

Dutch Open Championships 2024

Traditional Kungfu, Taijiquan, Pushing Hands, Sanda, Selfdefense

Saturday 21 – September – 2024

國際中國武術錦標賽荷勇敢杯



Venue Location

Sportcentrum Matenpark
Heemradenlaan 130
7329 BZ Apeldoorn
The Netherlands

www.tcma-tournament.com

Watch these He Yong Gan Cup Championships Video Impressions:

He Yong Gan Cup 2022: https://www.youtube.com/watch?v=WV_BNoyGZfg

He Yong Gan Cup 2023: <https://www.youtube.com/watch?v=oiFkUrPTIRI>

SATURDAY 21 SEPTEMBER 2024

TRADITIONAL CHINESE MARTIAL ARTS TOURNAMENT

The He Yong Gan Cup



國際中國武術錦標賽荷勇敢杯

Heemradenlaan 130, 7329 BZ Apeldoorn



SELFDEFENSE

**Sportshal
Matenpark**



ALL STYLES WUSHU



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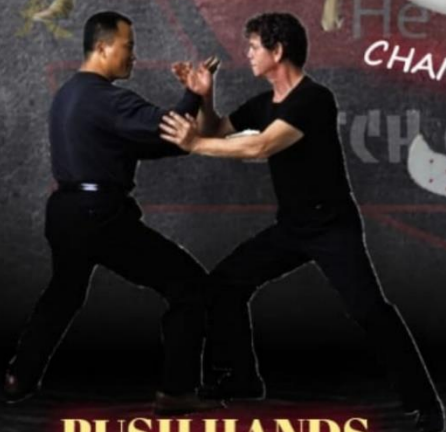


10:00 - 17:00

DUTCH OPEN 2024



TAIJIQUAN



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CHAMPIONSHIPS

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Welcome at the Dutch Open Championships 2024: The He Yong Gan Cup
"Become the Ultimate Warrior"

We welcome all Chinese Martial Arts school at the He Yong Gan Cup the Dutch Open Martial Arts Championships 2024 - For the traditional and modern Chinese Martial Arts. Besides Taolu (form) for Traditional Kung Fu and Taijiquan will there also be opportunity's for Tui Shou (Push Hands), Sanda (Chinese Kickboxing) and Selfdefense (Reality Based Techniques)

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1. Location

The Tournament will be held at:

Sportcentrum Matenpark
Heemradenlaan 130
7329 BZ Apeldoorn
The Netherlands.

2. Date of the Event

Tournament date: Saturday 21 – September - 2024, from 8:00 – 9:15 for athletes check in). And from 9:30 until 17:00 open for the public visitors .

3. What can you participate in?

The exact poules will depend on the number of participants and the categories they participate in. In order to keep it fun and challenging for everyone our aim is to keep the poule size at the right level (6-10 participants per pool). In order to achieve that, the organizers may need to drop or combine poules, or split poules into multiple new poules.. For example split the short weapon pool into Jian, Dao and other. The organizers considers poules on competition categories (like bare hand, weapon, different styles, ...) and participant categories (age, weight, sex).

Exact rules will be communicated via the website when they are finalized with the judges and jury.

3.1. Taolu Kung Fu, Wushu forms, Duilian

We have defined the following categories for Kung Fu forms: Shaolin, and Southern style Kung Fu and Duilian partner forms. Within these main categories you can participate in barehanded forms, short weapon forms, long weapon forms and flexible weapon forms. The maximum time for a form is 2 minutes. Participants walk to the center of the field, greet all the jury members and start the form. Time will start and after 2 minutes have passed, a sound will be played and the participant has 15 seconds to end the form. There is no minimum time requirement.

The dress code is the traditional clothing belonging to the style you are participating in. If your school has a fitting school uniform, that is acceptable as well.

The following age categories are considered: 9 years and below, 10-12, 13-17, 18-27, 28-39, 40 and up. Participant age is the full age of a person on the date of the tournament. Both male and female participants participate in the same pools.

3.2. Taolu Taijiquan forms

We have defined the following categories for Taijiquan forms: Yang, Chen and other styles. Within these main categories you can participate in barehanded forms, short weapon forms, and long weapon forms. The maximum time for a form is 6 minutes. Participants walk to the center of the field, greet all the jury members and start the form. Time will start and after 6 minutes have passed, a sound will be played and the participant has 15 seconds to end the form. There is no minimum time requirement.

The dress code is the traditional clothing belonging to the style you are participating in. If your school has a fitting school uniform, that is acceptable as well.

There are no age groups. It can happen that male and female participants, participate in the same poule.

3.3. Push Hands

Our goal is to make push hands accessible to all. Even people with little or no experience can participate. To make it accessible for all the referees will organize a push hands workshop before the actual matches. This is a fun way to get acquainted with push hands. Push hands pools come in 3 categories: **parallel step**, **fixed step** and **moving step**. Male and Female participants will participate in different poules. See section 7 for the complete rules.

3.4. Sanda

Our goal is to make Sanda accessible for all. So if you have some sparring experience from your Kung Fu school, you can already participate. We will match opponents with care to ensure the matches are as equal as possible. See section 8 for the complete Sanda rules.

3.5. Selfdefense

A reality based aspect of Chinese Martial Arts? Yes! We try with this Selfdefense competition to get athletes to do more reality based selfdefense techniques based on the concepts of their style. Each participant shows 4 techniques and the focus must be on reality, reality based and effectiveness. Of course with safety as most important guideline. See section 9 for the complete Selfdefense rules.

4. How to Register and Payments

4.1. Registration

You can register by providing all necessary information in an email to info@tcma-tournament.com or filling in the registration Word or PDF and email the forms to earlier mentioned email address. This Word/PDF forms can be used to register multiple participants, please use: **ONE FORM PER ATHLETE** Coaches must also register. Registered coaches can be present with the participants on the field.

You can register until 18 September 2024. Registrations after this time are not possible.

4.2. Fees

You can register for each category once (so you can not do 2 Shaolin barehand forms). Your first participation costs EUR 22,50 , each additional participation is an additional EUR 10.

Extra Coaches needs to register at EUR 7.50 each. Each 5 participants will allow one coach to register for free, so 1-5 participants is 1 free coach, 6-10 2, etc.

First event: 22,50 (1 Taolu or 1 Sanda Fight or Push Hands or Selfdefense)

Each extra event: 10 euro. (Except Sanda: Sanda is 15 euro in combination with other events.

Exception: If an athlete performs Taolu and Sanda he pays 22,50 for Taolu 1 form and for the Sanda Fight 15 euro.

Taolu = 22, 50 each extra Taolu event is 10 euro per event

Push Hands = 22, 50 as extra event Push Hands is 10 euro

Selfdefense = 22,50 as extra event Selfdefense is 10 euro

Sanda Fight = 22, 50 as extra event a Sanda Fight is 15 euro

So all participants pay 22,50 once for the first event for example: Taolu Shaolin unarmed form is 22,50, if want to do extra forms you pay 10 euro per form. Every extra event is 10 euro but Sanda is 15 euro as extra event.

Fees must be paid by bank transfer to W.A.J Broekhuis, IBAN NL78INGB0101579926. Please mention "TCMA" and the email address you used to send your registration details with, otherwise it may be difficult to match your payment against the registrations.

4.3. Terms and conditions

The organizers cannot be held responsible for any injury or damage to persons or goods. All participation is at your own risk.

On tournaments like this, many people in the public, coaches and participants will be filming or making photos. You are aware that you may end up on social media. Please respect the privacy of others as much as possible.

The organizers cannot refund registration fees for cancellation or no-show from the participants side. If for any reason on the organizers side (some part of) the tournament is cancelled, all affected participants will receive a full refund.

5. The day itself

5.1. Agenda

Here is the agenda for the first part of the day.

· 8:00 - 9:00: registration (all participants and coaches should bring a valid ID)

8:45 – 9:45: Workshop Pushing-Hands with sifu Erik Dreijer

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- 9:00 - 9:15: warming up and training participants
- 9:00 - 9:15: meeting organizers with coaches
- 9:45: gathering of the teams and participants
- 9:45: opening ceremony
- 10:00: start of competition

The exact agenda of the competition will be present during the tournament and sent to the coaches by email.

5.2. Tournament rules

Exact tournament rules are currently under discussion with the jury and judges. We will publish them on the website as soon as they are finalized.

5.3. Rewards

All participants and coaches will receive a commemorative medal. Furthermore the top 3 in every pool will receive a medal. The best schools will also receive a cup.

5.4. Facilities

During the tournament, the following facilities are present:

- first aid
- spectator area
- canteen with simple food and drink
- toilets
- currently, we are considering adding a few stalls with martial arts related articles

5.5. Spectators

There are spaces for spectators available. Spectators pay EUR 5 admission fee. Children up to the age of 12 have free admission if accompanied by an adult.

5.6. COVID

We hope and assume that COVID will not be a factor during the tournament. However, the organizers will abide by the then valid COVID rules and expect all spectators, participants and coaches to do the same.

6. Contact and further information

Further information, for example the exact tournament rules, will be published on the tournament website: www.tcma-tournament.com. If you have specific questions or concerns please contact the organizers by email at info@tcma-tournament.com or via WhatsApp or phone on +31 612645368

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7. Push Hands Rules

This chapter describes the rules for parallel step and fixed step and moving step competitions. They are based on the Stichting Taijiquan Nederland push hands regulations.

If a participant has Taolu and Pushing hands at the same time. Pushing Hands always comes first. And Taolu can be done later after speaking with the judges..

Weight classes

7.1. Weight classes

For the competition, the following weight classes will apply.

Male		Female	
	< 55 kg		< 55 kg
	55-64 kg		55-64 kg
	65-74 kg		65-74 kg
	75-84 kg		75-84 kg
	85-90 kg		85-90 kg
	> 90 kg		> 90 kg

If after the weight measurement it appears that a classification is of a higher weight class than in the weight class specified by the participant, disqualification will follow.

At the discretion of the competition management, the weight classes can be adjusted based on the number of registered participants. We may also consider mixed poules if this will result in more and better matches. We will ask in the registration form whether you are open for participation in a mixed poule. The decisions of the competition management are final.

7.2. Conduct

- The participant must be present 10 minutes before the scheduled group time to avoid unnecessary waiting and searching.
- If the participant is not present at the scheduled playing time for him/her, disqualification will follow.

7.3. Clothing

All participants must wear appropriate sportswear, such as e.g.

- T-shirt
- Shorts pants or training/sweatpants where the trouser legs do not fall over the feet.
- Bare feet, no shoes. Feet need to be washed and clean.
- The nails should be cut short and long hair should be tied up (or worn in a tail).
- No watches, jewelry, piercings, glasses or other potentially injury-causing objects may be worn.

7.4. Poule system

During the competition, a poule system per weight class is used. The number of participants per poule will be at least 6. After playing matches, the numbers 1 and 2 of each poule will advance to the next round. If there are several poules per weight class, cross-finals will be played.

At the discretion of the competition management, the poule sizes can be adjusted based on the number of registered participants. The decisions of the competition management are final.

If all matches have been played in a weight class and no winner can be determined due to a tie, the total points (number of points scored for and against, +/-) will be the deciding factor.

7.5. Competition location

The competition will take place on a field that is separated into two parts by a line (the dividing line).

For parallel step, fixed step and moving step, a mat of at least 6x6 meters will be used, with a cross in the middle. The participants stand right-angled towards the referee table

7.6. The match

7.6.1. The match time

All matches consists of 2 rounds of 1 minute each, with a break of 1 minute in between.

The timekeeper indicates the end of the match times by a sound signal. The head referee stops the match and waits for the results. As soon as this is known, the referee will point out the winner.

The finals have the same match times as the poule matches. If the final is a draw, the lightest participant will win, if the weight of the participants is equal, the oldest participant will win.

7.6.2. What is allowed and not allowed

Both participants will only push each other by using Peng, Lu, Chi, An, Tasi, Lieh and Kao (ward off, roll back, press, push, pull down, split, shoulder press). No elbow techniques may be used.

7.7 Scoring

In a push hands match it is the intention is to score points to win the match.

7.7.1. Points

One (1) point will be assigned:

- If the attack of the participant is neutralized by the opponent
- If the participant is forced by the opponent to move a foot.

If both participants lose balance and fall, the last to fall is assigned one point.

Two (2) points are assigned if:

- the opponent is forced to fall
- the opponent is forced to move both feet

If any body parts above and including the knees touch the ground, it is considered falling.

No (0) points are given if

- both participant fall at the same time
- both participants hold each other more than 3 seconds

7.7.2. Penalties

Penalties will be assigned for the following transgressions:

- attacks to groin, neck or head
- attacks with head, knees or elbows
- attacks to heart of armpit of the opponent with elbow or stretched fingers
- attacks with foots like stepping on feet, kicking, stomps, sweeps
- throws
- wrestling or holding the opponent at the waist or legs
- hitting a fallen opponent (disqualification)
- insulting the opponent, referee, timekeeper, etc) (first time official warning, second time disqualification)
- not obeying the orders of the referee
- any act contrary to any regulations relevant to the competition
- technical advice from the coach of the participant during the match, by yelling from outside the field, to influence the progression of the match.

Penalties for transgressions

- official warning: the opponent will receive one (1) point
- disqualification after 3 official warnings

7.8. Surrender and injury

- If a participant surrenders, he has lost the match.
- If a participant has been injured in such a way that, in the opinion of the referee, he can no longer continue the match, his opponent will be declared winner, unless the injury was the result of an illegal activity.
- If the injury was the result of an illegal activity by the opponent, the injured participant is declared winner.

7.9. Results and points lists

There is no discussion possible about the results of a match with the referees or tournament organizers.

A complaint can be filed at the complaints commission.

The points lists are archived by the organization. Copies of these lists can be provided on request of the participants.

7.10. Starting positions

The starting position is taken at the beginning of the match and after each stop.

7.10.1. Parallel step push hands

The participants face each other with the feet at shoulder width.

The right arm is held relaxed in defense (Peng) position at chest level. The wrist of the right arm rests on that of the opponent (wrist on wrist). The hand of the left arm rests open and relaxes on the opponent's right elbow joint.

On the signal of the referee, the participants turn a horizontal circle relaxed in sync with the right arm while moving their body weight to the front and back foot:

- 3 times counterclockwise (counterclockwise), whereby the feet may be moved if necessary to correct the position,
- then a second circular movement is continued in the opposite direction (clockwise),
- the referee guides the hands until the signal START!, to ensure that the participants turn relaxed, whereupon he raises his hands and steps back, the match starts and the time starts.

At the start of the second part of the match, hands are switched.

7.10.2. Fixed Step Push Hands

The participants face each other in bow stance. The right foot of each participant is placed on the dividing line.

The right arm is held relaxed in defense (Peng) position at chest level. The wrist of the right arm rests on that of the opponent (wrist on wrist). The hand of the left arm rests open and relaxes on the opponent's right elbow joint.

On the signal of the referee, the participants turn a horizontal circle relaxed in sync with the right arm while moving their body weight to the front and back foot:

- 3 times counterclockwise (counterclockwise), whereby the feet may be moved if necessary to correct the position,
- then a second circular movement is continued in the opposite direction (clockwise),
- the referee guides the hands until the signal START!, to ensure that the participants turn relaxed, whereupon he raises his hands and steps back, the match starts and the time starts.

At the start of the second part of the match, hands and feet are switched.

7.10.3. Moving Step Push Hands

Both participants stand opposite from each other on the circle line. At the referee's signal, they walk to the center of the circle.

Face each other with the right arm in the parrying (peng) position. The right wrists cross each other.

At a further signal from the Referee, the competitors walk clockwise around the center of the circle until the Referee gives the signal **START**. After the signal **START**, the participants keep moving.

When one or both contestants, in the opinion of the referee, lose their balance. The head referee will stop the match and immediately award points.

After this the competitors return to the starting position around the center of the circle and wait for the signal from the chief referee

- Points are only awarded if the push result from a move. The so-called bullfighting are not rewarded with points.
- The head referee suspends the game and awaits the result. As soon as this is known the referee will declare the winner.
- A loss of balance is: the head does not stay upright towards the ceiling and/or the back bends during the push.

After each stop, the running direction of the participants is switched as well as the arms in the peng position.

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8. Sanda Rules

- You have to have a coach present to be able to fight in a Sanda match.
- Rules **can be changed** before the match with input of both party's this means: if the two participation both agree on fighting without low kicks for instance, then we let the fight happen without low kicks. This can also go for "shin protectors" in the adult and more experienced division. Many times we see on tournaments that athletes have an injury on the day of the tournament. This could be the result of the preparation training for the tournament. We want to give everybody the chance to fight at the He Yong Gan Cup Dutch Open Championships. Yes it is full contact, and yes we choose for the safest way. We decide the definitive rules before the fight, like last year.

8.1. Weight and age classes

The following weight and age classes are considered both for male and female participants.

Weight classes	Age classes
≤ 48	12-14 years
> 48kg – ≤52kg	14-16 years
> 52kg – ≤56kg	18-24 years
> 56kg – ≤60kg	25-34 years
> 60kg – ≤65kg	35-42 years
> 65kg – ≤70kg	43-50 years
> 70kg – ≤75kg	51-57 years
> 75kg – ≤80kg	
> 80kg – ≤85kg	
> 85kg – ≤90kg	
> 90kg	

If after the weight measurement it appears that a classification is of a higher weight class than in the weight class specified by the participant, disqualification will follow.

At the discretion of the competition management, the weight classes can be adjusted based on the number of registered participants. The decisions of the competition management are final.

People that are 17 years old can be grouped in the 14-16 year category or the 18- 24 year category, depending on weight and experience. Please contact the tournament organizers if this applies to you.

8.2. Conduct

- The participant must be present 10 minutes before the scheduled group time to avoid unnecessary waiting and searching.

8.3. Clothing and protection

- **Boxing gloves:** participant wear regulation boxing gloves and these may be in any color. Underneath the gloves, the participant use hand wraps to help keep their fist in shape and prevent any injuries to the knuckles and wrist. 12oz, 14oz or MMA gloves for Ground game. **We provide the Gloves for the fights!**
- **Footpads and chin guards:** Because Sanda utilizes the feet as a striking weapon, pads are worn on the feet to protect them. This is a fundamental difference between Sanda and its close relative, Thai Boxing, in which boxers do not wear foot pads (and are also allowed to strike with the knee and elbow).
- **Body protectors** without shin protection is also a possibility • **Groin guards and mouth guards** are also worn by all participant.
- **Full head guards** should also be worn.
- **Ground fighting**, different to normal Sanda, Ground game also possible on request of the fighters
- **Sanda matches** are barefoot.
- **WE ORGANIZE THE MATCHES BASED ON THE SAFEST REQUESTS**

8.4. Poule system

During the competition, a poule system per weight class and age class is used.

Male and female participants have different poules. But at the He Yong Gan Cup Dutch Open 2024 the fighters fight once, or more on request.

At the discretion of the competition management, the poule sizes can be adjusted based on the number of registered participants. The decisions of the competition management are final.

8.5. Competition location

The fights are on a square of mats with a referee and judges.

8.6. The match

- Competitors shall give a fist-palm salute when they are introduced to the audience.
- Each round shall start with a fist-palm salute on the platform from both sides to their respective coaches, who shall answer with the same salute.
- Each bout shall start with an exchange of fist-palm salute between the two sides.
- At the announcement of the result, the two competitors shall exchange their positions. After the announcement, they shall give a fist-palm salute to each other and then simultaneously to the platform judge, who shall answer with the same salute, and then to the opponent's coach, who shall answer with the same salute.
- Sideline judges shall exchange fist-palm salute at the time of replacement

8.6.1. The match time

Participants in poules up to and including 16 years fight 2x2 minutes. Older participants fight 2x3 minutes, or 3x3 on request of the fighters

8.6.2. What is allowed and not allowed

Participants in pools up to and including 16 years are not allowed to use techniques to the head. Participants in the other pools are allowed to use techniques to the head.

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8.7. Scoring Criteria

A competitor will be awarded two (2) points

- When the opponent walks out of the square;
- When he remains standing while the opponent falls down;
- When he hits the opponents head or trunk with the leg technique; **only from 18 years or older.**
- When he makes the opponent fall down by falling down himself on purpose, only to get to his feet by means of a follow-through;
- When the opponent is given a forcible counting; and When the opponent receives a warning.
- A competitor will be awarded one (1) point
- When he hits the opponents head or trunk with the fist technique; **only from 18 years or older.**
- When he hits the opponents thigh with the leg technique;
- When he falls down after the opponent:
- When he makes the opponent fall down by falling down himself on purpose, without being able to get to his feet by means of a follow-through;
- When the opponent fails to attack within eight (8) seconds after the order for appointed attack;
- When the opponent fails to get to his feet within three (3) seconds after falling down on purpose
- When the opponent receives an admonition, no points will be awarded tot that competitor. When the techniques he uses are not clean and effective;
- When both sides fall on or off the platform at the same time; • When the opponent falls on purpose as a fighting technique; • When he hits the opponent in a clinch.

8.8. Stopping the Contest

The contest shall be stopped when:

- When a competitor walks on or off the platform (except for a purposeful fall);
- When a competitor is penalized;.
- When a competitor is injured.
- When the competitors hold each other in a clinch for more than two (2) seconds without launching effective attacks, or any attack at all, or run away passively;
- When a competitor falls on purpose and remains down for more than three (3)seconds;

- When a competitor raises his hand to request a stop of the fighting for objective reasons;
- When the head judge corrects a misjudgment or omission.
- When some problem or dangerous incident happens on the platform;
- When competition is interrupted by some unforeseen troubles with the lighting or the competition area; and When no attack is launched for eight (8) seconds after the order for appointed attack.

8.9. Fouls and Penalties

Fouls:

A competitor commits a technical foul:

- When he holds the opponent passively or runs away passively;
- When he raises his hand to request to stop the bout in a disadvantageous situation;
- When he delays the fight intentionally;
- When he acts impolitely towards the judges or disobeys their decisions;
- When he wears no gum shield or spits out his gum shield, or loosens his protective gear intentionally; and
- When he fails to observe the protocol.

A competitor commits a personal foul:

- When he attacks the opponent before the call of "Kaishi (Start)!" or after the call of "Ting (Stop)!"
- When he hits the opponent on prohibited areas;
- When he hits the opponent with any prohibited method.

Penalties:

- An admonition will be given for a technical foul.
- A warning will be given for a personal foul.
- A competitor with three (3) personal fouls will be disqualified from the bout.

- A competitor who hurts the opponent intentionally will be disqualified
- from the whole competition, with all his results annulled.
- A competitor who uses prohibited substances or inhaling oxygen during the rest period will be disqualified from the whole competition, with all his results annulled.

8.9.1 Determination of wins and losses absolute victory:

In a one-sided bout, the technically stronger will be declared the winner of the Bout by the platform judge with the referees approval.

- During a bout, the competitor whose opponent has been knocked down and fails to get to his feet within ten (10) seconds after receiving heavy blows (except for personal fouls), or who has managed to get to his feet but remains in an abnormal state of consciousness, will be declared the winner of the bout.
- During a bout, the competitor whose opponent has been forcibly counted three times after receiving heavy blows (except for personal fouls), will be declared the winner of the bout.

Determination of the winner of a round:

- The result of each round will be decided by the side judges.
- During a round, the competitor whose opponent has been forcibly counted two (2) times after receiving heavy blows (except for personal fouls), will be declared the winner of the round.
- During a round, the competitor whose opponent falls off the platform two (2) times, will be declared the winner of the bout.
- In case of an equal number of points awarded in a round, the winner will be decided in the

Following order:

- The competitor with fewer warnings will be declared the winner.
- The competitor with fewer admonitions will be declared the winner.
- The competitor with a lighter weight on the day of the contest will be declared the winner.
- If the tie remains, the round goes as a draw.

Determination of the winner of a bout:

- The competitor who wins two rounds will be the winner of the bout.

- During the fighting, if a competitor is injured or ill and, as certified by the doctor, unable to continue the competition, the opponent will be declared the winner of the bout
- During the fighting, if a competitor feigns injury in a foul committed by the opponent – an injury as later proved by medical supervisors to be a mere cheat, the fouling side will be declared the winner of the bout.
- The competitor who is injured by the opponent in a foul and, as confirmed by medical supervisors, unable to continue the fight, will be declared the winner of the bout, but he will be barred from subsequent contests.
- Under the round-robin system, an equal number of rounds won by the two sides in a bout will be declared a draw.

Under the elimination system, an equal number of rounds will be handled as follows:

- The competitor with fewer warnings will be declared the winner.
- The competitor with fewer admonitions will be declared the winner. If the tie remains, an additional round will be held.

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9. Selfdefense Rules

This is a new field of competition at the He Yong Gan Cup. The idea is that one participator with a partner shows 4 techniques for selfdefense. These technique has to be effective in a self defense situation. So no Duilian form, or show element with much jumps and spinning back kicks. The techniques should be short, direct simplistic and effective.

1 Technique on a Hold or a Grab

1 Technique on a Punch (or Punches)

1 Technique on a Kick (or Kicks)

1 Technique against a combination attack of minimum 2 of the above so: a Punch and a kick or a grab and a punch. An own combination which is reality based selfdefense.

Each technique gets a score in points, the participant with the highest average score wins. A medal for the 1st, 2nd and 3rd place will be awarded to the participant who is showing the techniques. If the participant is injuring the partner who is attacking he will be disqualified. Control and Safety must be the standards for this selfdefense competition.

The Jury decides who has the most effective techniques and award the points. The techniques can be studied and rehursed before the competition. Please remember the techniques should be reality-based and should be applicable in a real situation.

How to participate in the selfdefense competition:

1. Walk up on the field and salute to the jury
2. Turn to each other and Salute to each other
3. Perform the first technique on a Hold or Grab.
4. Perform the second technique on a Punch or Strike
5. Perform the third technique on a Kick
6. Perform the fourth technique on a combination attack
7. Salute to your partner
8. Salute tot he Jury and wait for the Total Score
9. After the total score you and your partner can leave the field

The attacker should attack in a realistic way and fast. Do not stop the attack in front of your partner but punch or kick through, when grabbing or holding hold firm. When the attacks are not reality based the defense can never be reality based. So a deduction of points can be a result of unrealistic behaviour.

REMEMBER: A medal is awarded ONLY to the person who is performing the selfdefense techniques and ends with a total score in the top 3 of all participants!



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