



Disclosure of Experience

World Kickboxing Organisation (WKO) Requirements: **Gala Matchmaking**

In regard to coaches transparency in regard to the records they present for their fighters in regards to safe and fair play. Sparring is a form of practice fighting, typically used in martial arts or combat sports, where two people engage in controlled combat to develop skills without intending to seriously hurt each other.

What Sparring Involves:

- **Controlled Environment** – Usually done in a gym or training space with rules and supervision.
- **Protective Gear** – Gloves, headgear, mouthguards, etc., are often worn.
- **Focus on Learning** – The goal isn't to win, but to improve timing, technique, defense, and strategy.
- **Mutual Respect** – Sparring partners are there to help each other grow, not to "beat" one another.

Bouts are not only about winning or losing, they are about learning how to do what been trained to do under pressure. Bouts in martial arts involves structured, disciplined combat that combines technique, strategy, physical ability, and mental focus. It takes place in competition setting in front of an audience.

Key Elements of Fighting in Martial Arts:

1. Techniques

Striking – Punches, kicks, elbows, knees (e.g., Karate, Muay Thai, Boxing)

Blocking/Defense – Parrying, dodging, footwork to avoid attacks

Counters – Responding to an opponent's move with your own attack

2. Strategy

Reading your opponent, Controlling distance and timing Knowing when to attack or defend

Managing energy and pacing

3. Mental Discipline

Staying calm under pressure, Respect for your opponent and rules, Focus, patience, and self-control

4. Physical Conditioning

Strength, speed, endurance, flexibility, Reaction time and coordination

5. Rules & Etiquette

Most martial arts fights (especially in competitions) follow specific rules:

No strikes to certain areas, Points systems or submissions, Bowing or showing respect before/after a match.

Fighting in martial arts is less about violence and more about mastery, control, and personal growth. When a child enters a ring, tatami, Dojo - they are not fighting only with somebody. It's confrontation with themselves. The child is afraid, anxious, brave, frustrated...

And all in a safe environment, surrounded by those who encourage it. Every bout is a real opportunity to mature. There the child learns to control their emotions, to concentrate under pressure, to rise after a fall and to understand that effort is not a guarantee of victory but a way to progress.

This is a preparation for maturity - where challenges are everyday, the "opponents" are internal, and the greatest result is not to give up. Healthy fighting teaches empathy, discipline and self-awareness.

The one who has a bout today is strengthening themselves for the challenges ahead. Because awards will one day rust. But what they went through..... will stay in the mind forever.

✓ 1. To Establish Credibility & Competence

- In jobs or professions, disclosing your experience helps employers or clients evaluate whether you have the necessary skills and background.
- For example, in healthcare, engineering, or law, experience is often tied to trust and reliability.

✓ 2. Legal or Regulatory Compliance

- In many regulated industries, disclosure of experience is required by law or by governing bodies (like licensing boards).
- Example: A therapist or financial advisor might be legally required to disclose how long they've been practicing.

✓ 3. Transparency & Risk Management

- If someone is hiring you, they want to understand what you bring to the table to manage expectations and reduce the risk of mistakes or misrepresentation.
- This is especially true in high-stakes or safety-sensitive roles (e.g., pilots, surgeons, contractors).

✓ 4. Informed Decision-Making

- Clients, employers, or even juries (in legal cases) can make better decisions if they know your background—like whether you've faced similar situations or handled comparable challenges.

✔ 5. Ethical Accountability

- Disclosing experience helps maintain ethical standards, especially in professions with a public duty.
 - Misrepresenting or hiding your experience can lead to consequences like losing a license, damaging reputation, or even facing legal action.
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Not required to be declared:

What do WKO recognise as the difference between Training (Sparring) & Competitive Bouts (Fight). Below is a clear break down of the difference between training & competing.

A fighters experience which does **NOT** need to be declared:

- Sparring in own club = Training
- Sparring at other clubs = Training
- Arranged Sparring between clubs = Training

Training does **not** need to be declared as it is training, within a training environment.

These are all behind closed doors with no spectator/crowd pressure or cheering which can influence the fighters intentions of the shots thrown.

Required to be declared:

A fighters experience which **IS** required to be declared in the interest of fair play in combat sports.

- Interclub - None Decision / Exhibition = Bout
- Interclub - Decision = Bout
- Open Championship Decision = Bout
- Gala None Title Fight = Bout
- Gala Title Fight = Bout

Once a bout is arranged, agreed upon based on 1-1 matching in front of an audience, regardless of size. Once the first bell rings the athletes intentions are influenced in a way to impress the audience.

At this point they are competitively fighting which is entirely different mental concept for both athletes involved which is different from the level on intent administered from sparring.

These are arranged bouts which feature, weigh ins and should have medics present in case of injuries sustained. They are completed in front of spectators and crowds cheering them on which dictates their intentions in the bout, they are all there for deemed a Fight/Bout.

So all are required to be declared in the interest of fair play and safety in regard to match making.