



Training Tip

Resource Library

February, 2001 Strategic Tips for Winning Olympic Style Sparring

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Strategic Tips for Winning

Counterattacking has a better chance of scoring than attacking for advanced competitors.

Beginning and intermediate competitors are most likely to score with single direct attacks.

In a close match, an attacking fighter is more likely to win than a counterattacking fighter unless the counterattacker can score a knockout.

The most frequently used attacks are roundhouse kick, back kick and axe kick. Successful competitors can effectively counter these kicks.

The side kick and front kick are rarely used in competition any more and are highly unlikely to score points.

The roundhouse kick is the preferred kick for scoring, followed by the back kick and axe kick.

Kicks to the trunk score points more frequently than kicks to the head.

Spin whip kick is the least likely kick (out of the frequently used kicks) to score.

Feinting should be used sparsely and only when there is an intention to attack.

Counterattacking fighters should capitalize on the use of their front leg to increase chances of scoring.

Occupying the center of the ring is most advantageous.

When the opponent positions himself in the corner, prepare to counter an aggressive attack.

When the referee says "Kaesok" attack immediately.