

**Date:** Saturday, May 22, 2010

**Competition Times:**

4 - 7 Year Olds: 9:30 am

8 - 10 Year Olds: 11:00 am

11 - 13 Year Olds: 12:30 pm

14 -16, Adults, and Black Belts: 1:30 pm

**Cost:** \$5 per event

All proceeds will be donated to Trinity Christian School

**Competition Rules**

**Kata**

When called competitors must bow onto the mat, bow to the judges, and introduce themselves and ask for permission to begin.

The typical introduction goes something like this:

Judges, my name is Jimmy Smith.

My instructor is Ed Parker.

Today I will perform Short Form 3.

With your permission I will begin.

Competitors are allowed to choose which kata they would like to perform. Students can also elect to perform a series of sets if they would like. .

Judges score kata on a 10 point scale, with most scores falling between 7.0 and 9.0. To help set a baseline for establishing scores, the first three competitors in each group perform before any scores and given.

The competitor with the highest total score receives the top level patch, with the score of the judge with the highest rank deciding the winner in an event of a tie. The remaining patches are given out on a curve, so depending on the number of competitors, it is possible for two competitors in the same group to get the same patch.

**Sparring**

Students will spar under one of three sets of rules, depending on their age, experience level, and availability of safety equipment. All matches are 1 minute in length. The competitor with the most points at the end of the match wins. Each competitor spars three matches and patches are awarded based on wins, loses, and ties.

**Modified Judo**

Required equipment: mouth piece

Recommended for: Beginning Level Youth without Sparring Gear

Competitors start on their knees facing their opponent, with their hands on their opponent's shoulders. When the referee says "Go!" the competitors try to pin their opponent's shoulders to the mat. A successful pin is worth one point. In order for a pin to be considered "successful" you have to have both of your opponent's shoulder blades flat on the mat, while being on top of them in a position of control. Upon seeing a successful pin the referee will stop the match, award the point, and reset the competitors in the starting position.

Competitors must stay in contact at all times. If the competitors become separated the referee is to immediately stop the match and reset them in the starting position. Striking , pushing , or otherwise intentionally breaking contact are fouls. Upon seeing a foul, the referee will immediately stop the match and give the offender one warning. A repeated offense of the same foul will result in the referee awarding a point to the opponent. A third offense of the same fouls results in disqualification.

### **Point Sparring**

Required equipment: hand gear, headgear, mouth piece, and cup (boys)

Recommended for: Beginning and intermediate Youth (Blue and below)

No strikes below the belt, to the throat, or to the back, kidneys are ok

No striking to unprotected parts of the head (face), side and back of the head are ok

Students above the rank of purple belt can kick to the head, IF WEARING FOOT GEAR

You can grab the arm or hand for one second, grabbing the feet or legs is not allowed

A competitor with one foot out of the ring cannot score, but can be scored upon.

In order to score a point to the body, you must touch your opponent. The desired level of contact is a light touch with no penetration. No contact is allowed to the head. Competitors should aim their strikes to be approximately one inch away from the head gear. Competitors exceeding this level of contact will be warned, penalized, or disqualified at the discretion of the head judge.

### **Continuous Sparring**

Required equipment: hand gear, headgear, mouth piece, and cup (boys)

Recommended equipment: face shield, chest protector, shin guards, foot gear

Recommended for: Advanced Level Youth, Adults of all Rankings (Green and Above)

Continuous Sparring is competed under similar rules to Point Sparring with the following changes:

Matches are not stopped to call for points, head judge acts as referee

Round kicks to the back of the leg are legal

If both competitors are wearing chest protectors light to medium contact is allowed to the body.

Contact above the incidental level to the head will result in a warning. Repeated warnings will result in disqualification.

At the end of each match, judges select a winner based on clean, controlled striking, effective aggression, and ring control.

### **Striking Power**

Competitors strike a bag with an internal force sensor, using three different types of strikes: a reverse punch, a front kick, a side kick

Competitors get three attempts with each strike, the highest score is recorded. Patches are awarded based on the highest total score.

For the reverse punch the front foot may twist or rotate, but is not allowed to step. For example, shifting from a neutral to a forward bow is allowed, but a step drag is not.

For the kicks, no spinning or jumping is allowed, but footwork, such as performing a cross-in side kick is fine.