



American Sport Jujitsu League

ASJL Duo/Self-Defense Rules Summary

Complete Rules & Regulations available at <https://bit.ly/ASJL-Rules>

Self-Defense/Duo is a Competition discipline in which a pair of Bujutsu-ka's (Martial art athletes); from the same team, show possible self-defense techniques against a series of attacks, to cover the following typologies:

***NOTE: Either member of the team may attack or defend at any given time*

- A. **Grips** - grip attacks (grips with the hand to defender's body or uniform)
- B. **Restraints** - embrace attacks (or strangulations)
- C. **Strikes** - striking attacks of any kind (punch or kick)
- D. **Weapons** - armed attacks using traditional, modern, or improvised weapons (stick, knife, sword, staff etc...)

The Duo system competition categories:

- A. Male
- B. Female
- C. Mixed

Each Category sub-division

- A. **Juniors** (Age 11 and under) - Must defend a minimum of six (6) techniques; consisting of various grip, restraint, and striking attacks
- B. **Cadet** (12 to 18 yrs) - Beginner, Novice, & Advanced. Must defend a minimum of nine (9) techniques; consisting of various grip, restraint, and striking attacks
- C. **Adult under Black Belt** - Beginner, Novice, & Advanced. Must defend a minimum of nine (9) techniques; consisting of no less than three (3) grip, three (3) restraint, and three (3) striking attacks
- D. **Black Belt** Must defend a minimum of twelve (12) techniques; consisting of no less than three (3) grip, three (3) restraint, three (3) striking attacks, and three (3) weapon attacks **(Divisions can be combined to accommodate the number of participants).*

The athletes are judged for their speed, accuracy, control and realism. It requires great technical preparation, synchronicity and elevated athletic qualities.

CRITERIA FOR DECISION

The judging procedures and criteria are the same as individual/team kata.

Techniques must be performed with competence and must demonstrate a clear understanding of the traditional principles it contains. In assessing the performance of a contestant or team the Judges will look for:

- A. Realistic demonstration of technique
- B. Understanding of the technique being used
- C. Good timing, rhythm, speed, balance, and focus of power (KIME).
- D. Correct and proper use of breathing as an aid to KIME.
- E. Correct focus of attention and concentration
- F. The performance should also be evaluated with a view to discerning other points such as the difficulty of the techniques presented and team synchronization without external cues is an added factor.

