

CHAPTER 5 ADDITIONAL INFORMATION

Item 12 - Junior Tournaments

The rules and regulations that concern the junior tournaments are to be separately provided.

Item 13 - Revision of Document

The revision of this document is done by the Masters Committee also called *Shihan-Kai* with a majority of two thirds of the members present.

Additional Clause

Date of Revision: May 11 1996

Last date of revision: August 14 2004

SPECIFIC GUIDELINES FOR 1 POINT BASIC FIGHTING OR *KIHON-IPPON KUMITE*

TO START A MATCH OR EVENT

1. When called, the 2 selected competitors move forward to their designated starting positions and bow to each other.
2. The Head Judge starts the match with the vocal command: begin or *Hajime*.

Note: Red side always starts first. Then, the attacks alternate between each side.

ATTACKING TECHNIQUES

1. Punch to the face or *Jodan Oi-Zuki* - aiming for either just below the nose and in this particular situation, as well for the lower part of the chin.
2. Punch to the stomach or *Chudan Oi-Zuki* - aiming for the solar plexus.
3. Front kick to the stomach or *Chudan Mae-Geri* - using the back leg, aiming for the solar plexus.

Note: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.

4. There must be appropriate distance to attack. The attacking competitor steps the leg back and forms a downward block or *Gedan-Barai*. Each attack must be clearly announced before execution.
Note: For the execution of front kick or *Mae-Geri*, both arms are extended and kept on each side of the body.
5. After the completion or an attack and defense sequence, both competitors simultaneously return to the natural position or *Shizentai*. The attacking competitor takes a step back to return to the natural

position while the defending competitor takes a step forward to do the same.

Note: If the distance between the competitors is not appropriate, the Head Judge or the Judges will tell the competitors to adjust their distance appropriately.

DEFENSIVE TECHNIQUES

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counterattack to the target areas as mentioned above, can be used but only a single counterattack is allowed.

ADDITIONAL POINTS

1. An attack or defense technique can only be used one time.
2. There is to be one sudden vocal release of energy or *Kiai* per attack and per counterattack.

OUTCOME OF A MATCH OR EVENT

1. The outcome of the match or event is decided by the Head Judge and 4 Judges.
2. If there is a draw, the same attacks are done with the left side initiating the attacks. Following this, a decision to declare a winner must be reached.

PROHIBITED ELEMENTS

Pertinent to Attack

1. Faking a movement in order to have the opponent move, and then attack that opponent.
2. Lunging the body towards the opponent or taking more than one basic step forward to attack.
3. From the natural position or *Shizentai*, the attack must follow a straight line forward and not follow the opponent who may have moved prior to completion of the attack.

Attention: The foot of the attacking competitor that has stepped forward, should end up positioned between the opponent's legs.

Fundamental basic technique must be applied during execution.

4. Face level and stomach level attacks that are executed with forceful motions such as pressing the arm downward while the opponent is executing a blocking technique.
5. Withdrawing too quickly the hand that is executing an attack.

Pertinent to Defense

1. Contact or hitting the attacking competitor other than the blocking technique that should be executed.

Attention: There is no contact to the other competitor except to execute the blocking technique.

2. Any combination techniques; sweeping the attacking competitor - *Ashi-Barai*; any projection techniques or holds involving the joints.
3. During the execution of a blocking technique to the stomach, to be blocking at the other competitor's elbow.

Attention: Proper blocking is done at the wrist of the attacking competitor.

4. During the execution of a blocking technique to the face, any forceful motions that may cause a loss of balance of the attacking competitor.
5. Withdrawing too quickly the hand that is executing a counterattack.

REGARDING CRITERIA LEADING TO DISQUALIFICATION

1. When a prohibited element has been identified, the Head Judge and the Judges will confer and indicate their decision regarding the degree of severity and give the appropriate reprimand, either a caution or *Keikoku*, a warning or *Chui*, a disqualification or *Hansoku*, and pronounce absolute disqualification or *Shikkaku*.
2. Please refer to the section Criteria Leading to Disqualification (**HANSOKU**) as part of the Tournament Rules & Regulations document for additional information.

SPECIFIC GUIDELINES FOR SEMI-FREE FIGHTING OR *JIYU-IPPON KUMITE*

TO START A MATCH OR EVENT

1. When called, the 2 selected competitors move forward to their designated starting positions and bow to each other.
2. The Head Judge starts the match with the vocal command: begin or *Hajime*. As both competitors step forward in their ready to fight positions or *Kamae*, the red side always starts first. After each attack, block and counterattack sequence is completed, the competitors pause in ready to fight positions or *Kamae* at a proper distance or *Maai*, then return to their starting points, still in ready to fight positions or *Kamae*. The 2 competitors then wait for the Head Judge's command to resume fighting, either the red side or the white side initiating.
3. The competitors may choose their ready to fight positions or *Kamae*. However it is recommended that in a Junior Tournament the competitors hold their arms in front of their body.
4. After all attacks are executed from both sides, the competitors return to their designated starting positions and wait for decision of the Judges.
5. Both competitors must wear guards for the hands as per the Tournament Rules & Regulations document.

ATTACKING TECHNIQUES

1. Punch to the face or *Jodan Oi-Zuki* - aiming for either just below the nose and in this particular situation, as well for the lower part of the chin.
2. Punch to the stomach or *Chudan Oi-Zuki* - aiming for the solar plexus.
3. Front kick to the stomach or *Chudan Mae-Geri* - using the back leg, aiming for the solar plexus.

Note: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.

4. There must be appropriate distance to attack and each attack must be clearly announced before execution.

Note: If the distance between the competitors is not appropriate, the Head Judge or the Judges will tell the competitors to adjust their distance appropriately.

DEFENSIVE TECHNIQUES

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counterattack to the target areas as mentioned above can be used but only a single counterattack is allowed.

ADDITIONAL POINTS

1. An attack or defense technique can only be used one time.
2. There is to be one sudden vocal release of energy or *Kiai* per attack and per counterattack.
3. When there is proper distance or *Maai* to attack, the competitor must initiate that attack. It has been seen that proper distance or *Maai* has been reached and no attack is initiated. This must not be done.
4. The defending competitor must not back away creating a longer distance from the attacking competitor.
5. Faking a movement or *Kensei* is not allowed.

PROHIBITED ELEMENTS

Pertinent to Attack

1. Distance is too short, and lunging the body towards the opponent.
2. Withdrawing too quickly the hand that is executing an attack.
3. Contact or hitting the opponent.
4. Blocking or shifting the body during the counterattack.
5. Grabbing or holding the opponent.

Pertinent to Defense

- 1. Stepping out of the court for 3 times. A caution or *Keikoku* is given for the first time, a warning or *Chui* is given for the second time and a disqualification or *Hansoku* is given for the third time.**
- 2. Blocking and counterattacking at the same time.**

Note: Please refer to the section Criteria leading to Disqualification (HANSOKU) as part of the Tournament Rules & Regulations document for additional information.

SPECIFIC GUIDELINES FOR JUDGING
1 POINT BASIC FIGHTING OR *KIHON-IPPON KUMITE*
AND
SEMI-FREE FIGHTING OR *JIYU-IPPON KUMITE*

FRAME OF MIND OF COMPETITORS

1. Proper manners
2. Fighting spirit and effort
3. Eye contact
4. Poise and readiness

DISTANCE OR *MAAI*

1. Proper distance and angle of the techniques towards the target area.
2. Proper timing when blocking and if the attacks are properly blocked at the wrist and ankle of the opponent as well as the attack being properly diverted and the body moved from the line of attack.
3. If the blocking technique is practical and body shifting is done according to the opponent.
4. Proper choice of counterattack from the defending position and according to distance and the rapidity of execution of this element.
5. Motionless of supporting leg when initiating a blocking or attacking sequence.

FOCUS OF POWER

1. Degree of use of the body to generate this focus of power.
2. Hip rotation and feet movement are smooth and proper direction of body and techniques.
3. Proper stance and posture and the degree of transforming the body parts into "weapons" of attack and defense.
4. Proper sudden vocal release of energy or *Kiai*, spirit and power as a unit.

SPECIFIC GUIDELINES FOR FREE FIGHTING
OR
JIYU KUMITE

1. These tournaments follow the Tournament Rules & Regulations document.
2. For the age group of 11 to 12 years old, the best 8 will do free fighting or *Jiyu Kumite* and must wear a mouth guard, guards for the hands and a body protector as well.
3. For the age group of 13 to 15 years old, a competitor must wear a mouth guard, guards for the hands and a body protector as well.
4. For the age group of 16 to 18 years old, a competitor must wear a mouth guard and guards for the hands. The girls will wear a body protector as well.

SPECIFIC GUIDELINES FOR *KATA* TOURNAMENTS

This applies to children and youths up to 18 years old:

1. The Red and White Flag System will be used up to the best 8 competitors, using this Designated Basic *Kata* list or *Shitei Kata*:
Heian Shodan . Heian Nidan . Heian Sandan . Heian Yondan
Heian Godan . Tekki Shodan
2. The Point System will be used for the best 8 competitors, using the following *Kata* as choices:
Bassai Dai . Kanku Dai . Jion . Enpi . Jitte . Hangetsu . Gankaku
3. For all pertinent items, please refer to the Tournament Rules & Regulations document.