

AJJF FREESTYLE CONTEST

Makoto Kai
Woodland, CA
(530) 662-5662

Saturday, September 6, 2008

Time: Check-in 9:00 am
Competition 10:00 am

Juniors will be first to compete, with Senior competitors to follow after the Junior award presentations.

Fees: \$10.00 per person (no entry fee for Dan ranks)

AJJF Membership Required

Bring your AJJF card; current AJJF membership is required for all participants. One time event memberships are available for \$5.00 at registration.

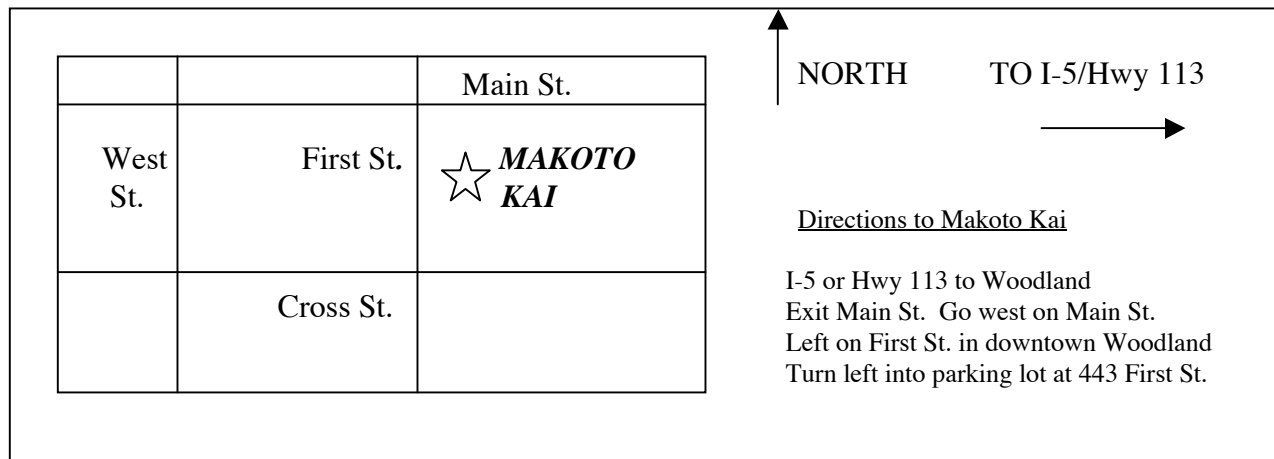
Judging Forms

Bring 4 copies with you on the day of the contest, completed with your name and personal info.

Pre-registration by Mail

Contest fees and a completed Participants' Release and Registration Form should be received by September 4, 2008. Make checks payable to *Makoto Kai*.

Makoto Kai
443 First St.
Woodland, CA 95695



DIVISIONS

Junior (Beginner, Intermediate, and Advanced)	Senior	Black Belt
Children – Ages 7-10	White	Shodan
Youth – Ages 11-13	Blue	Nidan/Sandan
Teens – Ages 14-16	Green	Yodan/up
	Brown	

Junior divisions may be further divided into Beginner, Intermediate, and Advanced if there are enough entrants. **Please specify Beginner, Intermediate, or Advanced on the junior contestant's judging form.**

CONTEST FORMAT

1. Each contestant will defend for 3 one-minute rounds with a different attacker for each round.
2. The third round in the Black Belt Divisions will include both attackers from the previous two rounds.
3. Types of attacks:

White Belt and Beginner Juniors:

Allowable attacks are grabs, chokes, and punches. No combination holds, kicks, or weapon attacks. No throwing arts are permitted, although takedowns are allowed. A throwing technique is where both of uke's feet leave the mat.

Blue Belt, Green Belt, and Intermediate and Advanced Juniors:

Allowable attacks are grabs, chokes, punches, and kicks. An attacker may also grab the defender and simulate a punch.

Brown Belt:

Allowable attacks are grabs, chokes, punches, and kicks. If we have enough contestants for a separate ikkyu division, weapons will be allowed in this division only.

Black Belt:

Allowable attacks are grabs, chokes, punches, kicks, weapon attacks, combination holds, and multiple attackers.

4. Spontaneous attacks will be allowed in the Junior Beginner and Senior White divisions if all sensei present are in agreement.

Sensei may reference additional details on Freestyle Rules in the AJJF School Handbook.

More Information

Nerissa Freeman 916-331-4126 or e-mail: 56uyign02@sneakemail.com

Katie Stevens 530-400-6264 or email: dkstevens@ucdavis.edu