

Competition format

«Self-Defense All-Rounds Competitions»

(since 2003)

Project of International Martial Arts College (IMAC)

Creator and organizer: Military-Applied Unarmed Self-Defense and
Jiu-Jitsu Godai-Rju Federation

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General rules **of Self-Defense All-Rounds Competitions**

TYPES, NATURE, METHODS AND THE ORDER OF THE COMPETITIONS CONDUCTING

1. Type of competitions

Self-defense all-round competitions (hereafter, SDARC) are conducted in the following forms: self-defense technique demonstration in pairs, self-defense relay-race, self-defense technique demonstration in staged group fight, self-defense technique demonstration in pairs with application of assistant means and cold arms, special techniques demonstration by law-enforcement and security guard organizations, sports duels by the rules of SDARC. The present Rules are considered as the main and valid during all the sections of the competitions.

All kinds of the competitions additionally have its Subsidiary Rules, which cannot replace the General Rules but insert additions or amend paragraphs and subparagraphs of the General Rules.

During conducting the competitions by kinds in cases not provided by the Subsidiary Rules the General Rules are valid.

2. Nature of the competitions

By the nature the competitions can be the following:

- a) personal type,
- б) team type,
- в) personal-team type.

Nature of the competitions is determined by the Competition Regulations in every separate case.

Personal competitions as a result have only personal results and personal places by every weight categories.

During team competitions teams compete with each other, and team places are determined by the results of these meetings.

Personal-team competitions determine personal places of participants, and the team place is determined by the personal results of its participants in accordance with the Competition Regulations.

3. Systems and methods of conducting the competitions

During each type of the competitions participants perform according to the system stated in corresponding rules. These rules stipulate the principle according to

which the best sportsmen go to the next level of the competitions and the worst ones are eliminated. At that the competitions are divided into preliminary part and the final.

Within each level the competitions can be conducted by one of the following ways:

- 1) round robin, when the participant fights with each of the others;
- 2) when the participant leaves the competitions if he/she has got amount of penalty points or loses stipulated by the Regulation.

4. Order of conducting the competitions

1. Order of meetings between participants (teams) is determined by sortition and chosen competition conducting system and method.
2. System and method of conducting preliminary and the final parts of the competition should be stipulated in the competitions rules.

PARTICIPANTS OF THE COMPETITIONS

1. Participant's age groups

Participants of all types of competitions are divided into age groups according to the competitions regulations and corresponding policies.

It is permitted to divide into or combine age groups depending on quantity of handed applications for more opportune conducting the competitions.

2. Admission to the competition of the participants

1. Admission terms to the competitions, sports membership of the participants, qualification and age, and listing of the documents presented to the credentials committee are stipulated in the Regulations.

2. Organization's application for participation of its members in the competitions is registered in accordance with a set form with obligatory presence of the following issues attested by the stamp: signatures of the organization president, trainer and the doctor, attesting appropriate preparedness of participants.

Date of preliminary applications presenting is stipulated in the Competition Regulations. Final application for participation should be presented by representative of the team to the credentials committee not later than 2 hours before the beginning of the competitions (for participation in duels (fighting) – not later than 1 hour before the beginning of the weighing).

3. Admission of the participant is realized by the credentials committee consisting of the organization representative, the chief referee and his/her deputy, the chief secretary and his/her deputy, the head doctor and member of the committee, who check applications and participant's documents for compliance with the Regulations requirements. Representative of the organization conducting the competitions is responsible for admission of the participants in disputable cases.

4. Sportsmen of the nearest young group can be allowed to compete in the elder age group by the following ways: adolescents – to youths of the early age competitions, youths of the early age – to youths of the elder age competitions, youths of the elder age – to junior competitions, juniors – to the adults competitions.

In this case it is necessary to have an additional individual certificate of the health signed by the doctor and trainer and ascertained that physical and technical preparedness of such sportsman allows him/her to participate in the competitions.

The Competition Regulations must stipulate whether sportsmen of the nearest young group can be allowed to compete in the elder age group.

5. Only those participants are admitted to participate in the sports duels who already have taken part at least in one type of the self-defense technique demonstration competitions and have not been disqualified for not meeting correspondence requirements.

3. Weight categories

Competition participants are divided into weight categories in accordance with the Competition Rules of sports single combats. In junior and adult group competitions for the all-round champion title can be conducted without dividing participants into weight categories. The minimum weight is stipulates in the Regulations.

4. Weighing participants

Weighing participants is conducted according to the system stipulated in the Competition Rules of sports single combats.

5. Rights and obligations of participants

1. The participant must:

- A) exactly obey the Policies, the Regulations, and the competition program;
- B) fulfill requests of the referees;
- B) come on the mat immediately on the call of the board of referees;
- Г) in impossibility for some reasons to continue the competitions declare it immediately to the board of referees;
- Д) implement a greeting and ritual accepted on the competitions;
- E) be polite to the other participants, the referees, those conducting and maintaining the competitions, and also to the audience;
- Ж) perform clearly shaved or with beard, with shortly cut nails, in tidy sports suit.

2. The participant has a right to:

- a) appeal to the referees via representative of his/her team; and during personal competitions (in the absence of the representative) – to appeal directly to the board of referees;

- б) control his/her weight on the official weighing scale 1 hour before the beginning of the weighing;
- в) get in time information about the competition course, pair consist of the next round, changes in the competition program, etc;
- г) during one duel to use 1 minute for having a medical care.

TEAM REPRESENTATIVES, TRAINERS AND CAPTAINS

1. Team representative (manager) is mediator between the board of referees and participants, representing the organization. If the team has no special representative, his/her responsibilities transfer to the trainer or the team captain.
2. The representative is responsible for discipline of the team members. The representative provides timely attendance the competitions by the participant.
3. The representative takes part in sortition, attends joint sittings of the board of referees in case of it is conducted together with team representatives.
4. The representative has a right to hand a protest to the General Referee in written form (see item 37); the protest should be provided by the reference to the item and paragraph of the Rules.
5. The team representative, trainer and captain are forbidden to interfere in activity of the referees and the competitions organizers.
6. During the competitions the representative should be on the special representative's.
7. The representative (trainer) cannot be the referee of the current competition at the same time.
8. Representative could be dismissed and deprived of the team management for nonfeasance.

REFEREEING AND ADMINISTRATION

1. Structure of the board of referees

1. The board of referees contains: the Chief (General) Referee, the Deputy Chief Referee, secretary, referees, side referees, time-keeper, informer, maintenance staff – commentator, doctors, etc.
2. Sports duel is refereed by the board of referees consisting of: the ground manager, referee, 3 or 5 side referees, time-keeper, technical secretary and informer.
3. Actions of participants in other types are refereed by the boards of referees according to the corresponding rules.
4. The referee should be dressed according to the requirements of the corresponding rules and have referee's certificate with mark of passing the referee's seminars, the competition rules.

2. The Chief (General) Referee

1. The Chief Referee manages the competitions and accounts for conducting them according to the present Rules and the Regulations to the conducting organization.

2. The Chief Referee must:

- a) approve the structure of the managerial committee of the competitions;
- б) appoint a person responsible for preparedness of the room, equipment, to the competitions, implements, and presence of documentation required;
- в) appoint the boards of referees for all types of competitions;
- г) conduct a sortition of participants;
- д) approve the schedule of the competitions, the competitions arrangements (opening and closing ceremonies, conducting the referee's seminars, programmes for participants and guests of the competitions); presented by the managerial committee of the competitions;

e) assign the referees to the boards for each tatami;

Conduct sittings of the board of referees with the participation of team representatives before the beginning of the competitions (for announce of the Programme and the order of activity of the board of referee) and every day on the ending of the competitions (for discussion of course of the competition and day results), and also in cases when it's necessary;

Take all measures to eliminate or correct mistakes made by the referees;

ж) pronounce judgment per claims and protests presented by team representatives (trainers, captains) in accordance with item 37.

з) approve pair compositions of finalists and appoint the boards for the conducting;

и) evaluate activity of each member of the board of referees (taking into account opinion of his/her direct manager) on 5-point system;

к) in schedule date state a report to the organization conducting the competitions.

3. The Chief Referee has a right to:

a) cancel the competitions if by the beginning of the competitions the place of its conducting, equipment or implements are out of line with requirements of the Rules; the managerial committee activity of preparation to the competitions are unsatisfied.

б) interrupt a fight, make a break or stop the competitions in case of adverse conditions disturbing normal course of the competitions;

в) make changes to the Programme and schedule of the competitions;

г) change duties of the referees during the competitions;

д) dismiss the referees committed a blunders or incapable of coping with their duties, noticing it in the report and communicating to the board of referees of respective Federation; and insert the notice to the personal file of the referees and correct their referee's rating;

e) make a warning (or dismiss) to team representatives, trainers and captains who was rude or entered into an argument with the referees, and made unfounded protest;

ж) postpone announcement of estimate of technical action or sports duel result if the referee's opinions differ, and also when the Chief Referee is not agree with the referees opinion, for additional discussion and pronouncement of the final decision;

з) change the order of meetings in the final, change the order and schedule of the competitions if it is necessary;

и) not admit to the competitions those participants who do not meet the requirements of the Regulations or the corresponding Policies by the age, sports qualification and a uniform.

4. The Chief Referee can not dismiss or change the referees during a duel.

5. Fulfillment of orders of the Chief Referee is compulsory for participants, referees, representatives and trainers of the team.

3. Chief Secretary

1. The Chief Secretary manages activity of the competitions secretariat.

2. The Chief Secretary:

a) is included in the credentials committee and the board of referees during the weighing;

б) takes part in sortition;

в) draws up the Programme and schedule of the competitions;

г) arranges the order of meetings per rounds;

д) controls registration of protocols of sports duels;

е) registers orders and decisions of the Chief Referee;

ж) presents results of the competitions and necessary data for the final report to the Chief Referee for approving;

з) gives information by authority of the Chief Referee to representatives, commentators and correspondents.

4. Technical secretary, informer, commentator

1. The technical secretary seats at the table of the ground manager and on ending of the sports duel posts results to appropriate columns of the referee's protocol.

2. Withdraw of participant from sports duel for not the first violation of the Rules is marked with symbol X in the protocol in accordance with the competition rules. On withdrawing participant during sports duel a symbol X with remark "trauma" or "violation of the Rules" is used.

3. The commentator announces the Programme and the order of the competitions conducting, presents participants of next duel, gives sports characteristics of them, explains some items of the Rules of the competitions, and announces results of every sports duel by authority of the Chief Referee. If competitions are conducted at the same time in two rooms they are maintained by two commentators.

4. Depending on the nature of technical equipment it is allowed to combine functions of referee-timekeeper and informer or technical secretary and informer.

5. Competitions doctor

1. Competition doctor is a member of the board of referees exercising his/her rights as Deputy Chief Referee with regard to medicine and takes part in its activity.

2. The competition doctor:

- a) is a member of committee of acceptance of the competition place;
- б) checks an accuracy of drawing applications, presence of doctors vise of allowance to participate in the competition;
- в) attends the weighing, conduct a medical control (external inspection, etc.) of participants;
- г) sees to adherence to health requirements in competitions places;
- д) realize medical inspection and observation of participants during the competitions;
- е) directly on the tatami renders a medical care, makes a conclusion about possibility or impossibility to continue the duel or competitions, immediately reports about it to the Chief Referee and presents to him appropriate certificate for the secretariat;
- ж) on the ending of the competitions presents a report about medico-sanitary maintenance of the competitions with specifying cases of diseases and injuries.

DETERMINATION OF WINNERS AND PRIZE-WINNER OF THE COMPETITIONS

1. Winners and prize-winners of the competitions in separate types are determined by the board of referees according to the respective Rules and the Regulations of the competitions.

2. Each participant achieves rating mark according to taken place in every separate type of the competitions.

3. For taking prize places the participant is awarded with bonus points determined in every type of the competitions (see respective rules), which are summarized with rating mark.

4. Total rating of performance per SDARC is determined for each participant by sum of marks per each competition type.

5. Sportsman who have got the highest total rating is declared as ALL-ROUND WINNER of the competitions.

6. Team rating is determined for each team by sum of total ratings of its members.

7. Three teams with the highest ratings are declared as prize-winners in team championship.

ADDENDUM

Addendum 1. Weighing and sortition protocol

PROTOCOL

Weighing and sortition of competitors

« _____ » _____ 20____.

age _____

weight _____ kg

N ^o	N ^o lot	N ^o participant	Name	Organization, city	Grade, rank	Year of birth	Remark
1							
2							
3							
4							
5							
6							
7							
8							
..							
.							

Chief Referee _____

Chief Secretary _____

Doctor _____

Referees _____

Addendum 2. Referee's note.

Below there is an example of filling the referee's note.

Red: Петров Николай	№ Pair: 18	White: Иванов Игорь					
Points: 1, 1, 1, 2, 8, 2, 1	Cautions: <table style="margin: auto; border-collapse: collapse;"> <tr> <td style="text-align: center;">X</td> <td style="text-align: center;"> </td> <td style="text-align: center;">X</td> <td style="text-align: center;"> </td> <td style="text-align: center;">X</td> </tr> </table>	X		X		X	Points: 2, 1, 1, 1, 1, 1, 1, 2
X		X		X			
	Warnings: <table style="margin: auto; border-collapse: collapse;"> <tr> <td style="text-align: center;">- 4</td> <td style="text-align: center;"> </td> <td style="text-align: center;">- 4</td> <td style="text-align: center;"> </td> <td></td> </tr> </table>	- 4		- 4			
- 4		- 4					
	Sum of points: <table style="margin: auto; border-collapse: collapse;"> <tr> <td style="text-align: center;">16</td> <td style="text-align: center;"> </td> <td style="text-align: center;">10</td> </tr> </table>	16		10			
16		10					
	Total: <table style="margin: auto; border-collapse: collapse;"> <tr> <td style="text-align: center;">8</td> <td style="text-align: center;"> </td> <td style="text-align: center;">10</td> </tr> </table>	8		10			
8		10					

Regulations of filling the referee's note

At first the referee enters # pair of participants, then their names and surnames. Participant named the first is entered in the left top corner, and the second participant – in the right top corner.

During sports duel points got by participants are entered with numbers 1,2, or 8 into column "Points" on the left or on the right (points for implementation of holdings are circled). Cautions are marked with symbol "X" into column "Cautions" on the left or on the right. Warnings are marked with number "-4" into corresponding column.

After the duel is finished the marks got by each sportsman are summarized and entered into the column "Sum of points" correspondingly on the left and on the right. Then each sum of points is reduced by 4 points for every warning received and total amount is entered into column "Total". If sportsman during the duel have not got warnings sum of points is duplicated in "Total" without any changes.

At the end of the referee's note the winner's name is circled and the loser's name is crossed out.

Rules of the type of the Self-Defense All-Round Competitions «Staged fight»

Dramatized homework is a staged fight against the group of attacking men (hereafter, attackers) (defense of one person against unarmed and armed adversaries).

Time: 1 minute;

The stage: is limited with tatami borders;

Number of attackers: not less than 3 and no more than 5 persons;

Compulsory attacks: clutches extremities (hands, legs), clasps of the body, pinching the neck/head, clutches the hairs/clothes, punches and kicks, strikes/ threat of knife/things similar to knife, threat of the pistol/ fire-arms, attack from “parter” position (sitting, lying, on the one knee, etc.);

Attacks requirements: attacks should be realistic and implemented at the high speed, with enough power; attacker should have a strong psychological effect on the “victim” (shouting, threatening, etc.); attacks should represent not only single actions but also series of repeating/shifting attacks; attackers should realize not only successive, shifting attacks but also attack the “victim” at the same time;

Defending and counterattacking actions requirements: such actions should be adequate, i.e. nature of defense and counterattack should correspond with threat level.

Defending participant should: respond (see) in time an attack of not only one attacker but also of the entire group. For this the defending participant should occupy appropriate favorable positions (line up the attackers, hide from adversaries by one or more attackers, bring them together disturbing the balance, etc.; constantly scan, i.e. look around after implementation of technical action with the purpose of discovering potential adversaries). During taking away of arms it is important to control the armed hand, leaving arms in the hands of the defending man after disarming technique is appreciated.

During the programme implementation defending participant should demonstrate both elements of technical actions application Military (actions directed to defeat of attackers) and Police (actions directed to neutralization/clutch of attackers/part/one of them).

During the technical actions implementation defending participant should keep a balance and demonstrate skill to use losing the balance with own view (methods of quick standing up from the ground, attack and counterattack methods from lying/sitting positions, etc.).

The defending participant should demonstrate skills to apply everyday life things as extemporaneous security facilities. As such facilities the following things could be used: sticks, bags, clothes parts, and arms taken away from attackers during carrying out defending actions by the “victim”.

Safety technique: along the whole programme of “Demonstration” attackers and defender in spite of active and real implementation of technical actions should obey the safety technique. If one or more members of the team get a severe trauma entire team is disqualified and removed from the competitions.

In the section «Self-defense technique demonstration» representing prepared beforehand dramatized staging/ sketch the following items will be also evaluated: subject and producing; presence of accompaniment of music and costumes are appreciated.

Attackers and defending participant are members of the same team.

Thus total mark is set to the team. If the team collects a number of points providing the prize place all members of the team are awarded with diplomas/ certificates of degree, and sportsman performing as a defending get a medal.

Refereeing is realized by the board of referees (five in number) consisting of masters of martial arts representing different styles and lines of martial arts, and specializing in self-defense.

After implementation of corresponding kind of the programme by the team each referee shows his mark. The highest and the lowest marks are thrown away and the rest three marks are summarized. Sum of points determine team order number in certain type/tour of the programme.

Team-winner is determined after sequentially passing all tours by all teams by means of addition of all points for all tours.

Points:

time-keeping/time (is fixed by the referee- stop-watcher). Points are taken away if the total time of performance of the programme is more than 1 minute.

Number of participants: points are taken away if attacking part consists of less than 3 or more than 5 participants.

COMPETITION RULES
of martial arts demonstration
(self-defense technique demonstration in pairs)

1. Self-defense technique demonstration in pairs

Pair competitions rules assume defending action demonstration by one part of the pair during implementation of defense from different, determined beforehand, and attacking actions implemented by the other part of the pair. All kinds of attacking actions are divided into 4 groups; each of them could contain 5 standard attacks. Attack variants (series – 4 in number – 1 from the group) are determined by the number of the pair and sortition, and defending actions are chosen by participants by him/herself. Two types of competitions are possible – personal championship (pair) and team championship (equal quantity of participants).

2. Pair composition

Pair composition is formed without any limitations independently of weight, age and sports rank. Each pair could have representatives of the same sex or be combined (male-male, male-female, and female-female). During the competition members of the pair have to exchange with roles, i.e. to implement both attacking and defending actions.

3. Competition area

a). Competition area should have size of 6×6 m, plus 1 meter of danger area, and plus 1 meter of the safety area. Total size of the competition area (with clear marking) should have not less than 8×8 m.

б). Competition organizers should provide the referees with: stop-watches, dull model of knife, stick 50-60 cm of length (*using weapon models from hard kind of wood is permitted*), tablets with numbers for each referee, first-aid box, scoreboard, and individual place (*table for the secretariat must contain 2 persons at least*) for the technical committee and the Chief Referee.

4. Uniform, hygiene and personal requirements to participants of the competitions

Participant should have a tidy appearance, uniform should be clean and in condition, without holes and breaches. Performers should get on white or red belts (in

accordance with the sortition). Finger-nails and toe-nails should be cut. It is forbidden to wear any things which could result in trauma or inconvenience to the adversary.

5. Procedure of the competition

Competitions are carried out between 2 pairs. Pair #1 begins the competition and implements its own technique series. The referees evaluate it. Then pair #2 implements its technique series of the same group, and the referees evaluate it. After that the pair #2 implements its own technique series, the referees evaluate it. Then the pair #1 implements the second technique series of the same group, and referees evaluate it.

6. Sortition

The pair with red belts always begins the implementation independent of the order of choice of technique series.

7. The referee on the tatami

The referee on the tatami should always be on the competition area and be responsible for the procedure of the competition. For implementation of sortition the referee uses the cards. With these cards he/she also shows for the participants what kind of attack series should be implemented. He/she ought to inform the referees whether the participants implement attack series correctly.

ENCLOSURE TO THE COMPETITIONS RULES
Description of the referee's commands for attack signs

Group 1 – «CLUTCHES»

- 1.1. "THE HAND (C) "
- 1.2. "THE LAPEL (WITH ONE HAND AT THE FRONT) "
- 1.3. "THE THROAT (WITH BOTH HANDS AT THE FRONT)"
- 1.4. " THE THROAT (WITH BOTH HANDS FROM THE SIDE)"
- 1.5 . "THE COLLAR (WITH ONE HAND FROM BEHIND)"

Group 2 – «CLASPS AND CLAMPS»

- 2.1. "THE BODY (WITHOUT HANDS AT THE FRONT)"
- 2.2. "THE BODY (WITH HANDS AT THE FRONT)"
- 2.3. "THE HEAD AND NECK (WITH BOTH HANDS FROM THE SIDE)"
(«collar» from the side«)
- 2.4. " THE HEAD AND NECK (UNDER THE HAND AT THE FRONT)"
(«collar» at the front)
- 2.5. "THE THROAT (WITH FOREARM FROM BEHIND)" («collar» from behind)

Group 3 (PUNCHES AND KICKS)

- 3.1. "DIRECT PUNCH IN THE HEAD"
- 3.2. "DIRECT PUNCH AT THE BODY"
- 3.3. "SIDE PUNCH IN THE HEAD"
- 3.4. "DIRECT KICK"
- 3.5. "SIDE KICK "

Group 4 (WEAPON ATTACKS)

- 4.1. "WITH KNIFE FROM ABOVE"
- 4.2. " WITH KNIFE STRAIGHT"
- 4.3. " WITH KNIFE STRAIGHT-FROM-THE-SHOULDER "
- 4.4. " WITH BLUDGEON FROM ABOVE"
- 4.5. " WITH BLUDGEON FROM THE SIDE "

8. The referees

Competitions of 2 pairs are maintained by 5 certified referees from different teams. The referees evaluate teams at the command of the main referee, holding the tablets with number over the head. The tablets are put down at the command of the main referee.

9. Start and finish of the demonstration

- a). Before the beginning of the demonstration competing pairs ought to stand face to face to each other at the distance of about 2 m.
- б). Before the beginning of the demonstration pairs ought to bow at first to the referee and then to each other.

- в). On the end of the demonstration participants bow at first to each other and then to the referee on the tatami.
- г). Before the beginning of implementation of technique series defender should take his/her stand so that the referees were situated on the right from him/her. Then he/she can stand in any way.
- д). After 4 attacks series the referee rearranges participants into position on the knees face to face to each other and gives a command for declaring their marks.

10. Requirements to defense and attacking actions

Defense and attacking actions ought to meet the following requirements:

- a). Blows should be strong, controlled (safety) and naturally showing possible consequences of them, armed (knife, wood stick). During the demonstration it is required to symbolize shocking (relaxing, diverting) strike for the adversary to lose his/her balance realizing the technique. Defense strikes should be adequate to the aggression.
 - б). Throws and dumping should have the element of disturbing the balance of the adversary, and be implemented at high speed and from steady position.
 - в). Painful and suffocate actions should be clearly shown to the referee (fixed) and implemented correctly, with showing a surrender signal.
 - г). Attacking and counterattacking actions should be implemented in highly skilled and real manner.
 - д). Time of implementation of the series after the command “KHADJIME” is no longer than 60 sec.
 - e). Those sportsmen are encouraged who applies the most various combinations of actions (strikes, throws, painful fixations, suffocating actions, using weapon taken away from the adversary)
- Поощряются спортсмены, применяющие наиболее разнообразные комбинации приёмов (удары, броски, болевые контроли, удушающие приемы, использование отобранного оружия).

11. Points and marking

The referees put down marks (after each series of the 4 techniques) at the command of the referee on the tatami. Marking is based on the 10-points scale, from 0 up to 10, without decimals. The highest and the lowest points are thrown away, the rest points are summarized.

12. Winning in case of absence or disqualification

- a) In case of absence of one of the pairs the victory (Fusen-Gachi) is awarded to the rivals.
- б) In case of disqualification of one of the pairs during the demonstration the victory (Kiken-Gachi) is awarded to the rivals.

13. Setting additional demonstration of techniques

In case of both pairs have the same quantity of points the referee sets an additional demonstration series as long as the winner will be determined. In this case the referee conducts new sortition for selection of techniques, and the pair with white belts begins the demonstration etc.

14. Trauma, diseases or technical defects

a) In case of trauma, disease or technical defect (the kimono ripping, the bandage unwinding, etc.) member of the pair demonstrating the technique receives no more than 5 minutes for having a help or elimination of defects. At that the total time spent by each member for having a help or elimination of defects should not exceed 5 minutes limit in total for both members.

б) In those case if after a trauma or disease the pair could not continue the performance the victory (Kiken-Gachi) is awarded to the rivals.

15. Критерии выставления оценок

During marking the referees should take into account the following criteria:

1. External impression – etiquette, ritual, organization, bearing, choreography, holding stances (positions) during all the demonstration. Stance should provide stable balance, stable equilibrium, mobility, power and safety.
2. Effectiveness of actions and competence of the participant – his/her general preparation, clear understanding of the meaning and purport of the technique demonstrated, knowledge of the important principle of the self-defense and accurate implementation of them, correct response and standing by.
3. Speed and accuracy of implementation of elements and complexity and combining techniques and actions, composing the technique demonstrated.
4. Concentration and complete control over the adversary action. ZANSHIN (*necessary level of mental mobilization and concentration of attention on the adversary*) and KIAI (*knowledge of principals of breathing during defending and attacking actions, appropriate temp and rhythm during all the demonstration of the technique*).
5. Strength and reality of implementation (symbolizing) – attacking, defending and counterattacking actions and techniques, *and right distribution of the power*.
6. Special attention should be paid to implementation of the attack and the first defending actions

Evaluation criterion is subjective by the following items:

A). Reality of attacking actions

(aggressiveness, power, speed, distance...)

up to 2 points.

B). Reality of defending actions

(attack blocking, leaving the attack line, control of the armed hand, disarming...)

up to 2 points.

Г). Reality of implementation and effectiveness of technical action

(training - shocking, disturbing the balance, speed)

up to 1 point.

Д). Movement culture and general impression

(showiness and standing by (amplitude - UKEMI))

up to 1 point.

Е). Correct (natural) breathing and KIAI

up to 1 point.

Ж). ZANSHIN – continuity, concentration, content of movements

up to 1 point.

З). Choreography, ritual, style, uniform tidiness

up to 1 point.

И). Complexity and combining technical actions

up to 1 point.

К). Failing necessary attack leads to lose (for mistake)

2 points.

Л). Exceeding time-limit leads to lose (for every 5 sec.)

1 point.

М). Losing the balance leads to mark lowering (for mistake)

(resulting in uncontrollable falling, losing initiative and control of attacker's actions)

1 point.

The demonstration should be performed in tradition of respect to the partner, the board of referees and audience.

16. Situations unprovided by the Rules

If a situation not provided by the current Rules appear, such problem is to be solved by the conference and finding the decision by the referee and the board of referees.

17. Groups of attacks

Fighting section demonstration (self-defense techniques) is staged composition of defense from determined attacks with arms (wood stick, knife), striking (punches, kicks), and clutches (holding actions) of the adversary.

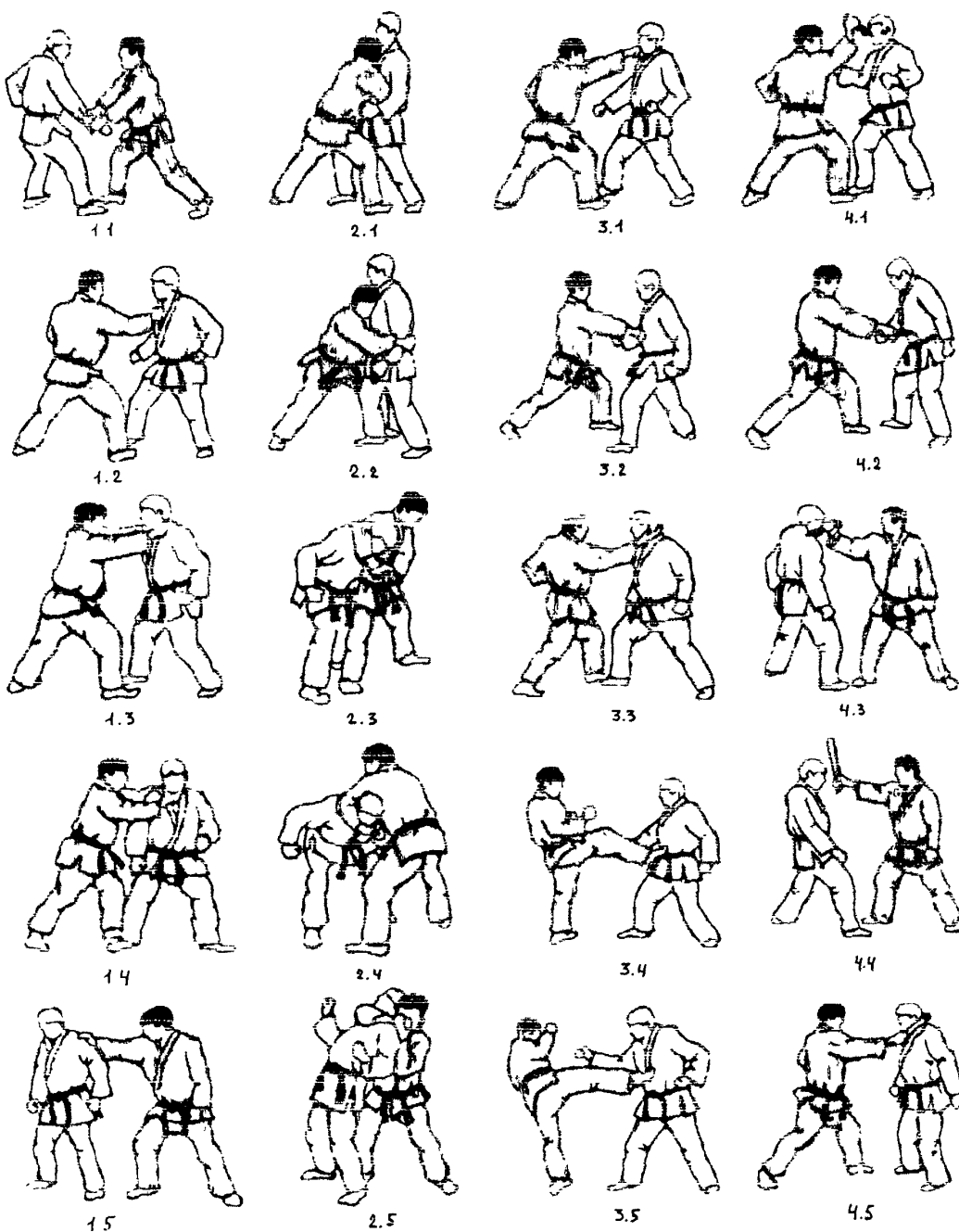
a). All the attacks are divided into 4 groups; each of the group consists of 5 attacks:

1. CLUTCHES

2. CLASPS

3. BLOWS

4. ARMED ATTACKS



б). The referee on the tatami names 1 attack from each group and shows them to the first pair demonstrating the technique. The other pair implements the same attacks. Then the second pair's attacks (with exchange attacking and defending roles) are implemented according to sortition. The first pair implements its defending technique from the same attacks.

в). Participants begin to implement the techniques at the referee's command "khajime".

Rules of conducting the type of the Self-Defense All-Round Competitions –“Fighting line”

1. «Fighting line» is a type of competitions stipulating demonstration of defending actions by participant during implementation of defending from different attacks implemented by team of assistants of three sportsmen during passing obstacles line consisting from three rounds. The sportsmen move along the ground by the certain route with compulsory implementation of tasks of saving coordination in minimum time. All kinds of attacks are divided into three groups (punches and kicks, clutches and clasps, armed attacks with wood stick, knife or threat of using pistol or automatic gun).

2. Composition of participants is formed without limits irrespective of weight and sports rank. Depending of the age participants are divide into 3 groups (children's group (age up to 13 years old), adolescents (up to 16 years old), elder group (from 16 and older)). Team consist of 4 men, 3 of them are assistant each of them can participate in the competitions, and 1 man passing the obstacles line.

3. Ground for competitions should have size of 6 × 6 m, plus 1 meter of danger area from each side, and plus 1 meter of the safety area. Competition organizers should provide the referees with: stop-watches, dull model of knife, stick 50-60 cm of length, model of pistol, model of automatic gun, protocols for marking and evaluation for each criterion referee, protocols for the secretariat, and individual place for the technical committee and the Chief Referee.

4. Uniform of participants of the competitions can be of any kind. It should be clear and tidy, and comfortable for implementing attacking actions of assistants (allow strong clutches of sleeve, collar, and lapel).

5. Order of conducting the competitions

a) Competitions are conducted in two tours. During the first tour all the teams demonstrate technique implementing the same tasks obtained before the beginning of the competition following a sortition of tasks for the first stage. 2 teams which got the highest marks go to the final where they implement the same tasks for the second tour. The team received the highest mark becomes the winner, and its adversary – the silver medalist. The rest places are determined in accordance with marks of the first tour. On getting the same marks in the first tour all teams with the highest marks reach the final, where they compete with entered quantity of adversaries. For big number of participants (16 and more) it is permitted to conduct the competition in 3 stages.

б) Movement route on the ground is clearly determined. Overcoming participant moves anticlockwise along the perimeter of the square of the ground passing three rounds. Start point of movement (start) is situated on the one of the corner of the ground, and there are assistants implementing attacks on the other corners. On passing the start corner the participant must perform a coordination task

(e.g. on the first round on the right from the start – somersault forward with push in the back (with help of assistant), on the second round – flight somersault over an obstacle, on the third – somersault backward). After performing the task of coordination by the participant assistant in the nearest corner implements attack immediately. After performing and completing the counterattack the participant go to the next assistant who implements the second attack, then – to the third assistant. After repulsing an attack the participant returns to the start and without stopping begins to perform tasks of the second round, and then – the third one. Performing the competitions conditions the participant should pass three rounds, repulse 9 attacks and perform three coordination tasks in minimum time. **Maximum time for passing the fighting line is 60 second.** On exceeding the time-limit the participant is penalized.

Б) Attacks are divided into three groups. The first group of attacks (kicks and punches) is implemented by the first assistant, the second group of attacks (clutches and clasps) is implemented by the first assistant, the third group (armed attacks with wood stick, knife or threat of pistol and strikes with automatic gun) – by the third assistant. Attacks are strictly time-limited and are determined on sortition. Upsetting during attack performance is penalized. Reality of performance of attacks is one of criterions of evaluation.

6. The competitions are maintained by the board of four referees passing the training on the referee’s seminar. Each of the referees puts down the point per one of criterions in each round, and gives a mark for complication and technique. Points are entered into the protocol. On completion of the performance all the protocols are brought to the technical committee which calculates the points and announce the final mark. Marks for criterions are put down by the referees for each round of the performance by three-point system. Marks for complication and technique of repulsing attacks are put down by three-point system too.

7. Points criterions:

а) Reality of attack.

Blows should be strong, controlled and showing possible consequences of attack. Clutches should be strong with «loading» of the adversary. Attack should be implemented immediately without indicating the type of attack. It’s permitted to implement attack in combination but the emphasis should be placed on given technical action, and the counterattack should be performed against it.

б) Reality of defense.

Defending actions should be adequate to attack. They should demonstrate persuasively safety of counterattack implementation for the defender. On repulsing blows it is necessary to demonstrate leaving the attack line, impossibility of carrying out continuing or repeating the attack by the attacker. On repulsing an armed attack it is necessary to demonstrate controlling the adversary’s arms.

в) Counterattack completeness.

On implementation of defending actions it is necessary to achieve impossibility of carrying out continuing or repeating the attack by the attacker. This should be achieved due to carrying out of “finishing off”, suffocation, fixation, using

arms taken away, or another method of “traumatizing” of the attacker. In case of armed attack it’s necessary to disarm the adversary.

г) Speed of implementation of technical actions.

Attacking and defending actions should be carried out in real manner without preliminary indication and preparation.

д) Time of passing the “fighting line”.

60 seconds are given to pass the line with repulsing 9 attacks and performing 3 vestibular apparatus tasks. Zero-time reference is a command of the chief referee assistant, end of the time is implementing the last defending action. **For each second of exceeding the time-limit the participant is penalized by 1 point. For passing the line in shorter time the participant receives a bonus (1 point for 4 seconds).**

8. Types of attacking actions:

8.1. Group

- a) direct strike with front hand
- б) direct strike with hinder hand
- в) side strike with hinder hand
- г) side strike with front hand
- д) chopping strike with hand
- е) punch straight-from-the-shoulder
- ж) direct kick
- з) circular kick
- и) side kick
- к) kick with turn

8.2. Group

- a) clutch the hand
- б) clutch clothes (on the breast, the sleeve, the shoulder)
- в) clutch collar (from the front, from behind, with suffocation)
- г) clutch the neck (from the front and from behind)
- д) clasp the body (from the front and from behind)
- е) «collar» (from the front, from the side, from behind)

8.3. Group

- a) strike with stick (from above, from the side, straight-from-the-shoulder, thrusting)
- б) strike with knife (from above, from the side, straight-from-the-shoulder, thrusting)
- в) threat with pistol point-blank (from the front, from the side, from behind, with clunch)
- г) threat with pistol at the distance
- д) strike with automatic gun (bayonet, butt, magazine)

9. Competition evaluation.

Each referee puts down points for each counterattack according to their criterion and gives the points for complication and technique of actions in each round. Point are entered into the protocol of the participant’s performance and brought to the technical committee. The technical committee enters points of all referees into the total

protocol and brings it to the Chief Referee. The Chief Referee evaluates with penalty and bonus points time-limit of the performance and implementation of coordination tasks and announce the final mark. The total protocol of the participant's performance is posted up on the information board.

10. Traumas and technical defects

It is permitted to stop the passing the fighting line for elimination of technical defects (kimono ripping, bandage unwinding, arms model defects, etc.), but the time spent for elimination of defects is accounted in the total time of performance. If one of assistants can not participate in the performance due to trauma or technical defect he/she can be replaced in the next tour. If the team can not complete the performance due to trauma of the participant, it is removed from the competitions.

11) If a situation not provided by the current Rules appear, such problem is to be solved by the conference and finding the decision by the board of referees.

Competition Rules of sports single combats

Sports single combat participants ARE **FORBIDDEN** to:

- bite and scratch;
- press and strike blows with fingers into the eyes;
- strike the occipital part of the head and cervical vertebrae area;
- kick the head of the adversary being in lying position from standing position;
- carry out painful techniques on the cervical vertebrae and spine;
- clutch single fingers or toes of adversary;
- hit in the groin;
- strike adversary's head with the head;
- наносить удары головой в голову соперника;
- hit in the spine;
- seize adversary 's hair;

When the participant receives the first warning for “forbidden action” (F.A.), non-entailing trauma, his adversary is awarded with **3 points**. When the participant repeats F.A. he is declared as a loser.

For any warning declared after F.A. the participant is dismissed and declared as a loser.

If on medicine conclusion the rival cannot continue the single combat that was result of using forbidden action by the participant, the participant is declared as a loser

- overstep the mat line without technical actions;
- evasion from carrying out of the single combat (passive carrying out).

For violation of the Rules the participant receives a caution (C), on repeated violation – the first warning (W-1). If the participant already has one warning for repeated violation he receives the second warning (W-2); when the participant having the second warning violates the Rules or applies a forbidden action he is dismissed and declared as a loser.

When the participant receives the Rules violation “warning” (W), his rival is awarded with **1 point**.

PARTICIPANT POSITIONS.

«Standing» - the participant touches the mat only with feet (stands on his feet).

«Lying» - the participant touches (leans) the mat surface with any part of the body except the feet.

UPSETTING THE BALANCE.

It is technical actions being evaluated which lead to those being attacked loses the balance and falls to the back, shoulder, breast, abdomen, side or buttocks from the “standing” position to the “lying” position.

PAINFUL IMPACT.

Bending (level), rotation (knot) in the joint, pinching sinews or muscles which result in the participant acknowledges defeat.

SUFFOCATE IMPACT.

Pinching the carotid artery and respiratory tract which results in the participant gives a surrender signal or loses consciousness.

STRIKING ACTIONS.

(youths 16 – 17 years old and adults)

Striking with the fist, palm edge, forearm, elbow, knee, shank, foot, head which results in the participant falls into the “lying” position or becomes disable.

It is permitted to strike: the head (except the occipital part), neck (except the throat and cervical vertebrae), breast, abdomen, lateral parts of the body, back (except the spine), and legs. It is permitted to kick the rival being in “standing” position. It’s permitted to kick the rival being in “lying” position from “standing” position: to the legs – with the knee, shank, foot; to the body – with the knee. Striking with the elbows and forearms are permitted in the “standing” position to all strike-permitted areas, in the “lying” position – to all strike-permitted areas except the head. Striking with the head is permitted to all the areas except the head.

(girls, women – adolescent under 15 years old)

The following technical actions are forbidden: by the palm edge, elbow, and knee in the head.

COMPETITION PARTICIPANTS.

3 age groups of participants and fight time-limits

<i>Age, sex</i>	<i>Total time of the fight</i>	<i>Time-limits of fighting in parter (the lying position)</i>
Children – 10-11 years old	2 minutes of clear time	30 seconds + 5 seconds *
Youths (girls) of the early age - 12-13 years old	2 minutes of clear time	30 seconds +5 seconds *
Youths (girls) of the middle age - 14-15 years old	3 minutes of clear time	30 seconds +5 seconds *
Youths (girls) of elder age - 16-17 years old	3 minutes of clear time	30 seconds +5 seconds *
Juniors - 18-20 years old	4 minutes of clear time	30 seconds +5 seconds *
Men and women - 18 and older	4 minutes of clear time	30 seconds +5 seconds *

. * Additional time in the parter position for carrying out of painful or suffocate technique

WEIGHT CATEGORY

COMPETITION PARTICIPANTS ARE DIVIDED INTO THE FOLLOWING CATEGORIES:

Children 10 – 11 years old	Youths (girls) 12-13 years old	Youths (girls) 14-15 years old	Youths (girls) 16-17 years old	Juniors Adults
25 kg	35 kg	40 kg	61 kg	66 kg
30 kg	40 kg	45 kg	66 kg	71 kg
35 kg	45 kg	50 kg	71 kg	76 kg
40 kg	50 kg	55 kg	76 kg	82 kg
45 kg	55 kg	60 kg	82 kg	88 kg
50 kg	60 kg	65 kg	Over 82 kg	Over 88 kg
Over 50 kg	Over 60 kg	Over 65 kg		

Technique evaluation of participants of the fight

1. Military – applied unarmed self-defense duel presumes random combining and shifting the following main phases:
 - **striking**, when the fighters exchange with blows;
 - **throwing**, when the fighters try to throw each other;
 - **fight in lying position**, when the fighters implement painful and suffocate techniques.
At that the duel splits into episodes consisting of attacking, defending and counterattacking actions.
2. During the duel the fighters achieve points for all evaluated technical actions and their combinations implemented during episodes.
3. The referees evaluate only those actions controlled (blows, throws, painful and suffocate techniques) which are started on the mat depending on their effectiveness.
4. The fight in standing is considered as **ineffective** if striking or throwing do not take place during 10 seconds after capturing and holding.
5. The fight in lying position is considered as **ineffective** if:
 - no technical actions take place during 10 seconds;
 - 30 + 5 seconds have elapsed from the beginning of painful (suffocate) action;
6. **Clear winning** (as technical actions evaluation) is awarded for:
 - knock-out;
 - 2 knock-downs;
 - controlled painful (suffocate) technique when the adversary have surrendered;
 - controlled blow in the body, legs, that results in knock-out of the adversary;
7. **Eight points are awarded for:**
 - knock-downs;
8. **Three points are awarded for:**
 - amplitude throw;
 - punch, kick (counter blows) resulting in adversary's fall;
 - forbidden action by the adversary (penalty)
9. **One point is awarded for:**
 - Punch in the head, body; kick, strike with the knee, elbow in the committed body or legs area;
 - throw, cutting-down etc.;
 - for warning (penalty) declared to the adversary;
10. If main time ended in a **draw**, sportsmen have 1 minute of additional time for continuing the duel. If after a lapse of the additional time the winner is not clear, the Winner is determined by weighing results – the lightest in the weight sportsmen is declared as a winner
11. In the early and middle age youths duels the referee can decide “painful (suffocate) action as accounted” without surrender signal from the adversary, if escape from the action is impossible, and the further carrying out of the action leads to a trauma.

Participants weighing

1. The order and time of the participants weighing are explained in the Regulation.
2. The weighing takes place once at the first day of the competition of certain weight category or the day before and lasts 1 hour.
3. If the weighing takes place at the competition day it ends not less than 1 hour before the beginning of the competition.
4. Using more than one scale is permitted but participants of the same weight category should be weighed at the same scale.
5. Right of control estimation on the scale for official weighing is given to participants during 1 hour before the weighing beginning.
6. Males are weighed in swimming trunks, females – in bikini.
7. During weighing the participant must show his/her document (with photo) ascertaining his/her identity
8. The weighing is carried out by the referee team appointed by the Chief Referee and composed of the deputy chief referee, the doctor, the secretary and two referees.
9. The deputy chief referee arranges the weighing procedure and accounts for the procedure is in accordance with the Rules.
10. Before coming to the scale the participant passes a medical inspection (absence of obvious traumas and signs of diseases, skin cleanness etc.).
11. One of the referees checks the document ascertaining the participant's identity and hands it over to the secretary who based on this document checks an accuracy of the entry in the weighing protocol. The second referee weighs participant and declares weighing result which is posted in the protocol by the secretary.
12. The participant, who was late or absent to the weighing, is barred from the competitions

Admission to the competition of the participants

1. Admission terms to the competitions, sports membership of the participants, qualification and age, and listing of the documents presented to the credentials committee are stipulated in the Regulations
2. Organization's application for participation of its members in the competitions is registered in accordance with a set form with obligatory presence of the following issues attested by the stamp of the organization sending the team to the competitions: signatures of the organization president, trainer and the team representative, a compete allowance visa with the stamp of the medical institutions. Admission of the participant is realized by the credentials committee (it is approved by the organization conducting the competitions) consisting of the organization representative, the chief referee and his/her deputy, the chief secretary and his/her deputy, the head doctor and member of the committee, who check applications and participant's documents for compliance with the Regulations requirements. Representative of the organization conducting the competitions is responsible for admission of the participants in disputable cases.

3. Admission of participants to the competitions finishes with weighing and medical inspection of them. Participants not passed weighing and medical inspection are not allowed to the competitions.
4. In personal and personal-team competitions sportsman have a right to participate in weight category stipulated for him/her during the weighing.
5. In team competitions between adults sportsmen have a right to participate either in weight category stipulated for him/her during the weighing or in the next category which is heavier.
6. Sportsmen of the nearest young group can be allowed to compete in the elder age group by permission of the organization conducting the competitions, but he/she has to have an additional individual certificate of the health signed by the doctor and trainer and ascertained that preparedness and physical development of this sportsman satisfy the requirements for participation in the competitions.
7. Juniors (males/females) have a right to participate in competitions between males/females.
8. Admission of lower grades (belts) to the competitions of higher grades (belts) is stipulated in the Rules. In this case the higher grades (belts) sportsmen competition rules are valid.
9. Admission of separate participant to the classification fights is conducted based on the grading book and certificate of the health, drawn not more then 5 days before the competitions.
10. In classification competitions the participant have a right to fight with adversary who has next, more higher grade (belt), and between adults – next, more heavy weight category.

Rights and obligations of participants

1. The participant **must**:
 - pass the credentials committee and the weighing;
 - exactly obey the Rules, the Regulations, and the competition program;
 - fulfill requests of the referees;
 - come on the mat immediately on the call of the board of referees;
 - in impossibility for some reasons to continue the competitions declare it immediately via the representative to the secretariat;
 - be polite to the other participants, the referees, those conducting and maintaining the competitions, and also to the audience;
 - exchange handshakes with the adversary before and after the duel;
 - perform with shortly cut nails, in tidy sports suit.
2. The participant **has a right to**:
 - appeal to the referees via representative of his/her team; and during personal competitions (in the absence of the representative) – to appeal directly to the board of referees;
 - control his/her weight on the official weighing scale 1 hour before the beginning of the weighing;
 - get in time information about the competition course, pair consist of the next round, changes in the competition program, etc.

- during one duel to use 2 minutes (in total) for having a medical care and elimination of equipment defects;
- use 10 minutes time-out before each fight; and 15 minutes before semi-final and final fights.

The participant's suit

1. The participant's equipment:
 - kimono (with standard thickness and length)
 - gloves for hand-to-hand fight – girls, women and adolescents under 15 years old (10 oz), youths 16-17 years old and men – gloves covered the hands
 - protective helmet (for juniors and men – by request)
 - protective covers for the legs (is obligatory for girls, women and adolescents under 15 years old)
 - protective shell (is obligatory for all age groups)
 - protective device for teeth (is obligatory for youths 16-17 years old, men)

Female equipment is supplemented with protective device for breast and white color T-shirt
2. Kimono (special style jacket and trousers, and also belt for the jacket)
 - made from thick cotton fabric
 - belt – red or white color
 - any jacket sleeves should cover elbow joint
 - it is permitted to have image on the suit:
 - on the left side of the breast and on the left sleeve – emblem of the federation, sports organization, the club;
 - on the right sleeve and on the back – name, coat of arms, emblem of the city (regions, district, krai (territory), republic), state department, ministry.
3. During team competitions participants of the same team should be in the unified sports suits.
4. Before go to the mat the participant should gird with red belt, if he is the first in the pair, or with white belt. The belt should to gird the body twice and to fit tightly, and be tied in front of the body with flat knot fastening together both its coils. The ends of the tied belt should be not longer than 20-25 cm. Jacket tails should be 20-25 cm below the belt.
5. The participant is forbidden to wear rings, bracelet, ear-rings, chains, and other things which could result in trauma.

Rights and obligations of team representative

1. Team representative is mediator between the board of referees and participants, representing the organization. He/she manages the team and is responsible for behavior and discipline of the participants. If the team has no special representative, his/her responsibilities transfer to the trainer or the team captain.
2. The team representative must:
 - be aware of the Rules and the Regulations of the competitions;

- submit an application for participation in the competitions and the other documents mentioned in the Regulation to the credentials committee in time;
 - attend joint sittings of the board of referees and team representatives;
 - inform members of his/her team about decisions of the board of referees;
 - provide timely attendance the competitions by the participants;
 - be on the special representative's place till the end of participation of the team members in the competitions, and leave this place only by permission of the Chief Referee.
3. Team representative has a right to:
- submit applications in terms stipulated by the Regulations;
 - be present at the weighing and sortitions;
 - have information concerning conducting and results of the competitions;
 - notice and take part in discussions in joint sittings of the board of referees and team representatives;
 - hand in applications stipulated by the current Rules.
4. Team representative is forbidden to:
- interfere in activity of the referees and the competitions organizers;
 - be the referee of the current competition at the same time.
5. Representative could be dismissed and deprived of the team management for violation of the Rules and nonfeasance. Team representative (trainer, captain) shown disrespect to the member of the board of referees could be disqualified and removed from the competition. It is reported to the organization of the team which is represented by him/her.

Ideology of self-defense all-round competitions

1. Competition necessity

Representatives of many styles and kinds of martial arts face with problems of “self-defense”. Each of them works out its own ways of solving these problems. However, very often martial art schools and styles criticize representatives of the other schools, often not deserved. This occurs due to lack of united standards, rules and evaluations of self-defense techniques and tactics. Some schools and styles assert even impossibility of comparison and believe that real street fighting could be only standard of efficiency. Probably this attitude is inaccurate because it could lead to depression of self-defense development.

For successful realization of fighting duel it is necessary to have an idea of real fighting potentialities of your possible adversary and working-out of training arsenal and methods. It is not a secret that during the last years many schools had a great growth of technical and tactical characteristics of the training level. Their arsenal of real fighting actions increased significantly.

Besides, lately new “synthesized” styles and schools became to be organized and developed. They add techniques of different schools, frequently antagonistic, to their arsenal and then on combining these techniques they get new unusual findings. Therefore, for successful training and development of self-defense it’s necessary to exchange experience continually. And first of all such exchange is possible in competition form.

2. Problems related to fighting action arsenal

Defensive actions

Conditions, which man faces during a real street fighting, are not similar to sports duel conditions. In sporting fight adversaries have about equal weight characteristics, equal training level, no weapon and some restrictions on applying techniques. A fight starts and finishes at the command and has a strict time-limit. It leads to displacement of emphasis in training sportsmen to narrow range of technical actions that are most acceptable in sports fight. Such approach, righteous in sports conditions, very often leads to inefficiency of defensive actions of sportsmen in a real street fight which expects using wider (sometimes less technically complicated and worked-out) range of fighting methods from defender.

Because of high trauma-danger conducting self-defense competitions with demonstration of comprehensive range of fighting actions is possible first of all in defense mode by predetermined and stipulated attacks (e.g. by DUO-SYSTEM rules).

Attacking and counterattacking actions.

In an effort to reduce traumatism sports fighting regulations have a range of restrictions on realizations of fighting methods that leads to exception from store of more technical actions effective in the view of self-defense (blow to the groin, throat, eyes, other painful places, neck-painful, backbone-painful etc.). Protective equipment availability also leads to drop in efficiency of some techniques.

Rather often trying to get the highest points sportsman carries out technically complicated and showy grips missing at the same time counterattacking actions against him/her which are less showy and less evaluated according to the competition regulations but very dangerous in view of self-defense.

Often in sports fighting those sportsman wins who achieves best marks on separate techniques evaluation (rating) but does not gain a real advantage over the adversary.

All aspects mentioned above lead to change of approach to sportsmen trainings that result in a decrease of efficiency of their actions under real fight circumstances.

Way out from existing situation could help to hold competitions in self-defense technique demonstration (e.g. DUO-SYSTEM) with emphasis on rating of efficiency in the view of safety and effectiveness.

3. “Time-limit” problems

Start and finish of sports single combat run at the command. Bout time is limited but gives an opportunity to carry out “reconnaissance” actions and plan the bout tactics. Sportsman losing in the beginning of the fight can gain revenge at the end.

Of course, such approach cannot be righteous in respect of real fighting where the first attack can be the last in this combat.

Likelihood of availability of more than one adversary in real fighting also requires from defender brevity and effectiveness in realization of attacks and counterattacks.

The problem can be solved by training for “Fighting line” passing competitions (relay-race where one competitor passes sectors with extempore attack of assistants in a minimum time).

4. “Weapon” problems

Self-defense system should consider in hand-to-hand fighting possibility of using cold arms, improvised means, and both threat of fire-arms using by assailant, and application of fire-arms taken away by defender. Techniques of disarming and weapon and improvised means application should be effective and safety for defender.

5. Tactical problems

In real fighting circumstances it’s likely to face with adversary who exceeds defender in body weight, movement speed, and wields striking or wrestling technique. Naturally arsenal against each adversary should be chosen in depend of situation (with wrestlers – to strike, with “strikers” – to wrestle, with more heavy and slow adversaries – to carry out a combat within far distance, with lightweights – to enter into close combat). However it would be well to remember that in some cases it’s impossible to conduct reconnaissance and classify an assailant exactly, and apply more favourable (in view of tactics) techniques because of fighting place features (limited space, slippery surface, natural obstacle).

It is worth to consider apart possibility of fight with several assailants. Self-defense should consider not only technical arsenal but also fighting tactics against

outnumbering adversary (leaving the attack zone, aligning, using natural obstacle, space features, etc.).

With a view of solving self-defense problems mentioned above International Martial Arts College “IMAC” carries out sports-applied “Self-Defense All-Round Competitions” worked out by “Military-Applied Unarmed Self-Defense and Jiu-Jitsu Godai-Rju Federation”.

For more details, please, refer to:

www.satorigo.ru – Martial Arts club SATORI

www.jjgo.ru – Military-Applied Unarmed Self-Defense and Jiu-Jitsu Godai-Rju Federation