

# SELF DEFENSE RULES

## **Open to youth and adults:**

The defender is the competitor

Open-hand defense only

Attackers may attack open-hand or with a knife only

Minimum 3 self-defense techniques. Maximum: 2 attackers.

Create a **30 second self-defense routine** incorporating any techniques into a fluid routine.  
Judging and event time begins when a competitor bows to enter the ring

Competitors (defenders) are scored on control, application and creativity. Any techniques appropriate to rank are permitted.

Scoring will be reflected on the competitors' (defenders) and attackers' performance skills, etiquette, and overall demeanor/attitude once they bow into the ring.

Novice Students may throw only Novice Students.

Intermediate students may throw Novice or Intermediate Students.

Advanced students may throw Novice, Intermediate or Advanced Students.

Black Belts may throw someone their rank or lower.