



# WORLD MARTIAL ARTS COMMITTEE

## AMATEUR RULES FOR TOURNAMENTS

Version 4.6.- 2023

### Chapter 11: Self-defence



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World Martial Arts Committee

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## Introduction:

*This rulebook replaces all previously issued rules and incorporates the official WMAC - Amateur - Competition Rules. These rules are valid for all members. However, local requirements and circumstances may be considered if necessary. The official language of the IRC is English. This rulebook may be translated into other languages by the IRC. However, in case of disagreement the official English version alone. This rulebook may not be copied, **published** or distributed without specific written permission from WMAC or the IRC. be made. This includes electronic, digital, physical and all other forms of reproduction. This rulebook can be downloaded free of charge as a PDF from the official website of the WMAC.*

# NATIONAL MARTIAL ARTS COMMITTEE

## International Rules & Guidelines



January 2023

Dear Reader,

We are very pleased to release version 4.6 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most detailed competition tournament rulebook available today and we are proud to publish it for your use. This has been made possible entirely through the hard work and dedication of individuals from around the world. We would like to sincerely thank all individuals for their contribution to this detailed rulebook.

All these rules and guidelines, which can be found in this document, are to be applied at WMAC sanctioned events. In this case, they may not be deviated from except in exceptional circumstances and then only with the written permission of the Referee's Representative (IRC) in conjunction with the Supervisor of the event. The instructions and decisions of the Referee Supervisor regarding these rules are final and binding. In the event of complaints/protests, his decision shall be final and binding!

This rulebook can also be used for non-sanctioned events. In this case, the organiser of the event must include the following in writing in the announcement: "This event is organised according to the official WMAC rules".

The World Martial Arts Committee is constantly striving to develop. We are constantly working on the development of our rulebook and its dissemination in events and tournaments. This set of rules should be checked before the events in order to discuss any changes with us and incorporate them.

Mit besten Grüßen

A handwritten signature in black ink, appearing to read 'Harald Folladori'. The signature is stylized and fluid.

Harald Folladori  
WMAC World President

# CHAPTER 11 - SELF-DEFENCE

## ARTICLE 35. CREATIVE SELF-DEFENCE (SC)

**35.1 Description** - The self-defence class is the demonstration of how martial arts techniques could be used to effectively defend oneself in violent confrontations. The purpose of the SV is not to present this as violence, but to use it to show what possibilities of self-defence / emergency help are available to a trained martial artist.

### 35.2 Age groups

Description	Age group
Children	U13
Juniors	U15
Cadets	U18
Adults	+18
Master	+ 35
Veterans	+ 45

**Attention:** for participants in the U13/15 classes = no knife or pistol attacks.

### 35.3 Belt classes

Description	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Black belt	Various	Black

**35.4 Uniform-All** uniforms should show the country being represented or the style. The sending country decides on the style of the uniform. The name of the country should be printed or embroidered on the back. The family name should be visible by embroidery on the right sleeve.

Competitors are not permitted to wear costumes / theatrical dresses, masks or any other items, including jewellery that is not in accordance with the practice of traditional martial arts.

The weapon used by the competitor is seen as part of the uniform and must be free from defects or sharp edges.

**35.5 Performance** - There are 4 attacks to be defended. The order and type of attacks are optional and will not be announced by the judges. Each technique may only be performed once slowly (optional) and then at maximum speed.

### 35.6 Type and sequence of attacks:

1. Clutching from behind
2. Choking
3. Sweatbox
4. Fist attack
5. Foot attack
6. Stick attack
7. Knife attack
8. Pistol attack

**35.6.1 Partner** - The athlete may use one or more partners for their demonstration. No one may be injured during the performance.

35.6.2 **Useful objects:** Participants may use objects during the demo (e.g. practice knives etc.). All such items must be submitted to the judges for inspection beforehand. If the judges deem an item to be dangerous, a replacement may be ordered.

**35.7 Performance area:** The performance area should be performed on a 6 x 6 m blue mat surrounded by a 2 m wide red safety zone. The judges' seats are in line at the side or in the respective corners.

**35.8 Number of judges: There are** 3 judges. They award points from 6 - 8 (tenths are possible). The following placings are possible:

1. in a line in front of the surface
2. one acting referee and 2 in the corners of the area

If they are placed according to No. 2, the competitor has to report only to the Referee.

**35.9 Entering & Exiting the Competition Area** - Competitors will be shown at which point they should enter and will only be allowed to enter and exit at that point.

Competitors must make two proper bows or salutes. One to the area before entering the area and one to the judges. The first contestant on the floor will make their bows to the floor only. After entering the competition area the contestants will go to the centre of the ring and announce the following to the Referee:

1. Name of the fighter
2. the country he presents

Then the weapons are subjected to an inspection by the judges. If they are not satisfied in terms of safety, a modification of the weapons can be requested.

Athletes will have 1 point deducted from their overall score if they have to change their weapon.

Before the contestant begins his/her form, the Referee will check that all Judges are ready and that the area is clear of obstructions.

If everything is to his satisfaction, he holds up his hand to show that the athletes can start as soon as they are ready. Now they should get into the starting position.

**35.9 Scoring** - Athletes will be scored according to the following criteria:

- 1) Technical quality of the techniques shown
- 2) Difficulty of the attack (realism)
- 3) Effectiveness
- 4) Performance

**35.9.1 Deduction of points** - 1 point must be deducted if the following happens:

- 1) Demonstration does not last one minute or exceeds 3 minutes
- 2) Athlete or partner leaves the area
- 3) The partner is injured by the other partner (active partner)
- 4) Fantasy performance that has no relation to reality
- 5) The athlete must start again

**35.9.2 Tie** - In this case each contestant has two more techniques to show. The judges will then decide the winner by a show of hands.

## ARTICLE 36. REALISTIC SELF-DEFENCE (SR)

**36.1 Description:** Here, a set of rules was created which makes it possible to carry out an almost realistic self-defence scenario. The competing athlete has the possibility to choose a partner of his choice. Neither the athlete nor the attacker is given the opportunity to prepare for the techniques to be attacked.

### 36.2 Age groups:

Description	Age group
Children	U13
Juniors	U15
Cadets	U18
Adults	+18
Master	+ 35
Veterans	+ 45

**Attention:** for participants in the U13/15 children's classes  
= no knife or gun attacks

### 36.3 Belt classes:

Description	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Black belt	various	Black

**36.4 Uniform:** All uniforms should show the country to be represented or the style. The sending country decides on the style of the uniform. The name of the country should be printed or embroidered on the back.

Competitors are not permitted to wear costumes / theatrical dresses, masks or any other items, including jewellery that is not in keeping with the practice of traditional martial arts.

**36.5 Presentation:** Each attacker is shown a card depicting the respective attack immediately before the attack. The defender has no possibility to prepare for it, because he stands with his back to the attacker. 4 attacks are carried out (only knives, sticks and pistols are allowed as weapons) All possibilities are included for unarmed attacks.

Procedure: A mat leader asks the contestant and the attacker to come onto the mat. Both contestants shall bow at the command of the mat leader as follows:

Mat Leader - Referee - Each other

After the two athletes have bowed to each other, they turn around so that they are standing with their backs to each other and each take 1 step forward. The distance between the two athletes must **not exceed 2m** (a greater distance gives the defender too much time to prepare). Now a Referee draws the card and shows it to the attacker who goes to him and signals by nodding his head that he has understood the attack. The Referee will then show the card to his Judges and the audience by holding it up and will let begin.

At the command "HAJIME" (start of competition) given by the mat referee, both athletes immediately turn around and face each other. Communication between the athletes as well as between the audience and the defender is strictly forbidden!

Now that the athletes are face to face, the attack is initiated WITHOUT delay. The attacker shall immediately **lunge at the defender** with **the** respective attack at real attack speed.

In the case of attacks with weapons, the weapons provided by the organiser at the edge of the mat are to be used. Please note that the weapons to be used must be kept concealed as long as possible (until immediately before the call to attack).

**36.6 Performance area:** The area shall be no smaller than 6 x 6 metres. The Referees shall be placed to the side of the area in a line with their backs to the Referee table. The Referees' chairs must be at least 1 metre apart.

**36.7 Number of judges:** There are 3 judges placed in a line in front of the area.

**36.8 Entering & Exiting the Competition Area** - Competitors will be shown at which point they should enter and will only be allowed to enter and exit at that point.

When the athlete is called, he/she shall enter the area and line up with his/her partner.

Competitors must make two proper bows or salutes. One to the area before entering the area and one for the judges.

After entering the competition area the contestants will announce the following to the Referee:

1. Name of the fighter
2. the country he presents

When everything is to his satisfaction, he holds up his hand to show that the athletes can start as soon as they are ready. Now they should get into the starting position and the determination of the attack is made by the Referee and the Attacker.

**36.9 Assessment:** Scoring 6 -8 points - decimal places are to be used.

In the event of a draw, both competitors must be judged directly by a show of hands after the last performance.

In order to make a decision, the judges must consider the following criteria:

- 1) Effectiveness
- 2) Reality-based
- 3) Speed of the attack
- 4) Speed / dynamics of the defence
- 5) Time delay / preparation time
- 6) Execution of the techniques

**36.10 Protective equipment:** - The attacker **must** wear gum shields, groin protectors and may wear head protection. The defender may wear light fist protectors (e.g. Virtus by KWON) and elbow protectors.

**Contact:** The safety of the athletes comes first! The protective equipment is only for increased safety. For realism, hits must be light on the body. Hard hits to the head should be avoided. Levers may only be applied, not pulled through!  
Pressing throws should be avoided.

**Form:** Killing techniques are prohibited! (Spectators). Sportswear must be worn and no street clothes. Weapons must be secured after disarming.

## ARTICLE 36A. SHOW - SELF-DEFENCE (SHS)

**36A.1 Description-** This self-defence class shows a demonstration of how martial arts techniques could be used to effectively defend oneself in violent confrontations. The purpose of the SV is not to present it as violence, but to show what possibilities of self-defence / emergency help are available to a trained martial artist. In show self-defence, it is desirable to present creative elements from the show area as well as acrobatics.

### 36A.2 Classes

Gender	Category
Male	Open Class
Female	Open Class

**36A.3 Uniform** -All uniforms should show the country being represented or the style. The sending country decides the style of the uniform. The name of the country shall be printed or embroidered on the back. The family name shall be visible by embroidery on the right sleeve.

Competitors are not permitted to wear costumes / theatrical dresses, masks or any other items, including jewellery that is not in keeping with the practice of traditional martial arts.

The weapon used by the competitor is seen as part of the uniform and must be free from defects or sharp edges.

**36A.4 Performance** - There shall be 4 attacks to defend. The order and type of attacks are optional and will not be announced by the judges. Each technique may only be performed once slowly (optional) and then at maximum speed.

### 36A.5 Type and sequence of attacks:

1. Clutching from behind
2. Choking
3. Sweatbox
4. Fist attack
5. Foot attack
6. Stick attack
7. Knife attack
8. Pistol attack

**36A.5.1 Partners** - The athlete may use one or more partners for the demonstration. No one may be injured during the performance.

**36A.5.2 Useful Items:** Competitors may use items during the demo (e.g. practice knives etc.). All such items must be submitted to the judges for inspection beforehand. If the judges deem an item to be dangerous, a replacement may be ordered.

**36A.6 Performance Area:** The performance area should be performed on a 6 x 6 m blue mat surrounded by a 2 m wide red safety zone. The judges' seats are in line at the side or in the respective corners.

**36A.7 Number of Judges:** There are 3 judges. They will award points from 6 - 8 (tenths are possible).

The following placements are possible:

1. in a line in front of the surface
2. one acting referee and 2 in the corners of the area

If they are placed according to No. 2, the competitor has to report only to the Referee.



**36A.8 Entering & Exiting the Competition Area** - Competitors shall be shown at which point they are to enter and shall only enter and exit at that point.

Competitors must make two proper bows or salutes. One to the area before entering the area and one to the judges. The first contestant on the floor will make their bows to the floor only. After entering the competition area the contestants will go to the centre of the ring and announce the following to the Referee:

1. Name of the fighter
2. the country he presents

Then the weapons are subjected to an inspection by the judges. If they are not satisfied in terms of safety, a modification of the weapons can be requested.

Athletes will have 1 point deducted from their overall score if they have to change their weapon.

Before the contestant begins his/her form, the Referee will check that all Judges are ready and that the area is clear of obstructions.

If everything is to his satisfaction, he holds up his hand to show that the athletes can start as soon as they are ready. Now they should get into the starting position.

**36A.9 Scoring** - Athletes shall be scored according to the following criteria:

- 1) Technical quality of the techniques shown
- 2) Difficulty of the attack (realism)
- 3) Effectiveness
- 4) Performance (show effects and acrobatics)

**36A.9.1 Deduction of points**- 1 point shall be deducted if the following occurs:

- 1) The performance does not last one minute or exceeds 3 minutes.
- 2) The athlete or partner leaves the area.
- 3) The partner is injured by the other partner (active partner).
- 4) No show acts will be performed.
- 5) The athlete must start again.

**36A.9.2 Draw** - In this case each contestant has two more techniques to show. The Judges will then decide the winner by a show of hands.