



Aiki Kenpo Ju-Jutsu Cyclone Dojo



INTRODUCTION

Welcome to the Koryukan Aiki Kenpo Ju-Jutsu Invitational Tournament. This competition seeks to demonstrate skills using the two formats of kumite and self defence demonstration.

The following document describes the competition formats and the rules and responsibilities of competitors, referees and spectators. All involved are strongly encouraged to read through the appropriate sections and to please pass on relevant information to others. These rules are important and are in place to decrease the likelihood of injury while demonstrating skill in the art of JuJutsu and make the competition enjoyable for all those involved. If you are unsure or need clarification regarding any of these rules, please do not hesitate to contact the organiser.

All entries must be received by one week prior to the competition so draws can be finalised prior to the day of competition.

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Date: 11 September

Location: Hills District PCYC, 135a Olearia St West, EVERTON HILLS

Start time for Juniors: 9:00 am; Seniors: Midday approx

GENERAL RULES

Referees and other officials have full authority at all times to penalise competitors and spectators for rule breaking and unethical behaviour. This behaviour is not limited to those actions explicitly prohibited in these rules. While warnings can be given, in extreme cases, individuals may be disqualified from a particular match or be required to leave the competition. Please use common sense and have respect for officials, equipment, the venue and of course other competitors and spectators.

Offensive language and gestures are not allowed at any time.

No footwear with the exception of clean socks is to be worn on the mats.

The immediate edge of the matted areas is reserved only for competition officials, coaches and competitors competing in the next match so please keep this area clear.

Hygiene is of the utmost importance. All clothing worn by competitors must be clean and of good repair. Long hair is to be securely tied back and nails should be trimmed. No jewellery is to be worn.

KUMITE

Multiple divisions will be held depending on age, gender and weight. Divisions will be finalised after entries have been received to ensure the fairest divisions taking into account gender, size and experience.

Competition will be held in a round robin format. If only two competitors are in a division a best of three matches system will be used. Winners will be decided on the number of match wins and how a match win was decided. Preference will go to competitors who win matches by submission.

Full gis must be worn. Gis and other clothing must be appropriate for the competition and in good condition with full length sleeves and pants. Shirts are permitted to be worn under the gi jacket and are compulsory for female competitors.

Mouthguards, padded gloves and shin guards (including instep) are compulsory in all divisions where striking is allowed. Fingerless gloves such as those used for karate and MMA competition are ideal. Other safety gear and pads may be worn provided they do not impede other competitors. For example shin guards may be worn underneath, but not over the pants.

There will be three officials per match area, including the timekeeper, scorekeeper and referee. The referee will directly control the match and move around to best observe and decide scores which will be passed on to the scorekeeper.

MATCH FORMAT

Two competitors will start facing each other with one referee on the mat. At the call from the referee “rei” (bow) competitors will bow to each other and remain standing in that position. The referee will then call “hajime” (begin) to start the match and time.

When points are scored the referee will hold up the appropriate hand (marked or unmarked with a belt colour) to indicate the scorer and hold up the number of fingers corresponding to the number of points scored, which the scorekeeper will record.

When competitors move close to edge of the mat or for any other reason the match and time may be paused by the referee calling “mate” (wait) and the competitors will wait and follow the instructions of the referee making any changes as needed. Competitors will restart positioned as they were when the match was paused and the match will recommence by the referee again calling “hajime”.

When the match time limit is reached the timekeeper will loudly call “time” to signal the end of match time. The match ends when the referee calls “mate time”, as the referee can extend time if they feel a submission or other technique is imminent. On completion of the match, both competitors will stand where they started and the referee will indicate the winner.

HOW TO WIN

Matches are won by several different methods including submission, unconsciousness, points domination, final points, disqualification and forfeiture.

Submission occurs when one competitor successfully applies a technique requiring the submission of their opponent. The submitting opponent will tap clearly with the hands and or feet or call out verbally. Unconsciousness resulting from a choke or

strangle also results in a win equal to a submission. The referee may also stop the match and tap for a competitor if they feel the submission attempt will result in imminent injury.

If a competitor develops a lead of 10 points the match will end as the scorekeeper calls “mate, points” and the leading competitor will be given a win equal to a submission.

If the total match time ends without a submission, the competitor with the highest point score will be declared the winner. If there is a points draw, a decision will be made by the referee and if required the two other officials to award the win to the most dominant or active competitor (using the concept of ‘advantage’).

Disqualification occurs when a competitor breaks the rules repeatedly or with enough severity to warrant disqualification. Warnings and points deductions may be given first depending on the severity of the infringement. Disqualification is made as a majority decision between three officials ranked shodan or above.

Forfeiture can occur for a number of reasons. These include cases where a competitor does not arrive in a timely manner for their match and injury. When a competitor is unable to continue a match due to injury a decision will be made by three officials ranked shodan or above regarding the cause of the injury. The officials will award a win, disqualification or declare a competitor forfeit depending if the injury was the result of certain actions or inactions (such as rule-breaking) of a particular competitor.

Injured competitors will have the time until their next match to recover if they wish to continue competing. Disqualifications will not generally be given if an injury is not severe enough to prevent further participation in the competition. *If a competitor is choked unconscious, they will not be permitted to further partake in kumite competition.*

Points are awarded for successful valid strikes, throws/takedowns, hold-downs and escapes from holds using the following system.

Clean strike or flurry (atemi) – 1 Point

Dominating or clean throw/takedown (nagewaza) – 4 points

Non-dominating throw/takedown – 2 points

Clear hold-down (osaewaza and newaza) – 2 points

Clear escape from hold – 2 points

STRIKING

Strikes must land in acceptable targets on the body, which range from above the knee and upwards including the head. Inside this area, strikes are not permitted to land near the spine, eyes, or on the inner thigh and groin areas.

Strikes must be landed only with areas of the hand or lower leg and foot. This means no striking with elbows, knees and forearms and no head butts or shoulder charges. Striking with the tips of the fingers is prohibited.

Striking is only permitted while both competitors are standing and not in gripping positions. Once a grip (this includes grips such as under and over-hooks) with at least one hand or arm is made by one competitor, both competitors may immediately attempt ONE additional strike before they must cease all striking. After this striking may only recommence when all grips are broken.

Strikes are classified as semi-contact for the safety of the competition. The level of contact is closely monitored by mat officials. Strikes must clearly make contact without being blocked. However, striking with significant force is not permitted. Strikes should not be powerful enough to leave a mark, cause bruising or cause a competitor to become winded or knocked down. Successful strikes should have no follow through; instead, once contact is made the striking limb should be pulled or snapped back away from the opponent. While striking to the head is permitted, these strikes are to be less forceful than strikes to the body. The area around the eyes and nose is not a target at any time and strikes to the head should not cause the head to move or twist at all. Unblocked head strikes that do not make contact but are pulled back within 5 centimetres of the head will also score.

Despite the appropriate level of contact for attacking strikes, responsibility is also held by the receiver of these techniques. Although the level of contact is designed to prevent injury the receiver must take the strikes seriously. Disregarding personal safety evidenced by actions such as making no attempt to block or evade strikes, walking into strikes and moving so that strikes contact illegal areas are grounds for the referee to issue warnings.

The referee may give directions to keep the match safely toward the middle of the mat, however purposely moving to the edge or off the mat to avoid strikes or throws (read below) is not allowed and competitors may receive warnings.

THROWS

Throws are permitted any time the thrown person's weight is supported by at least one foot on the mat.

Throws must be performed so that the person being thrown does not land on the head, face, neck or any other dangerous position such as off the mat. No throws involving hyperextension of the knee or other joints are permitted e.g. reverse scissors throw. Throws are also not permitted to attack or stress the knee in a way likely to cause injury eg. o-soto-gari to the side rather than rear of the leg. No throws are permitted that use control or stress of the head or neck as a sole contributor. Such throws will be classified as a neck crank and penalised accordingly. For example throws from a headlock position must also have hold of an arm to execute a throw or throw attempt.

Throws must be completed so that both competitors land safely and completely on the matted area. For example, an attempt at a double leg takedown where one competitor is continually being pushed or carried backwards should be abandoned when either competitor risks landing off the mat if the throw is successful. The referee will stop and centre the competitors on the mat as needed, however competitors are also responsible for the safety of each other as it is impossible for the referee to stop a throw in progress.

Throws can be worth 4 or 2 points depending on the execution. 4 points will be awarded for dominant throws and 2 points to non-dominant throws. In general, a dominant throw will cause both feet to leave the ground and require a breakfall whereas non-dominant throws result in one or no feet leaving the ground and where no obvious breakfall is needed.

'Pulling guard' is permitted. However when this occurs, points for the throw will be awarded to the person ending up in the guard.

NEWAZA AND HOLDS

Points are awarded to competitors for maintaining or escaping holds. 2 points are awarded to competitors who successfully pin their opponent for 5 seconds.

Competitors clearly escaping from a hold are awarded 2 points. There is no time limit to escape a hold. Points for the escape are not awarded if points have yet to be awarded for the hold itself. You can only be awarded points for holds or escapes if you are advancing your position. A person who escapes a hold that succeeds only in getting them immediately caught in another hold will not be awarded points for the escape.

The following is a list of holds in order of increasing dominance and escapes that qualify for points:

Holds/pins (osaewaza) – Hold for 5 seconds. 2 points.

- Side Position. Includes variations of the scarf hold (kesa gatame), side mount (mune gatame), north/south (kami shiho gatame) and similar positions. At least one shoulder or the back of the pinned competitor must be held to the mat.
- Top Position. Includes the knee ride and front mount (tate shiho gatame) positions.
- Back Position. Includes the rear mount and back grab position. Unless the pinned competitor's stomach is flat against the mat, heels must be 'hooked' into the inner thighs to score.

Notes:

A competitor who successfully completes a throw and lands in a successful hold will be awarded points for both the throw and the hold.

Points will not be awarded when a new hold is formed by a competitor who is defending a genuine submission attempt. Points will only be awarded once the submission is successfully defended.

Stalling is not permitted.

Escaping a hold. 2 points are awarded for cleanly escaping the following positions.

- Any hold listed in the holds/pins above.
- The guard.

Notes:

Any escape must end with either the escapee in an equal (e.g. both competitors grappling on the knees) or better position than their opponent (e.g. a pin of their own). For example, escaping the rear mount only to then be held under the front mount or in the opponents guard will not be awarded points to either competitor.

An escapee transitioning into a successful hold will be awarded points for both the escape and the hold. Escape from a hold transitioning to a position where the escapee has their opponent in their guard will receive points just for the escape. An escape transitioning only to the half guard does not qualify for points on its own but if the half guard is then transition to a full guard without any other changes in position points for the escape are then awarded.

SUBMISSIONS

Allowable submissions differ between divisions. All submissions or submission attempts should be applied to give the receiver of the technique an opportunity to tap before injury. This means no sudden wrenching on of techniques, or 'pumping' to apply submissions.

DIVISION SPECIFIC RULES

The following is a list of the different competition divisions planned, the time given for each match as well as the different prohibited techniques for each division. All illegal actions are prohibited regardless of whether they are intentional or accidental.

Age 18+: Separate Male/Female Divisions, light/middle/heavy (total 6 divisions)

2 mins per match

Prohibited techniques: Gouging, pinching, fish hooking, face locks, digital pressure to the face and neck, small joint manipulation, striking to the eye area, neck, groin, inner thigh, spine, knee or below the knee, locks or positions that put pressure on any part of the spine, particularly the neck, slams from the guard and throws or other techniques as described earlier. The eyes and groin are not targets or contact areas at any time.

Age 17 and under: Separate Male/Female Divisions, light/middle/heavy (total 6 divisions)

2 mins per match

Prohibited techniques: In addition to the above, no twisting locks to the knees or ankles. This includes no heel hooks or similar techniques.

Age 14 and under: Separate Male/Female Divisions, light/middle/heavy (total 6 divisions)

2 mins per match

Prohibited techniques: In addition to the above, no striking allowed.

Age 11 and under: Light/middle/heavyweight (total 3 divisions)

2 mins per match

Prohibited techniques: In addition to the above, no leg-locks of any kind. Leg-locks refer to any submission applied on the areas from and including the hip to the toes.

Age 8 and under: light/middle/heavyweight (total 3 divisions)

1.5 mins per match

Prohibited techniques: In addition to the above, no submissions.

SELF DEFENSE DEMONSTRATION

This competition format allows competitors to use their knowledge and skill to defend themselves from various attacks. Each individual enters with a partner as a team. In this team, one individual will first act as uke and perform all initial attacks and then the roles are reversed for a second set of attacks. The team is scored together using both rounds. Each person should only be in one team, however in special circumstances a person can be in two teams.

Divisions will be divided according to age and rank and so both members of a team should be of similar age and experience, although special consideration may be given to those without a suitable partner available so that they may enter the most suitable division.

Teams may wear a gi or compete without a gi. If competing without a gi, clothing worn must simulate street wear.

Each pair is given a time limit for their demonstration, with some divisions also requiring a minimum number of weapons defences. The time and weapons requirements depend on the age and experience of the team. Each 'technique' consists of an initial attack, a neutralising technique and a finishing technique.

DEMONSTRATION FORMAT

At least one referee will observe, score and control the demonstration. A timekeeper will also keep time.

Competitors start in the middle of the mat facing each other. They will first bow to each other and at the call of "hajime" (begin) from the referee the timer will start and the team is free to commence the demonstration. At the halfway point in time the timekeeper will call "switch" and the roles of uke and tori will be reversed for the second half of the demonstration without a break in between. Techniques should be

displayed continuously one after another until time runs out. The timekeeper will call "time" at the time of the permitted time.

The referee will give team scores out of 10 with scores being averaged if more than one judge is scoring. Placings are awarded to teams with the highest score.

WEAPONS USE

The use of weapons is required in some divisions. Weapons should be safe to use and not able to cause injury. They should be placed out of the way towards the edge of the mat until needed.

JUDGING CRITERIA

Competitors should realise this is to demonstrate self defence application as well as skill and as such techniques should be appropriate for each self defence scenario being played out – sometimes the best self defence response is also the simplest. Competitors are expected to complete as many well executed techniques as possible in the given time.

The judges will take into account a number of criteria including but not limited to the following in no particular order.

- Energy
- Execution
- Skill
- Presence and Posture
- Effectiveness
- Realism
- Power and Speed
- Difficulty
- Commitment
- Smoothness
- Eye contact with opponent
- Application of Zanshin
- Confidence

DIVISIONS

The following is a list of divisions, time restrictions and required techniques.

Experience levels are classified as the following.

Beginner: White and yellow belt.

Intermediate: Orange and green belt.

Advanced: Blue belt and above.

18 +

Beginner: 1.5 minutes

Intermediate: 2 minutes (must include at least 2 weapons techniques)

Advanced: 2 minutes (must include at least 5 weapons techniques)

17 and under

Beginner: 1.5 minutes

Intermediate: 2 minutes (must include at least 2 weapons techniques)

Advanced: 2 minutes (must include at least 5 weapons techniques)

14 and under

Beginner: 1.5 minutes

Intermediate: 1.5 minutes

Advanced: 2 minutes

11 and under

Beginner: 1 minute

Intermediate: 1.5 minutes

Advanced: 1.5 minutes

8 and under

Beginner: 1 minute

Intermediate: 1.5 minutes

Advanced: 1.5 minutes

THE END. THANKYOU FOR READING AND PLEASE HAVE FUN!