



East Of England Competition Series

Creative Self Defence

Description - The Self Defence Divisions are demonstrations of how Martial Arts Techniques may be applied in a violent encounter. The object of the Self Defence Division is not to glamorize violence, or to imply that it is the primary response of a Martial Artist to dangerous situations, but to demonstrate the ability of a trained Martial Artist in a situation which necessitates the use of force to overcome an attacker, or attackers.

35.2 Age Divisions - The Age Divisions for Creative Self Defence will be 9 years and under, 10-15 years mixed, 16 years and over mixed under belt, 16 years and over Black Belt +, 35 years and over under belt mixed, 35 years and over Black belt +.

35.3 Grade Divisions - The Grade Divisions for Creative Self Defence will be Under Black Belt and Black Belt.

35.4 Uniform - All uniforms should be representative of the competitor's style.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair are required to have it tied back. Jewellery (including earrings) are not permitted. Prescribed glasses are permitted.

If a weapon is used, it is considered a part of the uniform and must be free from any defects, or sharp edges.

35.5 Performance – There are a list of 8 self-defence techniques listed below, on the day of the competition the event arbitrator will randomly select 4 of these. It will be these 4 techniques competitors will perform. Competitors will be informed which techniques have been selected when signing in on entry. Competitors will be expected to perform the techniques in the order they have been decided.

All techniques will be performed against 1 attacker, techniques involving multiple attackers will not be judged and an overall deduction of 2 points will be incurred.

Each technique is to be shown only once in real speed. (NO SLOW MOTION).

Athletes under the age of 16 will NOT defend against Knife or Pistol / Gun.

35.5.1 Time Limit - The time of the performance is not less than 60 seconds.

35.5.2 Possible Techniques –

- a. Fist Attack
- b. Kicking Attack
- c. Bear Hug from behind
- d. Choke on the neck (behind, side or front)
- e. Headlock
- f. Stick attack
- g. Knife attack
- h. Gun attack

35.5.3 Props - Competitors are permitted to use props during their demonstration, e.g. Rubber knives, Batons, etc. All Props must be presented to the judging panel for inspection before the division begins. The Judging panel may request the changing of any Prop which they feel would cause danger to the Participants or spectators.

35.6 Performance Area - The Performance Area will be in accordance with Reality Based Self Defence and is

listed in Article 3.3, with seating arrangements for the Judges either on one side, or at the corners of the area.

35.7 Number of Judges – The division will be judged by a panel of three or five judges, who will be seated in a single line at one side of the area.

35.8 Entering & Exiting the Performance Area - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Club they represent

They will then present their weapons for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performance with that weapon, request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

35.9 Scoring - Competitors will be scored on the following criteria:

- 1) Effectiveness of the self-defences shown
- 2) Technical quality of the self-defences shown
- 3) **Level of control established over attacker.**

35.9.1 Deduction of points - 0.1 points must be deducted if any of the following occur:

- 1) Performance exceeds the time limit (less than 60 sec)
- 2) Performer or partner leaves the Contest area of the mat.
- 3) A partner is injured by the Performer (active).

Use of deadly techniques or displays of significant excessive force will not be judge and result in disqualification.

35.9.2 Draw - In case of a draw – A tiebreaker technique will have been chosen by the event arbitrator. This technique will be performed by both Athletes and judged accordingly.

REALISTIC SELF DEFENCE

This category was created to demonstrate a realistic self-defence scenario. The competitor has the opportunity to choose a partner but does not have the chance to prepare themselves for the attacking techniques.

36.2 Age Division - 14 - 17 years and 18 years and over

36.3 Rank Divisions – Are separated into student and master ranks

36.4 Uniform – All uniforms should be representative of the competitor's style. However a recognised GI/uniform is required. Street clothes i.e. T Shirts are prohibited.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair are required to have it tied back. Jewellery (including earrings) are not permitted. Prescribed glasses are permitted.

If a weapon is used, it is considered a part of the uniform and must be free from any defects, or sharp edges.

36.5 Performance – Before the start of the „Realistic Self Defence “category the „main referee on the Tatami“ will make up a list of the starting teams which will then be divided up into two groups. Whoever loses will be discarded – like it is the case at most tournaments.

Example:

The first athlete from the first group will start with his partner. After he is done with his three defence actions they both have to kneel down at the „edge of the Tatami“. Now it's the turn of the first athlete of the second group to show his defence techniques with his partner. Once this has been done the athletes of the first group proceed to

the “Tatami” – upon a sign of the “leading Referee”. The first team will be on the left of the leading Referee – the second team on his right. The jury, consisting of 3 referees will now appoint the winner of the first group by hand signal. The athletes appointed as winner of this round will stay in the division – the losing athletes will be discarded.

When both groups are finished the same system will start over from the beginning – dividing the remaining athletes into two groups.

In case there are an uneven number of participants, one team will be drawn to receive the admission to the second round without fighting by drawing a bye.

The “attacks” are separated into the following groups:

1. group: Grabbing attacks
2. group: Striking Attacks
3. group: Weapon Attacks

Procedure:

A leading referee at the Tatami will ask the athlete and the opponent to come onto the “Tatami”. Both participants will have to bow upon command of the leading referee in the following order:

1. To the referees
2. Towards each other

After both athletes have bowed to each other they will turn around so that they are back to back at no more than 2 meters.

Now the attacks will be drawn by an assistant and shown to the attacker and the referee.

while the athletes are back to back the leading referee will give the command Hajime (begin/start), the attacker and defender will turn to face each other and without delay the attacker will strike using the attack shown. Once the technique has been completed the referee will call Yame (stop), both competitors will then return their staring positions, back to back.

In case of an attack with weapons, the organizer is responsible for the weapons to be set aside at the “edge of the Tatami”.

Please note that the weapons must be covered up until the very last moment (right before the official start of the fight).

Once the first round is done, the second round starts over again the same way, until there are only 2 defenders with their partners left. This will be the final round.

The part of contact attacks will be announced. This makes sure, the defender first allows the grip. Basically each category will be told to the defender.

For e.g.

- 2 x contact
- 2 x non-contact attack
- 2 x weapon attack

36.6 Performance Area - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

36.7 Number of Judges – The category will be judged by three Judges, one of which will be the leading judge directing the category. The other two judges will be in opposite corners of the tatami.

36.8 Entering & Exiting the Performance Area - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself. Upon entering the area, competitors will make their way to the judges/main judge and will announce to the judges/main judge the following

1. Name of Competitor
2. Club they Represent
3. Ask for permission to begin

Before the Competitor begins their Self Defence, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

36.9 Scoring – There will be three judges for this category. Each judge will score the competitors display after all 6 techniques have been performed. Scores will range from 9.0 – 9.9 based on the criteria below -

- 1) Effectiveness
- 2) Variety and knowledge about the techniques used
- 3) Precise application under consideration of
- 4) Basic moves and coordination between leg/foot and arms
- 5) Basic principles of locking / lever techniques
- 6) Speed of attacks
- 7) Speed and dynamics of defence
- 8) Concentration, breathing, power, Kiai
- 9) Bio-Mechanic & Kinetic

36.10 Protection of Athletes: - The aim of this section is to, as much as possible, emulate actual combat. The attacker is not required to wear any protective equipment. However the defender is required to wear light weight shin guards so kicking techniques can be demonstrated properly.

Contact: - The safety of all athletes has priority! The protection equipment serves for a better safety. For reality based strikes and kicks those need to be done with "SEMI CONTACT". Strikes and Kicks to the head should be avoided. Locks and Levers are only recognized to not be pulled all the way through. No press throws (body falls onto another thrown body).

Deadly techniques are prohibited and any such demonstration will result in disqualification.