the winner advances to the next round.
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