

Fight Club Rules

Equipment

- 10oz Gloves (open hand gloves / foam gloves preferred for points fighting)
- Head Guard (top of the head must be protected)
- Gum shield
- Foot protectors
- We also encourage males to wear groin guards and females breast guards.

Light Continuous

Etiquette

- All techniques must be executed with good control, Light-Contact is obligatory!
- Members should not execute a technique that sends a fellow member down for the count
- Members should not show excessive aggression or bad conduct, this will result in an abrupt end to the fight and possible removal from fight club

Legal Techniques:

- All forms of boxing combined with kicks to the body and the head with controlled contact. No contact to the back of the head or back.
- All types of foot sweeps performed with the inside of the foot (below the ankle knuckle only).
- Rear or reverse kicks to the body with controlled contact.

Illegal techniques:

- No strike, blow, punch or kick which is executed without restraint and control.
- No strikes below the waist, i.e. leg strikes, knee strikes
- No strikes, blows, punches and kicks to the back and to the back of the neck,
- No take downs or throwing
- No grabbing of the legs
- No clinching
- No elbow or knee strikes
- No kicks using the shin or heel
- No pushing
- No spinning back fist
- No palm strikes

Always listen to the instructor

Points Fighting

Scoring Area

Every action must be controlled and well-timed

- Front, back and side of the head
- Front and side of the body
- Sweeps below mid calves.

Prohibited Actions

- Sweep and kick to knee and thigh (low kick).
- Kick and punch to the back of the body or to the top of the head
- Uncontrolled actions

Permitted techniques

- Jab and Reverse Punch
- Backfist
- Ridge Hand
- Side Kick
- Front Kick
- Spinning Back Kick
- Roundhouse Kick
- Hook Kick
- Crescent Kick
- Axe Kick
- Sweep
- Spinning Sweep

Illegal Techniques

- Spinning Back Fist
- Knife Hand
- Throws and Take Downs
- Elbows and Knees
- Pushing
- Low kicks

Points

The correct definition of a score is when: a legal technique hits a legal target area, with reasonable power. Also, the competitor scoring must remain on their feet. E.g. the technique must be completed to score, unless the competitor is thrown or pushed to the floor. Every clean and well

controlled technique to a permitted target area and executed with light contact scores, according to the degree of difficulty as follows:

- All punches 1 point
- Foot sweep 1 point
- Sweep and punch follow up 2 points (*The attacking fighter may touch the floor with his hands as an aid to perform the legal technique, but he may not go to ground. I.e. He must stay on his feet. Ground sweeps are not allowed*)
- Kick to the body 1 point
- Kick to the head 2 points
- Jump kick to the body 2 points
- Jump kick to the head 3 points

Always listen to the instructor

All team EKA fight clubs host 3 main areas. See below

Shadow sparring: Matted Area Zone 1

- Full equipment not required but preferable
- No contact
- No referee required but preferable
- Ease into it getting closer to the opponent the more confident fighters are (still no contact)

Points fighting: Matted Area 2

- Full equipment required
- Stopping and starting fights after a point
- Referee
- Controlled

Ring

- Full equipment required
- Option to fight at Red, Amber or Green Level
- Light continuous sparring
- Referee

Traffic Light System

All team EKA fight clubs implement a traffic light system so members can train at a level they feel is suitable to them. Below is the guidance we offer regardless which area the member choosing to spar on.

GREEN:

30-40% power in punches and kicks
1 min 30 rounds

AMBER:

50-60% power in punches and kicks
1min 30 rounds

RED:

70-80% power in punches and kicks
Option of 1 min 30 or 2 min rounds