

SELF DEFENSE COMPETITION RULES

Competition Format

- Competitors perform self-defense techniques individually
- Competitors supply their own attacker(s)
- Each competitor announces their name to the judges before beginning
- Bow to judges upon entering, then bow to attacker(s)

Performance Requirements

- Competitors may demonstrate any number of self-defense scenarios
- Attacks can include any kind of strike, grab, or weapon attack
- All techniques must be performed with control
- Demonstrations should be realistic and practical

Judging Criteria

Each judge scores the performance in three categories:

1. Execution

- Proper technique and form
- Correct body mechanics
- Precision of movements
- Control of techniques
- Safe execution without injuring partner
- Quality of martial arts skills demonstrated
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2. Effectiveness of Response

- Practicality and realism of defense
- Logical application of techniques
- Control and disabling of attacker
- Speed and timing of response
- Distance management
- If weapon is used in attack, defender must control weapon by end of technique
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3. Intensity and Overall Performance

- Fighting spirit and commitment
- Confidence in execution
- Energy and focus
- Realistic combat mindset
- Overall showmanship and demonstration quality

Scoring System

- Each judge provides a score (typically 0-10) for each of the three categories

- Judge's final score = the sum of their three category marks
- Competitor's final score = average of all three judges' scores
- Highest score wins

Tied Scores

- Tied competitors will appear in ring with backs turned to judges. Judges will decide winner

Safety Requirements

- All techniques must be performed with control
- Injuring your attacker may result in disqualification
- Proper mats will be provided for the competition
- All competitors must wear appropriate martial arts uniforms

Performance Procedure

- Bow to judges and enter the competition area
- Position yourself and bow to your attacker(s)
- Announce the number of scenarios you will perform
- Begin on judge's nod

Scoring Notes

- Only the primary competitor (defender) receives the score and medal
- Attackers are assistants and do not compete for awards
- If a mistake is made, continue and finish the technique to the best of your ability

Department and Conduct

- Competitors are judged from the moment their name is called
- Display confidence and composure approaching the competition area
- Maintain proper attitude and respect throughout
- Stand ready when awaiting results
- Thank your attacker(s) after completing your performance

Important Notes

- Realism and practicality are key - demonstrate techniques that would work in actual self-defense situations
- Control is paramount - show power and effectiveness without injuring your partner
- Quality over quantity - three well-executed scenarios are better than rushed techniques
- Weapon control is essential - if defending against a weapon, you must control it by the end
- Attackers play a crucial role - ensure they can safely receive your techniques