



Guidelines for Individual Demonstration Competition

Individual Demonstration will comprise both a 'Gauntlet' and a 'V'.

1. Etiquette

Upon entering the practice area, the contestant will stand facing the judges, and will *rei* when the judges are ready. The participant will then face the referee. The participant, referee, and *uke* will then *rei* simultaneously. The referee will then confirm the readiness of the judges and timekeeper before commencing the bout (V / Gauntlet) with the command, "*hajime*".

If the referee wishes to stop the bout he/she should use the command "*matte*" which requires the participants to wait for the next command from the referee. Once *matte* has been called no movement should take place. In order to re-commence the bout the command of "*hajime*" should be used. The clock will stop during these stoppages. The command "*yamae*" signals the end of the bout, and will be given by the timekeeper.

After completion of the bout, the referee will ask the participants to tidy up their *gi*, which must be done on one knee. When ready the contestant will face the referee and all participants *rei*, then the participant will turn to face the judges and *rei*.

2. Length of the bout

Each 'V' will be scheduled for one minute duration.

Each 'Gauntlet' will be scheduled for two minutes duration.

3. Categories of grade

- a. Novice
 - Punch, hair grabs, strangles, bottle
- b. Yellow to Green
 - Punch, kick, grabs, bottle, cosh
- c. Purple to Blue
 - Punch, kick, grabs, bottle, cosh, bokken, bat, safe chain
- d. Brown & Dan
 - Punch, kick, grabs, knife, bottle, cosh, bokken, bat, safe chain

4. Attacking and the role of *uke*

- a. Intensity of attacking shall be appropriate to the grade of the defender.
- b. Attacks should be decisive, clean, and committed – minimal resistance.
- c. Attacks should not be ‘static’ – continue attacking if defender takes no meaningful action.
- d. *Uke* should respond to effectively placed weakening strikes.
- e. The attack should not be ‘telegraphed’, but should not be deceptive.
- f. If not disarmed – get up and attack again immediately.
- g. Unsafe or overly aggressive / resistive attacking will be penalized.
- h. Weak attacking will be penalized.
- i. ‘Gauntlet’ – only one attack at a time, none from behind.
- j. ‘V’ – the referee will send the attackers at a moderately fast pace, but will not allow the defender to become overwhelmed by multiple attackers.

5. Scoring the Bout

Each individual will be scored according to:

- Use of appropriate technique
- Ability to use technique effectively
- Creativity and variety of technique
- Composure

Scores for the ‘Gauntlet’ and ‘V’ will be combined, to give an overall score for each individual.

6. Finals

The three or four individuals from each grade category scoring the highest overall scores will advance to the final. The finals will be run and scored as above, to determine the winner for each grade category.

7. Safety

The most important consideration for the referee is the safety of the participants involved. The referee must be in a suitable position to see exactly what is happening and to this end may stop a bout if he/she is unsure of what is happening. The referee may also stop a bout at any time if he/she is concerned about anything which is occurring.