

International JKD Comparison

(Rules and Regulations)

A. Segment One: Enter the Dragon "Asking-Hands" Comparison

- 1) With lead hands crossed in the "Asking-Hands" (back of hand or wrists to back of hand or wrists) high reference position, a face-off begins only when a Referee announces "START" or "BEGIN" to commence the action.
- 2) First face-off is conducted from a right lead stance. Second from a left lead. The Third again from a right lead.
- 3) Participants may only use "Entering into Trapping into Punching" principals for their initial attacks.
- 4) The first most decisive hand strike to connect wins each face-off. No light-contact "Game of Tag" is acceptable here.
- 5) Participants MUST immediately discontinue all contact whenever a Referee calls out "STOP" or "BREAK".
- 6) Kicks are allowed only after initial hand strikes, but receive no Points. Kicks may only be used to restart the face-off. Any prolonged detachment of contact will constitute an immediate stoppage by the Referee and a restart will occur.
- 7) Best 2-out-3 face-off's wins the match and continues on in the segment.
- 8) The emphasis of this segment will be determined by the effective (SDA / ABC / HIA / PIA) speed, power & effectiveness of hand techniques in Trapping-Range. No "Game of Tag" or minimal contact will be counted as points.
- 9) ANY intentional violent contact made will result in immediate Disqualification without any refund due. (NO eye, throat, knee or groin attacks, neither gouging nor ripping of flesh, and NO uncontrolled joint-locks are to be permitted.) Any malicious intent and clearly un-sportsman like conduct will not be allowed or tolerated. Disqualification may result if initial warnings are not heeded. Please demonstrate good sportsman like conduct at all times.
- 10) ANY incidental foul contact made will be considered by the Referee & Judges as accidental if malicious intent and un-sportsman like conduct is not apparent.
- 11) Coaching is allowed prior to a face-off, but NO further reference is allowed once each face-off has started.

B. Segment Two: Fists of Fury "Stand-Up" Comparison of Kicks & Punches

- 1) The emphasis here will be based on the effective use of decisive punches and kicks with the end result being either a decisive TKO or overall accumulated points. Most forms of Kickboxing will be allowed during this Segment.
- 2) Bouts shall be 2-Two minute Rounds in duration with a 1-One minute final Round if the match is tied at end of second round. Participants MUST immediately discontinue all contact whenever a Referee calls out "STOP" or "BREAK".
- 3) Takedowns, sweeps or tripping from a clinch or tie-up is allowed but NO follow-ups to the ground will be allowed. Once a takedown has been executed, action is stopped by the referee announcing "STOP" or BREAK" and the participants must quickly return to their original starting positions. The action is restarted by the referee once again by announcing "START" or "BEGIN" to continue the match.
- 4) Only controlled elbows will be permitted during an exchange of strikes. Knees to the abdomen are allowed, but NO Knees to the head and absolutely NO Knees or Elbows will be permitted to a downed opponent. The match will be halted in the event of a downed participant and will resume only under the Referee's permission.
- 5) Scoring of the match will be done by the side judges on a 10, 9 must value. Three judges will be utilized, with a referee that controls the action of the match and the ability to disqualify a competitor that violates the rules of competition.
- 6) ANY intentionally violent contact made will result in immediate Disqualification without any refund due. (NO eye, throat, knee or groin attacks, NO gouging nor ripping of flesh, and NO joint-locks, are not to be permitted.) Any malicious intent and un-sportsman like conduct will not be allowed or tolerated and may result in Disqualification.
- 7) ANY incidental contact made will be considered by the Referee & Judges as accidental if cause is apparent.
- 8) Coaching is allowed prior to each round, but NO further reference is allowed once each round begins.

C. Segment Three: All Tap Out "Go-with-the-Flow" Grappling Comparison

1. Most forms of Submission-Grappling are allowed here. Everything from Judo, Sambo, Jujitsu, BJJ & "Catch-as-Can" Wrestling is permitted during this final Segment.
2. Protective mouth-guards & a groin (Males) protector are required. MMA clothing or a Gi is recommended.
3. All Participants will begin the action from a standing face-off position.
4. 1-Five minute Round / 1st undisputed Submission wins / 1st controlled Takedown in additional round if undecided.
5. Competitors need to understand this is not "point" grappling and a submission of your opponent is the only way to win a match during the regulation time limit of the first round. An additional round will only be added in case of a tie.
6. Participants are encouraged to "Tap Out" or voice "Mai Te" to stop the match before allowing any incidental physical damage(s) to occur to your person. Respect will still be given to all who participate under these guidelines.
7. ANY intentionally violent contact made will result in immediate Disqualification without any refund due. (NO eye, throat, knee or groin attacks, NO gouging nor ripping of flesh, and NO intentional crippling joint-locks. Any malicious intent and un-sportsman like conduct will not be allowed or tolerated. Contestants MUST immediately discontinue engaging an opponent whenever the Referee calls a "STOP" or "BREAK" during each match.
8. ANY incidental contact made will be considered by the Referee & Judges as accidental if cause is apparent.
9. Coaching is allowed prior to each round, but NO further reference is allowed once each round begins.

Please Note: Specific Rules are subject to change prior to the date of the event.

- Remember to bring water, a towel, specified protective gear, and completed Registration forms & fees. Registrants are expected to be courteous to fellow Participants or be removed without a refund. Please review all of the Rules & Regulations.
- All Participants MUST provide their own approved Protective Gear including: Mouth Guard, Head Gear (with Face Guard), Groin (Males) Protector, Shin Guards, Abdominal Protection, and Boxing as well as lightweight (Open-Fingered) MMA Gloves. Loaners may be available at the location.
- All participants MUST obey the rules & regulations as set forth in this document or withdraw themselves thereof. Please obey the Referee at all times.
- For more IJKDC Event Information please refer to: www.ijkdc.com