

# Point Sparring Scoring Areas

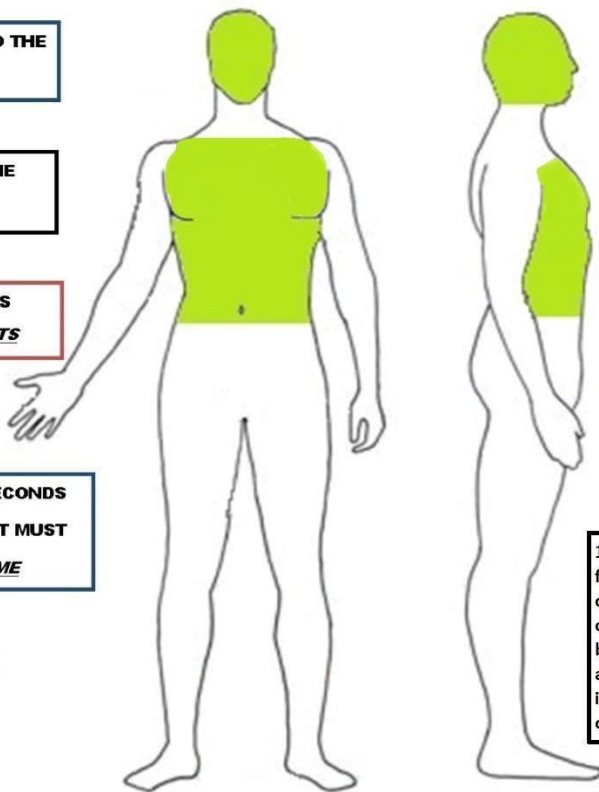
JUMP KICKING TECHNIQUES TO THE  
HEAD AREA **3 POINTS**

KICKING TECHNIQUES TO THE  
HEAD AREA **2 POINTS**

JUMP KICKING TECHNIQUES  
TO THE BODY AREA **2 POINTS**

ALL MATCHES WILL BE 120 SECONDS  
OR 10 POINTS, WITH A 2 POINT MUST  
WIN RULE **NO OVER TIME**

ALL TECHNIQUES MUST BE  
**CONTROLLED CONTACT**  
**READ THE RULES**



HAND TECHNIQUES TO THE  
HEAD AREA **1 POINT**

KICKING OR HAND TECHNIQUES  
TO THE BODY AREA **1 POINT**

1 point is awarded for a successful foot sweep. A foot sweep is deemed successful when any part of an opponent being swept touches the ground other than their feet. An additional point may be scored on a successfully swept opponent with a hand technique to the head or body immediately following the sweep, while the opponent is on the ground.

**PENALTIES NOT CONFORMING TO THE RULES**