

Contest Divisions

a) Classic b) Extreme

Style Requirements

a) classic

The competitor faces one opponent. The athlete competes unarmed using disarmament techniques and can optional use opponents' weapon.

The presentation should include obligatorily 4 attacks with grapple, punch, kick, weapon.

All techniques are performed twice, first in slow motion, then in normal mode

b) Extreme

The athlete faces one to five opponents. The athlete competes unarmed using disarmament techniques and can optional use opponents' weapons. The presentation should include obligatorily 5 attacks with grapple, push, punch, kick, weapon.

All techniques are performed twice, first in slow motion, then in normal mode.

The competitor can optional use music for his presentation.

Judge's Criteria for Modern and Traditional Self Defence Techniques

a) Speed b) Fast Reaction c) Realism d) Difficulty Degree e) Resemblance of the technique from slow to fast motion.

Duration

Maximum Routine time is 90" ..

Competing Area

The performance takes place on 7x7 or 8x8 meters Tatami

Outfit

__The athlete competes with free of choice Outfit..