



Sparring Philosophy

At Invictus Martial Arts, we practice and believe that sparring is a learning environment where we get to test out our skills with a resisting partner for the sake of betterment and learning. This means light touch sparring. We are sparring for points (sport, not fighting) and we do NOT allow hard sparring at Invictus. A person should never feel scared or angry when sparring. We keep it light and technical so that everyone has a chance to learn.

Sparring is not about testosterone, egos, or power, it is about technique. When sparring, there will be times when you will be the bigger person and times when you will be the smaller person, so powering up is pointless since it proves nothing. No matter what their size or strength, both people can try out techniques with the other person and expose weaknesses.

However just because you are not attacking with full power does not mean that you should exclude using realistic pressure. Throwing fast combinations that you are aiming to land is still challenging for your partner. The time to develop extra power in your techniques is from conditioning on the pads and bags which are of course other training tools at your disposal at Invictus.

Sparring Rules

1. All members must have ALL of the required sparring gear on in order to participate in sparring classes during Performance Weeks (boxing gloves, shin guards, groin guards [male & female], mouth guards; grapple gloves for MMA sparring).
2. All gear a member needs for Invictus must be purchased from Invictus (no exceptions).
3. Only light contact is permitted (up to 30% power).
4. Only Green Belts and above are permitted to participate in light contact K-1 Kickboxing sparring (minimum of 6 months training).
5. Mastery Program members may be permitted to participate in light contact MMA sparring with instructors approval.
6. Up-kicks are never permitted during MMA sparring.
7. Only approved submissions are permitted for MMA sparring.
8. Elbows are never permitted during sparring.
9. All members always have the right to choose light touch or zero touch when sparring.
10. Always work on proper techniques using control while maintaining a defensive guard and stance.
11. Always work on footwork, moving in different directions (forward, backward, side-to side, etc).



Sparring Rules Continued

12. A person is allowed to hold/catch a kick or punch for up to 3 seconds but not allowed to hold gloves.
13. No contact to the face is allowed (eyes, nose, mouth, chin/jaw).
14. No contact to the back or spine is allowed.
15. No contact to the back of the head is allowed (behind the ears)
16. No contact to the groin is allowed.
17. No sweeps are allowed.
18. No knees are allowed.
19. No pushing, shoving, shoulder bumps, or similar movements are allowed.
20. Aggressive or bullying behavior will not be tolerated.

Failure to comply to the Sparring Rules may result in dismissal or suspension from sparring class.