



Non Breaking Events

POINT SPARRING

Time Limit: One, one minute round

Description: Sparring in a ring that breaks at each score

Scoring will be based on:

- Punches - 1 point
- Kicks - 1 points

Additional Rules:

- Professional Martial Arts uniform required
- No grabbing
- Full gear and mouthpiece must be worn

Scoring area:

- Front and side of the body

Every action must be controlled and well timed

Prohibited actions:

- Sweep and kick to knee and thigh (low kick)
- Kick and punch to the head (under 18)
- Kick and punch to the groin
- Kick and punch to the back of the body or to the top of the head
- Scratching, biting, spitting, verbal attacks to the referees or his opponent
- Kick and punch after stop called
- Uncontrolled actions
- Disappearing from the fight or opponent, leaving the fighting area or falling down to waste time

Ties are allowed in final rounds.

TRADITIONAL FORMS

Time Limit: Two minutes or less

Description: Pre-arranged self-defense scenario or form must be using traditional moves only. A traditional form must resemble a traditional work. An adaptation will be acceptable if added moves are traditional.

Scoring will be based on:

- Techniques
- Stances
- Punches
- Kicks
- Blocks
- Balance
- Strength
- Focus

Additional Rules:

- Professional Martial Arts uniform required
- NO music or weapons allowed

Scores will range from 1.0 to 5.0



Non Breaking Events

WEAPONS FORMS

Time Limit: Two minutes or less

Description: Pre-arranged self-defense scenario or form using weapons and traditional moves.

Scoring will be based on:

- Weapon Techniques (Handling)
- Stances
- Punches (If included)
- Kicks (If included)
- Blocks
- Balance
- Strength
- Focus

Additional Rules:

- Professional Martial Arts uniform required
- NO music allowed

Scores will range from 1.0 to 5.0

DIVISIONS*

- Female 7 and under Beginner/Intermediate
- Male 7 and under Beginner/Intermediate
- Female 8 to 12 Beginner/Intermediate
- Male 8 to 12 Beginner/Intermediate
- Female 8 to 12 Advanced/Black Belt
- Male 8 to 12 Advanced/Black Belt
- Female 12 to 18 Beginner/Intermediate
- Male 12 to 18 Beginner/Intermediate
- Female 12 to 18 Advanced/Black Belt
- Male 12 to 18 Advanced/Black Belt
- Female 18 and above Beginner/Intermediate
- Male 18 and above Beginner/Intermediate
- Female 18 and above Advanced/Black Belt
- Male 18 and above Advanced/Black Belt

***Please Note:** Some divisions may be expanded or combined on the day of the event.