



Dojang Sparring Rules

From Grandmaster Kim Soo, system director

Chayon-Ryu teaches three types of sparring: dojang, competition, and combat. Each type has its own rules, which reflect its purpose:

Dojang Sparring

The purpose of dojang sparring is to help each other learn. To accomplish this, you must attack with the intention of drawing an effective block from your partner - not to score a point! If you attack in order to score a point, or to win, you and your partner both lose. Do not think of winning or scoring points.

To help your partner learn, maintain eye contact and let your partner know by your body language what technique you will attempt - i.e., throw 'blockable' techniques. Help your partner learn, and learn from them.

There are two types of dojang sparring: pre-arranged and freestyle.

Pre-arranged Dojang Sparring

Your instructor will assign a specific combination of offensive techniques to practice with your partner, while he responds with a specific combination of blocks, avoiding, and counterattacks. It is choreographed, much like form practice.

Use these drills to become comfortable with and more proficient in techniques, and defensive reactions. Refine your control of distance, your eye contact, your balance, and your timing.

Freestyle Dojang Sparring

Now any technique can be used, instead of a specific sequence defined by the instructor. However, you must continue to help each other, instead of succumbing to the temptation to score a point. Throw blockable techniques, and use a lot of variety in your techniques.

Dojang sparring should be fun. It provides an opportunity to put basic movements into practice, improve one's health, coordination, reflexes, and builds one's confidence and spirit. A student who is pushed too hard by his sparring partner - someone who is trying to score a point, or show off - is prevented from developing his abilities.

- **Essential points to practice are: maintaining strong eye Contact.**
- **keeping proper distance, and maintaining a serious and sincere attitude.**
- **To avoid injuries, take care not to attack at the same time as your partner.**

Combat Sparring

In a practical situation against a real attacker, any technique to any target is allowed. You must act according to the situation to defend yourself. The only rule is the rule of law. Your only goal is to survive.