



BASIC RULE SUMMARY – Ring Disciplines

(Please see WAKO Canada's Ring Discipline Rules and Regulations for full details)

Low Kick

3 rounds of 2 minutes (one min rest between rounds)

Regular Boxing Techniques

Regular Kicking Techniques to the head, body, legs:

- Kicks are allowed to Upper leg (3 cm above knee) inside and outside of leg

Kicks are not permitted to the Lower Leg

No thrusting kicks to the front of leg

No spinning back-fist permitted

No Clinching permitted

No leg catches permitted

No Elbows permitted

No Throwing permitted

Sweeps are allowed

K1

3 rounds of 2 minutes (one min rest between rounds)

Regular Boxing Techniques

Regular Kicking Techniques to the head, body, legs:

- Kicks are allowed to Upper leg (3 cm above knee) inside and outside of leg
- Kicks are allowed to Lower leg (3 cm below knee) inside and outside of calf

No trusting kicks to the front of the leg

Knees permitted to head, body and legs for Seniors

Knees permitted to body and legs only for ages 10-18

K1 athletes ages 10-15 must wear chest protection

Active Clinch allowed for up to 5 seconds only

Thai Throws and Knees permitted in clinch

Leg Catches permitted (plowing prohibited)

Spinning back-fist permitted

No elbows permitted

Coaches

Coaches must register and have a Coaches Band

All Coaches must wear athletic apparel

No jeans, shorts, hats are permitted.

Only water is allowed in corners

Only 3 coaches are permitted in the corner



BUREAU NATIONAL / NATIONAL OFFICE

5008 South Service Road, Burlington, Ontario, CANADA, L7L 5Y7
Phone: 905-681-9815 - Email: nhq@kickboxingcanada.org