



# 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 Martial Arts athletes of any gender; 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. **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.

