DRAGON WARRIOR CUP

RULES: Self-Defence

(presentation of model self-defense situations)

Goal

- The goal is to present a demonstration of the application of martial techniques from the presented style by a pair of competitors from the same team – ONLY THE DEFENDER is evaluated. It can be presented as a demonstration of solving self-defense situations within:
- **Martial Arts** (TRADITIONAL MARTIAL ARTS) – presentation of the style's combat (school), e.g., kung fu, karate, aikido…
- **Self Defense** (SELF DEFENSE) - real self-defense, e.g., Krav Maga, street defense, respecting the criminal law of the Czech Republic
- **Professional Self Defense** (PROFESSIONAL) - intended for members of the police, security agencies, Armed Forces, and students of vocational schools focused on security-legal activity and military direction (from 16 years old) - grips, holds, and technical coercive means (only tonfa and telescopic baton!)

Categories

- The competing pair can consist of 2 men, 2 women, or a woman and a man.
- Technical ranks, weight category are not limited within the presentation of the pair, only the age of the defender determines the category.
- It is allowed for a competitor to start in a different pair as an attacker.
- **Category without division on boys and girls / no division for male/female**
  - Junior : (-12 years)
  - Cadet: (13-17 years)
  - Senior: (18+ years)
- The organizer of the competition reserves the right to change the age limit or division into men/women, technical ranks according to the occupancy of age categories. Current categories are always stated in the main propositions of the tournament for the given year.

Performance:

- The defender demonstrates model situations when attacked in a manner determined by these rules.
- The defender presents self-defense by reacting to specified attacks in the order according to the category.
  - Junior: (-12 years) 4 attacks: grab/hug/choke, strike, kick, stick
  - Cadet: (13-17 years) 4 attacks: grab/hug/choke, strike, kick, stick
  - Senior: (18+ years) 5 attacks: grab/hug/choke, strike, kick, stick, knife

3) Competition area

- The area of the competition field is min. 6x6 m.
- It is composed, for example, of puzzle tatami with a red-bordered safety edge width of 1 m.
- The minimum thickness of tatami is 2.5 cm.
- Weapons - only rubber replicas, wooden, or made of softened PVC from the manufacturer are allowed.

4) Competitors' clothing

- Competitors wear attire corresponding to the presented style or type of self-defense with regard to its strength and protective function!
- Men must not wear any other clothing under the kimono blouse!
- The minimum requirement for clothing is: long pants, club shirt (shorts, briefs are prohibited)
- Clothing must not have any metal or other hard accessories that increase the risk of injury or damage to the field.
- The attire is clean, neat, and fits the size of the competitor. (rolling up pant legs is prohibited!)
- Entry to the field without shoes or in indoor shoes designed for movement on tatami!
- **Protectors** - given the nature of this discipline, they are not required. Only a mouthguard and genital protector are recommended for the attacker. Other protectors are at the discretion of competitors and the coach based on the nature of the demonstration.

5) Competitor preparation

- Competitors must have neatly trimmed nails on hands and feet; they must not be long and sharp.
- Competitors must not wear anything that could endanger or injure the opponent.
- Those who wear glasses may wear contact lenses during the presentation, but only at their own risk.
- Long hair must be tied up so that it does not get into the eyes or caught during a technique!

6) Presentation rules

- Before the start of the competition in this discipline, the chief referee will call the assembly of competitors for the given category.
- A check for the absence of competitors, attire, and weapons will be conducted.
- A drawing for the order will be done if it is not generated automatically.
- After being called, the pair approaches the edge of the field and performs a greeting before entering.
- Each competitor marches to their mark and greets towards the referees.
- The first defender (captain) announces: name, club, and type of presentation: **traditional / self-defense - professional**
- On the signal of the chief referee, they start the presentation with a mutual greeting.
- Each attack and defense must be conducted realistically, with appropriate dynamics and strength, according to the training level of the pair.
- After each self-defense action, competitors return to their mark.
- After completing the demonstration, competitors stand on the marks, greet each other, turn towards the referees, and
- wait for the evaluation.
- On the referee's signal, they leave the field (min. 3 steps back facing the referees, greeting upon leaving the field)
- After the presentation of all competitors within the category and tallying of points, an assembly with the announcement of results is called, or, in case of a tie, an auxiliary final round. In it, each demonstrates one defense determined by the head referee, and the jury decides by showing the winner at the assembly of undecided pairs after their demonstrations.

7) Attack options:

- Holding attacks
- Embracing and joint lock attacks
- Strikes and kicks (Cuki-waza, Atemi-waza, Keri-waza) – punches, kicks, etc.
- Weapon attacks – knife, stick
  - Before the attack, the use of shock to unbalance the opponent is allowed.
  - The attack can come from any side, and a combination of techniques can be used for the attack.
  - Shock and unbalancing should logically lead to further techniques in combination.
  - Kicks and hand strikes should have enough contact and dynamics to look truly realistic.
  - Unnecessary shouting of combat cries will be penalized.
  - All actions should be demonstrated towards the referees.

8) Evaluation criteria

- When the attacker obviously assists their partner in the action (e.g., by assuming a certain body position or jumping in), the rating will be lowered.
- In weapon attacks, the attacker must not endanger themselves, the weapon must always be under control throughout the action – no "flying knife", etc. Weapons should be taken away from the attacker.
- Self-defense actions end with controlling the attacker through locks, holds, technical coercive means, or eliminating attacks on vital points.
- When announcing the presentation as "self-defense", the Criminal Law of the Czech Republic is respected, and it is not allowed to subsequently attack a passively lying attacker with strikes and kicks (max. 1 technique within a combination), locks, and holds are "tapped out" by the attacker.
- Diversity of attacks and defensive techniques is also evaluated. (i.e., a performance with a richer repertoire of attacks and defensive techniques will be rated higher).
- The final evaluation should take into account the quality of the first defensive technique.
- Attacks must be performed strongly, energetically; they must be well controlled and in logical relation to the following technique.
- Throws and techniques leading the partner to the ground must be performed with good kuzushi (unbalancing), at a good speed, and in a quality stance.
- Locks and chokes must be clearly visible to the Jury and performed correctly – with the opponent tapping out.

9) Main evaluation criteria

		%
Technique	Technique Correct execution, striking surfaces, stance and movement, body involvement, variety, difficulty and creativity of used techniques	30
Effectivity	Effectiveness Correct entry, timing, combat distance, gaze, hitting sensitive spots, logical sequence of techniques	20
Dynamic	Dynamics speed, commitment, mastery of movements and precise coordination	20
Control	Control control of the weapon and disarming, immobilization or elimination of the attacker from the fight	20
Teamwork	Teamwork coordination between the pair, reality, authenticity to the presented style, ethics	10

10) Judges/Referee

- **Jury**
- The Jury consists of at least a head referee and two or max. 4 scoring referees.
- Individual judges in the Jury must not be predominantly from the same club.
- An administrator is also present at the station.

Evaluation

- Each of the judges evaluates within a range of max. two decades, x.0 – x.9 points (e.g.: 5.0 – 6.9), the head referee may determine simplified scoring only to decimal places (e.g.: 5.0-5.9)
- In case of a large point difference between judges of more than 1.0 (0.5 points in simplified scoring), the head referee convenes a meeting, at which the final evaluation is adjusted to consensus.

Awarding points

- **After completing the presentation, which is concluded with a greeting towards the Jury, referees issue their scoring by raising the number of points on scoring boards first towards the competitors, then on the signal from the head referee towards the administrator.**
- **The final evaluation is the sum of all Jury's scoring points. The competitor with the highest rating wins.**
- **After completing the start of all pairs in the given category, the order is announced at the assembly, possibly shootouts.**

Disqualification

- Non-appearance of the pair or one of the pair within 1 minute of being called.
- Non-compliance with the proper quality and execution of equipment, attire, and preparation of the competitor.
- Violation of ethics and unsportsmanlike behavior of the competitor.

Tournament director

Head referee