

DUO COMPETITION RULES



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History of this document

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1. Generalities

The JJIF Duo System is aimed at presenting the defence of one contestant against a number of predetermined attacks from a contestant of the same team. The attacks, given in this document, are divided into 4 Series of 5 Attacks each:

- A. Gripping attacks.
- B. Embracing and neck lock attacks.
- C. Punches, strikes and kicking attacks.
- D. Weapon attacks¹.

Every attack must be prepared by one pre-attack, such as pushing, pulling, atemi or a combination².

Every attack can be carried out right-handed or left-handed, at the free choice of the team.

The defence is completely at the defender's choice, as well the respective roles or the change of the roles as attacker and defender, as well as the respective position of the feet³.

All couples will perform the same pre-drawn attacks, in the same Round. Every Round will consist of 4 attacks, one of each Serie. These attacks will not be repeated in the next rounds.

2. Categories

The categories are defined in the JJIF Organization and Sporting Code 1.3.2.1.

3. Course of the Matches

By the Mat Referee's (MR) order, the couple enters the competition area, one from each side of the MR.

The couple stays facing each other in the middle of the competition area, approximately two meters apart. At the sign of the MR, the couple makes a standing bow, first to the MR and then to each other.

¹ The competitors shall use one soft stick and one rubber knife. The stick shall be between 50 cm and 70cm long.

² The pre-attack and the attack must be applied by the attacker.

³ The sign "incorrect attack" will be shown by the MR, if the attacker shows another attack than the one, that was pre-drawn.

The Round starts when the MR announces “HAJIME”. The couple must perform one attack out of the four pre-drawn attacks. The order of the execution of the attacks is at free choice of the couple.

After each technique the MR orders the contestants to kneel down and wait for their score to be registered by the jury. After the score is registered the MR orders the contestants to stand up and then announces “HAJIME” to make the couple show the next technique.

After showing the 4th and last attack, the match has finished. The MR orders the standing bow first to each other, then to the MR. The couple leaves the competition area the same way they entered. After all couples of the Group have presented their program the Juries send the scores (by paper or tablet to the Secretary).

4. Flow chart

Each Category is divided into 3 Divisions:

- The World Division.
- The Advanced Division.
- The Novice Division.

In each Division medals will be awarded for the 1st, 2nd and two 3rd Places.

4.1 The World Division

All couples start in the World Division.

According the number of couples on the Category, the Division starts on the respective Round:

17 couples or more	➔	1st Round.
9 couples – 16 couples	➔	2nd Round.
5 couples – 8 couples	➔	3rd Round.
4 couples – 2 couples	➔	straight to finals.

For further information please refer to the Table 1 in Appendix 2

On the 1st Round the couples are placed by draw into 4 Groups. Each couple of the Group presents its program according to the pre-drawn attacks.

The 4 highest scored couples of each group proceed to the 2nd Round. All the other couples of the Group will compete in the Advanced Division. In the 2nd and 3rd Round,

the two highest scored couples proceed to the next round.

On the 4th Round the 2 lower scored couples take the two 3rd Places. The 5th Round is the final and the fight for the 1st and 2nd Places.

4.2 The Advanced Division

All lower scored Couples per Group of the World Division enter the Advanced Division, on the same Round they lost.

In the Advanced Division the 2 highest scored couples per Group proceed to the next Round. All the rest Couples per Group continue to the Novice Division.

As in the World Division the same procedure continues until the 3rd Round. On the 4th Round the 2 lower scored couples take the two 3rd Places. The 5th Round is the final and the fight for the 1st and 2nd Places.

4.3 The Novice Division

All lower scored Couples from the Advanced Division will split in two Groups in the Novice Division, on the same Round they lost.

In the Novice Division the 2 highest scored couples per Group proceed to the next Round.

As in the previous Divisions the same procedure continues until the 3rd Round. On the 4th Round the 2 lower scored couples take the two 3rd Places. The 5th Round is the final and the fight for the 1st and 2nd Places.

5. Score System and Judging

The score is given from 0 to 3.

The scoring of each presentation is divided in 4 Parts:

- 1st Part Attack
- 2nd Part First Defence
- 3rd Part Throw/Takedown
- 4th Part Closing

In the 4th Serie an additional Part concerning **Weapon Control** is added, in this Part the Jury will score the control of the weapon by Tori.

An additional Score is added at the end of the Couple's performance. This Score is concerning **Variety** and the number of different throws/takedowns/submissions used in the 4 presentations.

5. 1 Criteria of Judging

Both the attack and the defence shall be executed in a technical, clear way. The execution must follow the principles of Martial Art, logical continuation and biomechanics.

The technical scores shall take into account the execution of all martial art techniques, such as atemi (strikes, punches, and kicks), throws and take downs, locks, chokes and ground techniques. The score shall be given according to the following criteria:

- **Powerful actions** – All actions must be executed in a powerful manner.
- **Biomechanical Logic** – The techniques must be executed and connected in a biomechanical logical way. Throws and takedowns shall include breaking the opponents balance and must force them to move.
- **Control** – Obvious and clear control throughout each sequence.
- **Effectiveness** – All actions must be executed with good control and given in a natural way considering the possible follow-up.
- **Speed** – Both the attack and the defence shall be executed in a technical and realistic way, not too fast and not too slow.

5. 2 Scoring criteria

The scoring criteria shall be as follows:

- All steps and parts of the sequence must be logically connected.
- Pre-attacks must be logically connected to the attacks.
- All grips, embracing and locks must be closed tight.
- Punches must be executed with closed fist.
- Punches and kicks must hit the opponent if he will not move.
- Weapon must be held tight.
 - Weapon must hit the opponent if he will not move.
 - All techniques must be ended in a safe distance from Uke.
 - Tori must have full control of the weapon during and after the defence.
 - Tori is not allowed to move before the attack is started. He must react on the attack.

5.3 Scoring in each part

The following table explains how Juries must score in each Part:

1st Part: Attack

Series A & B	<ul style="list-style-type: none"> • Missing or illogical Pre-attack or hands in incorrect place. 0 points • Weak Pre-attack or hands in correct place but opened. 1 point • Arms and hands in correct place but semi-closed. 2 points • Arms and hands in correct place and really closed. 3 points
Serie C	Punch attacks <ul style="list-style-type: none"> • Missing or illogical Pre-attack or wrong punch or punch misses the target or fist open. 0 points • Weak Pre-attack or Punch hits the target in a bad stand. 1 point • Punch hits the target with semi-closed fist or semi-good stand. 2 points • Punch hits the target with real closed fist and a very good stand. 3 points
Serie C	Kicking attacks <ul style="list-style-type: none"> • Wrong kick or kick misses the target. 0 points • Kick hits the target without balance. 1 point • Kick hits the target without power. 2 points • A perfect kick that hits the target with balance and power. 3 points
Serie D	<ul style="list-style-type: none"> • Missing or illogical Pre-attack or weapon misses target or is held loose. 0 points • Weak Pre-attack or Attacker hits target in a bad stand. 1 point • Attacker hits target with semi-closed fist or semi-good stand. 2 points • A perfect weapon attack. 3 points

2nd Part: First Defence

Series A & B	• No strike or no balance breaking.	0 points
	• Weak strike or medium balance breaking.	1 point
	• Good strike and balance breaking.	2 points
	• A perfect first strike and balance breaking leading Uke to throw position.	3 points
Series C & D	• No block or no tai sabaki.	0 points
	• Weak block with tai sabaki or medium balance breaking.	1 point
	• Good block and balance breaking.	2 points
	• A perfect block with tai sabaki and first strike with a grip leading Uke to throw position.	3 points

3rd Part: Throw/Takedown

Common for all Series	• Uke jumps and falls without Tori's effort.	0 points
	• A throw/take down but still Uke jumps.	1 point
	• A good throw/take down but in 2 stages.	2 points
	• A perfect throw/takedown.	3 points

4th Part: Closing

Common for all Series	Atemi	
	• Atemi misses the target or with open hand.	0 points
	• Atemi not in good balance or in distance.	1 point
	• Good atemi but not very powerful.	2 points
	• A perfect atemi (powerful, in good balance, in good distance and with hikite).	3 points
	Locks/Chokes	
	• An incorrect lock/choke.	0 points
	• A lock/choke with open hands.	1 point
	• A good lock/choke but not very powerful.	2 points
	• A perfect lock/choke (technical, very closed, powerful that moves Uke).	3 points

Weapon control

An additional score of weapon control must be given at the end of the 4 Serie. Weapon control reflects how Tori controls the weapon during and by the end of the performance.

Uke still possess the weapon or weapon ends out of the Fighting Area → 0 points.

Uke lands on or next to the weapon or weapon lies down next to Uke → 1 point.

Weapon ends far from Uke but still on his side → 2 points.

Tori really controls the weapon or he is between Uke and the weapon → 3 points.

Variety

An overall score is given at the end of the performance of all 4 Attacks. This score reflects the variety of the throws/take downs:

Same technique in 4 attacks → 0 points.

Same technique in 3 attacks → 1 point.

Same technique in 2 attacks → 2 points.

Different technique in all attacks → 3 points.

6. Jury






The jury shall consist of three (3) licensed Referees, each one from a different country (and, to the highest extent possible, different from the countries of the teams). Each team of Juries must change from one Group to the other, when possible.

7. Regulations in case of a Tie






In case of a tie, both couples proceed in the same Division.

Appendix 1 - attacks






Series A - Gripping Attacks

	<p>Grip: Uke takes hold of Tori's arm. One Hand takes the wrist, the other the forearm.</p> <p>Intention: • To push or to pull. • To control Tori's front hand. • To mobilize the defender.</p>
	<p>Grip: Uke takes the right/left Lapel of Tori's Gi with his right/left hand.</p> <p>Intention: • To come close to the opponent to make another action. • To pull – push or fix the opponent –perhaps to strike Tori afterwards.</p>
	<p>Grip: Uke places both hands around Tori's neck from the front to make a strangulation attempt.</p> <p>Intention: • Push Tori backwards • Fix Tori</p>
	<p>Grip: Uke places both hands around Tori's neck from the side to make strangulation. Uke can move Tori in the right position or Tori can move himself / herself in the right position.</p> <p>Intention: • Push or fix Tori</p>
	<p>Grip: Uke attacks Tori's left/right side by gripping the Gi on a level with the shoulder with the right/left hand. This kind of the grip is free.</p> <p>Intention: • Push, pull or fix Tori.</p>






Series B - Embracing & neck lock attacks

	<p>Uke embraces Tori from the front-side under the arms. The grip must so that both hands are gripped together. Uke's head lies on Tori right/left shoulder and looks to the left/right side.</p> <p>Before the attack, Tori must keep his arms in a natural position.</p>
	<p>Uke embraces Tori from the front-side over the arms. The grip must be closed. Uke's head lies on Tori right/left shoulder, and he looks to the side.</p> <p>Before the attack, Tori must keep his arms in a natural position.</p>
	<p>Uke grips Tori's neck with his right/left arm from the side. Before the attack he can apply a shock-technique (i.e. strike Uke) to make Uke bend forward. The grip must be closed.</p> <p>Intention: • To strangle or to apply a throwing technique.</p>
	<p>Uke grips Tori's neck with his left/right arm from the front. Before the attack he can apply a shock-technique (i.e. strike Tori) to make Tori bend forward.</p> <p>Intention: • To strangle or to apply a throwing technique.</p>
	<p>Uke applies a Hadaka Jime with his right/left arm.</p> <p>Before the attack Uke can apply a shock-technique, and move Tori in the right position.</p> <p>Intention: • To strangle or to break balance.</p>

Series C – Punches, strikes & kicking attacks

	<p>Jodan Tsuki – punch with the right/left hand to the head.</p> <p>Target: Face</p>
	<p>Chudan Tsuki – punch with the right/left hand.</p> <p>Target: Solar Plexus, stomach</p>
	<p>Shuto Uchi</p> <p>Target: Tori's left/right side of the neck</p>
	<p>Mae Geri – front kick with the right/left leg</p> <p>Target: Solar Plexus, stomach</p>
	<p>Mawashi Geri</p> <p>Target: Solar Plexus, stomach</p> <p>Tori is allowed to make a left/right step back and slightly turn the body</p>

Series D – Weapon attacks

	<p>Right/left hand overhead knife attack.</p> <p>Target: Base of the neck on Tori's left side, just behind the clavicle.</p>
	<p>Right/left hand knife attack from the front.</p> <p>Target: Stomach.</p>
	<p>Right/left backhand knife attack, which is applied from the side or in a diagonal downward direction.</p> <p>Target: Base of the neck on the right/left side, right/left side of the neck.</p>
	<p>Right/left hand overhead attack with a stick.</p> <p>Target: Top of the head.</p>
	<p>Right/left hand attack with a stick from the outside, which is applied from the side.</p> <p>Target: Tori's left side temple / head</p>

Appendix 2

Table 1. The flow chart.

