

SELF DEFENSE APPLICATION COMPETITION RULES

Divisions:

Men & Women (Boys & Girls) will compete in the same Self Defense Application divisions; the only separations will be based on age and rank.

Teams

Teams will be made up of two (2) to three (3) people, the competitor and one or two attackers. Attackers must be approximately the same age and size as the competitor, i.e. no adults or teens attacking kids. Attackers may be of any rank.

Attackers do not have to be registered in the division to participate.

Safety:

The goal of this division is to demonstrate effective martial arts while also allowing creativity and differences in style to be showcased. With that in mind only the prescribed attacks are allowed for ease of judging and safety. Any team that uses an attack that is not on the prescribed list will be disqualified. If you are unsure if your attack is acceptable, please speak to a judge prior to competition. Any competitor that injures an attacker will be automatically disqualified from his or her division. Please be sure your attacker knows how to take an effective fall if you intend to use a takedown or throw during your demonstration.

Equipment:

This division will be competing on the mats used for the Grappling Divisions.

Competitors and attacker must wear their correct uniform for this division. No costumes or street clothes will be allowed for this division. All weapons attacks must use either wooden or rubber training weapons that must be inspected by the judges prior to beginning your division. Acceptable training weapons will be available to borrow if you need one. Competitors and attackers are welcome to wear a mouth guard for this division, but it is not required. All male competitors and attackers MUST wear a cup and supporter.

Judging:

Each competitor will be judged as an individual, not as a team. There will be three (3) or five (5) judges for the self-defense application division. Scoring will be based on logical application of technique, effectiveness of the technique, control of technique, & overall performance and presentation of the technique. If a weapon is used in the attack, points will be deducted for failure to control the weapon at the end of the technique. All competitors (defenders) must begin each technique unarmed.

After each competitor performs his/her techniques the judges will show their scores. Once all the competitors in the division have performed their techniques, the top three scores of the division will be awarded 1st, 2nd, & 3rd place.

Ties:

In the event of a tie for 1st, 2nd, or 3rd place, those competitors who tied will be asked to perform two (2) self-defense techniques of the competitor's choice from the list of acceptable attacks for his or her division. Defensive techniques may be the same techniques previously demonstrated, or two additional techniques. In the event of a second tie, judges will be asked to point to the competitor he or she believes deserves to win. The competitor with the most votes will be declared winner.

Competition:

Each competitor should inform the judges of his/her name, the martial arts school being represented, his/her instructor's name, the name of his or her partner, and which attacks will be used.

- **For youth (12 & Under) competitors:** If a mistake is made during the demonstration, youth competitors may start over one time, for one technique with no penalty to their score. For any additional mistakes, the competitor should finish to the best of his or her ability.
- **All other divisions:** If a mistake is made, continue to finish the technique(s) to the best of your ability.

Each competitor will defend against a set number of attacks in each required category, depending on his or her division.

- **Youth Beginners:** Three hand strike or grab defenses, including at least one (1) grab.
- **Youth Intermediate:** Four (4) hand strike, grab or kick defenses including at least one (1) kick defense.
- **Youth Advanced:** Five (5) hand strike, grab or kick defenses including at least one (1) kick defense.
- **Teen & Adult Beginners:** Four (4) hand strike or grab defenses including at least one (1) grab.
- **Teen & Adult Intermediate:** Six (6) hand strike, grab or kick defenses, including at least one (1) kick defense.
- **Teen & Adult Advanced:** Any eight (8) defenses from any category

Accepted Attacks:

Please see competition website for demonstrations of any techniques you are not sure what they are. All weapons attacks must use either wooden or rubber training weapons that must be inspected by the judges prior to beginning your division. Acceptable training weapons will be available to borrow if you need one.

I. Hand Strikes – Beginner Divisions & higher

- a. Straight Punch
- b. Reverse Punch
- c. Round Punch
- d. Club hand (Hammer Fist)

II. Grabs – Beginner Divisions & Higher

- a. Single wrist grab
- b. Double wrist grab
- c. Front bear hug
- d. Rear Bear Hug
- e. Rear hammer lock
- f. Rear Strangle

III. Kicks – Limited to Intermediate Divisions & Higher

- a. Front Kick
- b. Round Kick
- c. Side Kick
- d. Spin Kick
- e. Football Kick

IV. Weapon Attacks – Limited to Teen & Adult Advance Belt Divisions Only

Competitor (defender) must be unarmed at the beginning of the attack. All weapons attacks must use wooden or rubber training weapons only & must be inspected by judges prior to competition.

- a. Any knife attack with a blade length of less than twenty (20) centimeters
- b. Any club / stick attack with a weapon less than the one (1) meter in length
- c. Any firearm attack (defender must be unarmed)

V. Multiple Attackers

- a. Attackers may use any attack from the above categories including weapons