

ISDO creates the fighting styles in the National and International Championships that are the following:



[Shadow fighting](index.php?option=com_content&view=article&id=17:shadow-fights&catid=11&Itemid=31) Shadow fighting is the basic part of the practice where practitioner practices the technique, movement, coordination ♦ basic elements necessary in Self Defense

[Super kicks](index.php?option=com_content&view=article&id=16:super-kicks&catid=11&Itemid=30) Kicks are the strongest weapon and the main tool in the realistic Self Defense

[PAO training](index.php?option=com_content&view=article&id=15:pao-training&catid=11&Itemid=29) Practice of punching and kicking in PAO helps the practitioner to develop strong kicks and coordination

[Modern Guard techniques](index.php?option=com_content&view=article&id=18:modern-guard-technics&catid=11&Itemid=32) contain realistic self defense scenarios in which involves practice with the partner. In those scenarios the practitioner can apply all the combination of techniques (strikes, kicks, joint logs and etc.)

[Traditional Guard techniques](index.php?option=com_content&view=article&id=19:traditional-guard-technics&catid=11&Itemid=33) involves all the characteristics mentioned in the previous technique, with exception that the attack is with technique

[Soft forms](index.php?option=com_content&view=article&id=20:soft-forms&catid=11&Itemid=34)

[Hard forms](index.php?option=com_content&view=article&id=21:hard-forms&catid=11&Itemid=35) Practice in soft and hard form is for the practitioners that practices without a partner.

[First Point fight](index.php?option=com_content&view=article&id=22:first-point-fights&catid=11&Itemid=36) The first strike is of vital importance in a self defense situation. First Point fight is a pioneer fight and teaches the practitioner to respond immediately

[Free Contact fight](index.php?option=com_content&view=article&id=23:free-contact-fights&catid=11&Itemid=37) In a usual street fight situation, the fight lasts for about 10-15 min. Practice in Free Contact simulates the tension of a realistic situation

[Koshiki Fight](index.php?option=com_content&view=article&id=24:koshiki-fights&catid=11&Itemid=38) is for the advanced Self Defense practitioners, since it contains full simulation of a real fight with the use of strikes, kicks, knee, low kicks and etc

♦

♦

For more information about each fighting style, you can visit the [rules and regulations](#) website section, [or you can download ISDO Rules & Regulations in pdf format from here:](#)



style="vertical-align: middle;" alt="rules_n_regulations"
src="images/stories/rules_n_regulations.png" /> (Edition
6)</p>