

INF

SELF DEFENSE

COMPETITION RULES

1. Classical Self Defense is a specialty from 2 until 10 competitors.
2. Mixed Team are allowed.
3. Performance Time is 3 minutes maximum, presentation included.
4. The tatami size should be 6x6 meters or 8x8 meters.
5. Competitors from every Martial Arts may participate to this Competition.
6. Evaluation will be taken by 5 inter styles Officials (depending by referees disposal).
7. The Score starts from 6.0 points until 9.0 points.
8. The Team with the best total score will be deemed the winner.
9. Judges will value demonstration about classical Self Defense Competition criteria and:
 - techniques precision and control
 - techniques efficacy
 - techniques difficulty
 - performance realism
 - techniques coordination
 - techniques variety
 - techniques interpretation (attitude)
 - attack techniques and defensive techniques must be ready and strong
 - techniques speed of execution
 - concentration showed
 - kime'
10. Performances may be executed with or without weapons, with or without music (music is optional).
11. Dress Code: competitor may wear his own Martial Arts Uniform. Uniform has to be clean and decorous.