



# Self Defence

## Rules

#### Art. 1. general rules

All demonstrations are open and free.

The maximum time is 3 minutes.

The team can be from 2 to 10 persons.

The team can be mixed (men, women, children together)

#### Art. 2 Parameters of Score

- Technique's realism
- Technique's effectiveness
- Kime
- Power
- Control
- Breathing
- Speed and coordination

#### Art. 3 Negative Scores

- Hesitation: -0.1 points
- Stop the performance: -0.2 points
- Loss of balance: from -0.1 to -0.2 points

#### Art. 4 Disqualification

- The performance doesn't follow the spirit and the rules of the self defence
- Misconduct towards rules, Judges or other competitors
- Inappropriate attire

#### Art. 5 Uniforms

Karate gi white or black

Promotional logos are not permitted.

Country belt or school belt are permitted

#### Art. 6 Score

- 1) Scoring will be between 6.0 to 8.0, deleting the highest and lowest score. The remaining scores will be added. If there is a draw, the lowest score and possibly the highest score will be added.

#### Art.7 Divisions

There are two divisions: self defense free hands and self defense with weapons

BAMBINI: until 14 yo

JUNIOR: from 15 yo to 18 yo

SENIOR: from 19 yo to 28 yo

MASTER: over 29 yo