

## **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..