

MASMAL COMPETITOR RULES SELF DEFENSE DIVISIONS ADDENDUM

S E L F - D E F E N S E

All competitors will be matched up with someone who is approximately their own height and weight. Opponent will attack with various controlled strikes and holds for one minute.

- No Gi top is necessary to perform or demonstrate techniques. (Competitor as well as opponent)

- Competitor will demonstrate four (4) individual self-defense techniques

A. An edged weapon (knife)

B. An impact weapon (club)

C. A strike (punch or kick)

D. A grab

- ***NOTE***- Beginners do not need to do a technique with a weapon. Intermediate - Expert are required to do at least 1 technique with a weapon.

- Competitors will demonstrate each technique slowly first, (A verbal description of technique strikes and targets is recommended but not required) then at combat speed.

PROPS: Only people and weapons can be used as props. No music or skit dialogue is allowed.

Weapons may not be used against the opponent at any time during the bout. (UB Only)

No steel or aluminum weapons may be used. (Wood or rubber is okay) Clubs must be padded.

DURATION OF BOUT: Shall be a maximum of one minute

COMPETITION AREA: 20 x 20 ring

UNIFORMS: Full uniform of discipline system, or t-shirts with uniform pants may be worn.

JUDGES: Three judges, same as forms

SCORING: Competitors will be judged on balance, speed, focus, and difficulty of technique.

Techniques shall be divided into two equal parts.

A. Practicality (Effectiveness of technique for street application)

B. Execution (Delivery of technique at combat speed)

Techniques shall be accessed within a scoring range depending on rank of competitor.

(EXP: Beg- 6.0 base, Int. - 7.0 base, Adv. – Exp. 8.0 or 9.0 base.

PROHIBITED BEHAVIOR:

A. Techniques, which make contact to any part of the throat during combat speed.

B. Techniques, which make excessive contact to resulting in immediate swelling, bruising or bleeding.

C. Techniques, which by their nature cannot be controlled for the safety of the opponent.

D. Speaking to the opponent or any of the officials during the bout without the referee requesting that the competitor speaks.

E. Any discourteous or unsportsmanlike conduct. Any coach/ instructor who behave in such a manner towards any official or another competitor may be immediately disqualified from the tournament. The decision will be at the discretion of the Center Judge.

This is not a combative match, so the opponent should comply and work with competitor to some degree