

AJFF FREESTYLE CONTEST

Makoto Kai
Woodland, CA
(530) 662-5662

Saturday, August 28, 2010

Time: Juniors: Check In at 10:00 AM Seniors: Check In at Noon
Competition at 11:00 AM Competition at 1:00 PM

Fees: \$15.00 per person (no entry fee for Dan ranks)

AJFF Membership Required

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

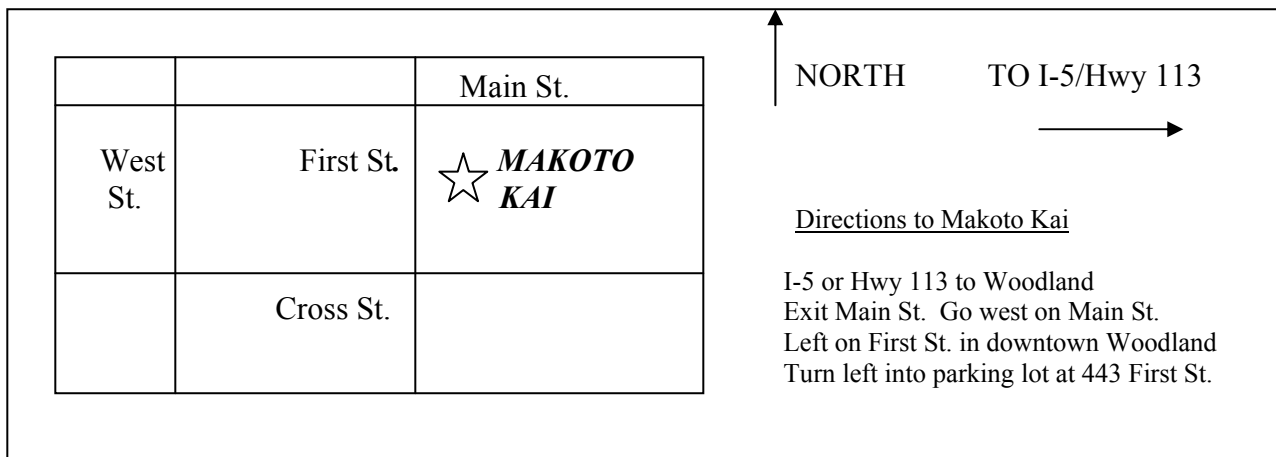
Judging Forms

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 August 24, 2010. Make checks payable to *Makoto Kai*.

Makoto Kai
443 First St.
Woodland, CA 95695



DIVISIONS

Junior (Beginner, Intermediate, and Advanced)	Senior	Black Belt
Pee-Wees – Up to Age 6	White	Shodan
Children – Ages 7-12	Blue	Nidan
Teens – Ages 13-15	Green	Sandan/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.** At the host's discretion, the brown belt division may be further separated depending on the number of competitors. Conversely, the black belt divisions may be combined depending upon the number of entrants.

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:

Pee-Wees and the Senior White Belt Division may be attacked by grabs (front and rear), front chokes and punches. No combination holds, kicks, throws or weapon attacks will be allowed. Takedowns will be allowed. Throws will be defined as when both of uke's feet leave the mat. They may defend with simulated punches, basic hand arts, takedowns and simple hold downs.

The Children, Teen, and Blue Belt and Green Belt Divisions may be attacked with techniques above plus rear chokes and kicks. They may defend with all arts above plus kicks, throws, hold downs and basic chokes.

The Brown Belt Division may be attacked by grabs (front and rear), chokes (front and rear), punches, kicks and throws. Weapons are permitted if there is a separate 1st kyu division. Defenses include arts and variations from yawara, nage te, shime te, oku te and goshin jitsu.

The Black Belt Division may be attacked by grabs (front or rear), chokes (front or rear), punches, kicks, weapons, multiple attackers and combination holds. Defenses include techniques and variation from all lists up to and including Shinnin and Kiai No Maki.

4. Spontaneous attacks will be allowed in the Junior Beginner and Senior White divisions if all sensei present agree with the format.

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

More Information

Nerissa Freeman 916-331-4126 or e-mail: freeman276@gmail.com
Katie Stevens 530-400-6264 or email: dkstevens@ucdavis.edu