

He Yee Dao Karate Association

est. 1987



Notes on Sparring

Sparring is not required for beginning students, White Belts, and those through the rank of Purple Belt.

All students who have achieved the rank of Yellow Belt or above are encouraged and welcomed to spar, if interested. Please note the vendor links on the He Yee Dao site if you are need of equipment. Brown Belts and above are required to spar. Any question speak to the instructors.

The He Yee Dao Karate Association practices various lead up defensive and offensive techniques and supervised controlled point fighting opportunities to give interested students a safe, rewarding and enjoyable experience. No one can spar, regardless of interest, if he/she does not not have the proper safety protective equipment at class. All students must purchase their own equipment.

For students not interested in sparring, greater time and emphasis is placed on self defense and moving techniques.