

# DUO COMPETITION RULES



Version 3.2    Valid from 1/1/2020



## History of this document

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Version	Changes	
1.0	Initialization	XXXX
2.0		
2.5		June 17 <sup>th</sup> , 2014
3.0	Changes by the Session 2017	January 1 <sup>st</sup> , 2018
3.1	Adaptation of the format	January 1 <sup>st</sup> , 2019
3.2	Clarifications by Session 2019	January 1 <sup>st</sup> 2020

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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 Section 0, are divided into 3 series of 4 attacks each:

- A. Gripping attacks, embracing and neck lock attacks.
- B. Punches, strikes and kicking attacks.
- C. Weapon attacks.<sup>1</sup>

Every attack must be prepared by one pre-attack, such as pushing, atemi, pulling or a combination <sup>2</sup>.

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 feet<sup>3</sup>.

The Mat Referee (MR) draws 3 attacks from each series, for the first couple. The other couple will use the same attacks (or one of the attacks within the designated series, when optional), but in a different order, as called by the MR.

The scores of the presentation will be given after each series, by the Jury. Upon the MR's command "Hantei", they hold their respective score table above their heads<sup>4</sup>.

If necessary, the MR indicates incorrect attacks by the corresponding sign and by saying the number of the wrong attack<sup>5</sup>.

# 2 Categories

The categories, as defined in the JJIF Organization and Sporting Code 1.3.2.1 shall be applied.

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

<sup>2</sup> The pre-attack and the attack must be applied by the attacker.

<sup>3</sup> The change of the role as attacker and defender can also happen during a series.

<sup>4</sup> The MR reads first all scores. When he/she sees that the scores were counted on the screen, he puts down all the score cards.

<sup>5</sup> The sign "incorrect attack" will be shown by the MR, if the attacker shows another attack than the one indicated by the MR.

### 3 Course of the Matches

The couples stay facing one another in the middle of the competition area, approximately two meters apart. The first drawn couple (Couple 1) has red belts and stays on the MR's right side. The second couple (Couple 2) wears blue belts. At the sign of the MR, the couples will make a standing bow, first to the Mat Referee and then to each other. Couple 2 leaves the contest area and goes to the safety area.

The match starts when the MR announces the first attack, by calling the number of the attack and by giving the respective sign with the hand<sup>6</sup>.

After the end of the series A, the contestants of the first couple knee down and get their scores. After that, they leave the contest area and go to the safety area. Couple 2 also shows series A and gets its scores. Couple 2 starts with series B and gets its scores, after that couple 1 proceeds with series B and gets its scores. Couple 1 starts series C and couple 2 follows.

After the demonstration of the last series of the last couple, the match has finished. The two couples take the same position as in the beginning of the match, on request of the MR. The MR asks the secretary for the winner and shows them by raising the hand and calling the respective colour of the belt.

After the MR announces the winner, he/she orders the standing bow first to each other, then to the mat referee.

#### 3.1 Regulations in case of a Tie

If the points of the two couples are equal ("Hikiwake") the match will continue series by series, until there is a winner. The couple with the red belts starts with series A. The MR draws different attacks than those used in the regular match.

### 4 Score System and Judging

The scores are given from 0 to 10 (1/2 number interval)

The highest and the lowest scores are taken away.

#### 4.1 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.

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<sup>6</sup> The MR shows the number first to the contestants, then to the Jury.

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 attack** - The overall score should give more importance to the attack and to the first part of the defence.
- **Biomechanical Logic (former “Reality”)** – The technics must be executed and connected in a biomechanical logical way. Throws and take-downs shall include breaking the opponents balance and must force them to move.
- **Control** - Obvious and clear control at the end of each defence sequence (can be executed via lock or choke (with tapping by Uke), and/or strike/kick). Proper defence<sup>7</sup> of the weapons.
- **Effectiveness** - Atemis must be powerful, 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.
- **Variety** - Variation of the shown techniques.

## 4.2 Deduction of points shall be as follows

The following actions/mistakes shall lead to a deduction of points

<b>Attack</b>	<b>deduction</b>
Incorrect attack (showing the attack with the wrong number)	2 points
Grips which were not closed	1 point
Pre-attack(s) and attack are not logically connected	1/2 point
Bad balance	1/2 point
Weak attack	1/2 point
Attack misses the target	1 point
<b>Defence &amp; take down to the floor</b>	
Defence is insufficient	1 point
No balance breaking	1 point
Actions were too quickly applied	1 point
Uke is jumping	1 point
Unnecessary yelling	1/2 point
<b>Control on the floor</b>	
Control of the weapon	1/2 point
Insufficient control (Lock, Strangulation) of Uke	1/2 point
Atemi misses Uke	1/2 point

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<sup>7</sup> Avoid being hit or cut by the weapon.



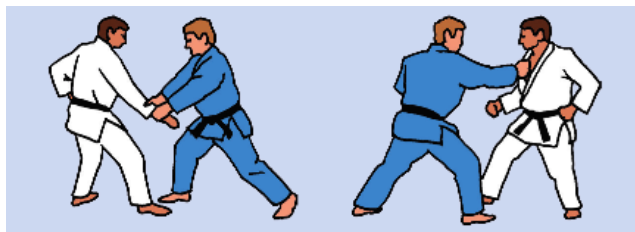
## 5 Jury

The jury shall consist of five (5) licensed referees, each one from a different country (and, to the highest extent possible, different from the countries of the teams).

## 6 Attacks in the Duo System

### 6.1 Series A Gripping, embracing and neck lock attacks

#### Attack 1



Uke takes hold of Tori's arm. One hand takes the wrist, the other, the forearm. Intention: to push or to pull, to control Tori's front hand, to immobilize the defender.

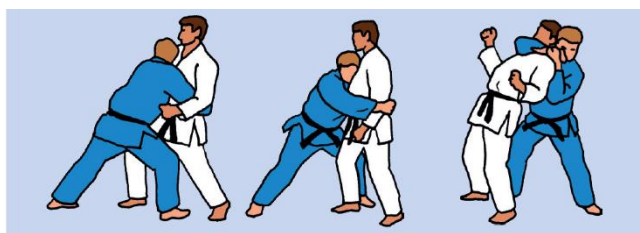
Uke takes the reverse of Tori's Gi with his hand. Intention: to come close to the opponent in order to make another action, to pull – push or pin the opponent – perhaps to hit him/her afterwards.

#### Attack 2



Uke attacks Tori's neck from the front-side, from the back-side, or from the side to make a strangulation. Intention: to push Tori backwards, to pin Tori.

#### Attack 3



Uke embraces Tori from the front or back side, under or over the arms. Uke's head lies on Tori's shoulder. Before the attack, Tori keeps his arms in a natural position.

Uke applies a Hadaka Jime (neck-lock from behind) with his arm. Intention: to strangle or to break balance.

#### Attack 4

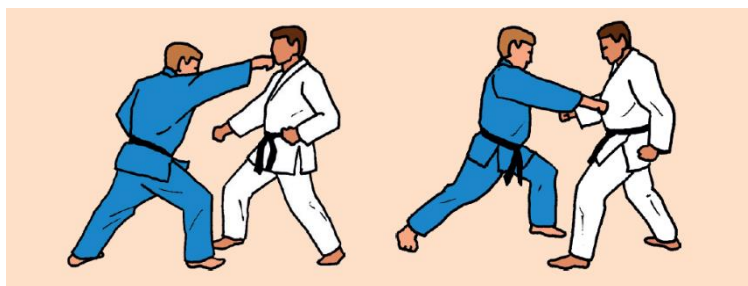


Uke embraces Tori's neck with his arm from the side or from the front-side. Intention: to strangle or to apply a throwing technique.

**General comments to Series A:** Hands and Grips must be closed.

## 6.2 Series B Punches, blows/strikes and kicking attacks

### Attack 1



Jodan or chudan Tsuki - punch from the front side with the hand to the head or to the body.  
Target: Solar Plexus, stomach or face.

### Attack 2



Ago Tsuki (Upper cut) – punch with the fist or Mawashi Tsuki (Hook) – Semi-circular punch with the fist. Target: Chin or Tori's side of the head.

### Attack 3



Mae Geri / front kick. Target: Solar Plexus, stomach.

### Attack 4



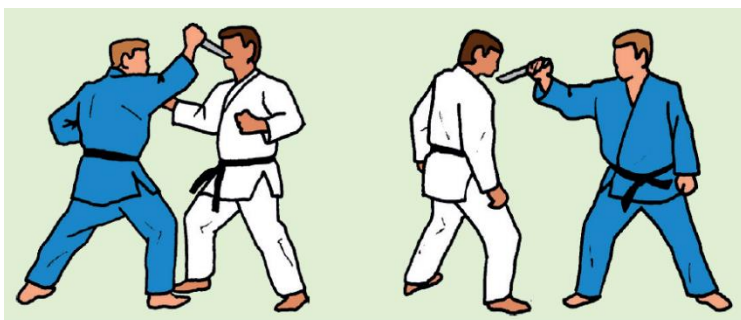
Mawashi Geri – Semi-circular kick with the leg. Target: head, Solar Plexus, stomach. Tori is allowed to make a step back and lightly turn the body.

**General comments to Series B:** the attack must be able to reach Tori, if he is not moving away. It is not allowed to move before the attack is started. Tori must react on the attack.



## 6.3 Series C Weapon attacks

### Attack 1



Knife attack straight from the top. Target: base of the neck on Tori's left or right side, just behind the clavicle.

Semi-circular knife attack, which is applied from the side or diagonally downwards. Target: side of the body

### Attack 2



Knife attack from the front-side. Target: stomach.

### Attack 3



Attack with a stick straight from the top. Target: top of the head.

### Attack 4



Attack with a stick from outside, which is applied from the side or diagonally downwards. Target: Tori's side temple / head.

**General comments to Series C:** the attack must be able to reach Tori, if he is not moving away. Tori shall have full control of the weapon during and after the defence.