Sparring Seminar Registration

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Paid:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Rules**

1. You must be a yellow belt to be on the floor sparring.

2. You must listen to the instructor on the floor at all times.

3. You must remain in control of your mind and body the entire time you are sparring on the floor. No exceptions.

4. There will be no excessive contact allowed.

5. You must have all of your gear on to be allowed to spar. Your gear must be in good condition.

6. Contact will be directed only to padded areas and will be controlled at all times.

7. Grappling and takedowns are only allowed at green belt and higher.

8. Our training partners are our friends and should always be treated as such. Respect is very important.

9. You are only allowed to spar when an instructor is on the floor watching.

10. If you break the rules you are responsible and will be treated as so.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Helmet Size: \_\_\_\_\_ Color: black, white, red, pink, purple, teal, neon green

Hand Size: \_\_\_\_\_

Shoe Size: \_\_\_\_\_

Shin Guards: \_\_\_\_\_

Cup:­­­­­­ \_\_\_\_\_