

	SPORT-BOXING RULES	KICKBOXING RULES	LOW KICK RULES	K-1 RULES	THAI BOXING RULES	POINTFIGHTING RULES	LIGHT CONTINUOUS	KEN-DO RULES	TAE-DO RULES
LEG TECHNIQUES - AMATEUR RULES									
ROUND KICK	FOUL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	FOUL	LEGAL
FRONT KICK	FOUL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	FOUL	LEGAL
SIDE KICK	FOUL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	FOUL	LEGAL
AXE KICK	FOUL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	FOUL	LEGAL
HOOK KICK	FOUL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	FOUL	LEGAL
CRESENT KICK	FOUL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	FOUL	LEGAL
SCISSOR KICK	FOUL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	FOUL	LEGAL
SPINNING KICK	FOUL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	FOUL	LEGAL
TURNING KICK	FOUL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	FOUL	LEGAL
JUMP KICK	FOUL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	LEGAL	FOUL	LEGAL
KNEE STRIKE	FOUL	FOUL	FOUL	LEGAL	LEGAL	FOUL	FOUL	FOUL	FOUL
JUMPING KNEE STRIKE	FOUL	FOUL	FOUL	LEGAL	LEGAL	FOUL	FOUL	FOUL	FOUL
	SPORT-BOXING RULES	KICKBOXING RULES	LOW KICK RULES	K-1 RULES	THAI BOXING RULES	POINTFIGHTING RULES	LIGHT CONTINUOUS	KEN-DO RULES	TAE-DO RULES
HEAD TECHNIQUES - AMATEUR RULES									
HEAD BUTT	FOUL	FOUL	FOUL	FOUL	FOUL	FOUL	FOUL	FOUL	FOUL
BITING	FOUL	FOUL	FOUL	FOUL	FOUL	FOUL	FOUL	FOUL	FOUL