



# WORLD MARTIAL ARTS COMMITTEE

## AMATEUR RULES FOR TOURNAMENTS

Version 4.7 - 2025

### Chapter 12: Self-defence



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World Martial Arts Committee

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## Introduction:

*This rulebook replaces all previously issued rules and contains the official WMAC amateur competition rules. These rules are valid for all members. However, local requirements and circumstances may be taken into account if necessary.*

*become. The official language of IRC is English. These rules may translated into other languages by IRC. However, in the event of discrepancies, only the official English version shall apply.*

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# **WORLD MARTIAL ARTS COMMITTEE**

## **International rules & guidelines**



January 2025

Dear reader,

We are very pleased to release version 4.7 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most comprehensive set of tournament rules available today and we are proud to it for your use. This has been made solely through the hard work and dedication of individuals from around the world. We would like to thank everyone for their contribution to this comprehensive rulebook.

All of these rules and guidelines contained this document are to be applied at WMAC sanctioned events. In this case, they may not be deviated from except in exceptional circumstances and then only with the written permission of the IRC in conjunction with the Chief Referee (Supervisor) of the respective event. The instructions and decisions of the IRC regarding these rules are decisive and binding. In the event of complaints/protests, his decision is decisive and final.

This rulebook can also be used for non-sanctioned events. In this case, the organiser of the event must include the following statement in writing in the announcement: "This event is organised in accordance with the official WMAC rules and regulations".

The World Martial Arts Committee is constantly endeavouring to develop further. We are constantly working on the expansion of our rules and regulations and their dissemination at events and tournaments. This set of rules should be checked before the events in order discuss and incorporate any changes with us.

Mit besten Grüßen



# CHAPTER 11 - SELF-DEFENCE

## ARTICLE 43. CREATIVE SELF-DEFENCE (SC)

**43.1 Description** - The self-defence class is a demonstration of how martial arts techniques can be used to defend oneself effectively in violent confrontations. The purpose of the self-defence class is not to present this as violence, but to show the possibilities of self-defence / emergency aid to a trained martial artist.

### 43.2 Age groups

Description of the	Age groups
Children	U12
Juniors	U15
Cadets	U18
Adults	+18
Veterans	+ 40

**Attention:** for participants in the U12/15 classes = no knife or gun attacks

### 43.3 Belt classes

Description of the	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Master craftsman	Various	Black

### 43.4 Uniform

Competitors are not permitted to costumes / theatrical dresses, masks or other items, including jewellery, that not in accordance with the practice of traditional martial arts.

The weapon used by the participant is considered part of the uniform and must be free of defects or sharp edges.

**43.5 Performance** - 4 attacks must be defended. The order and type of attacks can be chosen from the given attacks and are not announced by the judges. Each technique must performed at maximum speed.

### 43.6 Attack, the attacks available for selection:

- 1.) Embrace
- 2.) Strangling
- 3.) Headlock
- 4.) Fist attack
- 5.) Foot attack
- 6.) Stick attack
- 7.) Knife attack (from 15 years)
- 8.) Pistol attack (from 15 years)

**43.6.1 Attack partner** - The athlete may use one or more partners for their demonstration. No one may be injured during the performance.

**43.6.2 Attacking objects:** no objects may be used during the demo (except the specified training weapons). These weapons must be presented to the jury for inspection beforehand. If the judges classify an object as dangerous, an exchange may ordered.

**43.7 Performance area:** The performance area should be performed on a 6 x 6 metre blue mat surrounded by a 2 metre wide red safety zone. The judges' seats are in line at the side or in the respective corners.

**43.8 Number of judges:** There are 3 judges. They award points from 6 - 8 .

The following placements are possible:

- 1.) in a line in front of the area with a minimum distance of 1 metre
- 2.) one acting referee and 2 in the corners of the area

If they are placed according to no. 2, the participant must only report to the main judge.

**43.9 Entering & exiting the competition area** - Competitors are shown at which point they should enter and may only enter and exit at this point.

Competitors must make two proper bows or salutes. One to the area before entering the area and one to the judges. The first contestant on the floor will only bow to the floor. After the competition area, the fighters will walk to the centre of the ring and announce the following the Referee:

- 1.) Name of the fighter
- 2.) The school or nation it represents (international standard)

The weapons are then inspected by the judges. If they are not satisfied with the safety of the weapons, a change can be requested.

Before the contestant begins his demo, the Referee will check that all judges are ready and that the area is clear of obstructions.

If everything is to his satisfaction, he holds up his hand to show that the athletes can start as soon as they are ready. They should now move into the starting position.

**43.10 Scoring** - Athletes are scored according to the following criteria:

- 1.) Technical quality of the techniques shown
- 2.) Difficulty of the attack (realism)
- 3.) Effectiveness
- 4.) Speed of the attack
- 5.) Speed / dynamics of the defence

**43.10.1 Deduction of points** - Decimal points are deducted if the following occurs:

- 1.) Defender leaves the area
- 2.) The partner is injured by the other partner (active partner)
- 3.) Fantasy performance that has no relation to reality

**43.10.2 One full point deduction for gross offence:**

- 1.) The defender attacks in, at, on and around the blade during a knife attack
- 2.) The defender allows the full extent of the attack (except for choking, shoving and headlocks) before his defence
- 3.) The attacker must repeat his attack

These offences are reported immediately after the performance by the referee. At least two judges must have seen the offence

**43.10.3 Draw** - In this case, each athlete has to show another defence announced by the referee. The judges then decide the winner by means of a hand signal.

**43.11 Form:** Killing techniques are forbidden! (Ethics & glorification of violence). Sportswear must be worn and not street clothes. Weapons must be secured after disarming.

## ARTICLE 44. REALISTIC SELF-DEFENCE (SR)

**Like Article 43 excluded:**

**44.5 Presentation:** Each attacker is shown a card on which the respective attack is depicted. The defender has no opportunity to prepare for the attack, as he has his back to the attacker. Four attacks are carried out (only knives, sticks and pistols are permitted as weapons). All options are included for unarmed attacks.

**44.5.1 Performance Procedure:** A mat leader invites the athlete and attacker onto the mat. Both participants must bow as follows at the command of the mat leader:

Mat manager - Referee - To each other

After the two athletes have bowed to each other, they turn round so that their backs are to each other and each take 1 step forward. The distance between the two athletes must not exceed 2 metres (if they are further apart, the defender has too much time to prepare). Now one referee draws the card and shows it to the attacker, who is to go to him and signals by nodding his head that he has understood the attack. The main referee then shows his judges the attack to be shown by holding up the card and allows the match to begin.

At the command "HAJIME" or "GO" (start of competition) by the mat manager, both athletes immediately turn around and face each other. Communication between the athletes as well as between the audience and the defender is strictly prohibited!

The attacker must immediately pounce on the defender with the respective attack at real attack speed. When attacking from behind, only the defender turns round and the attacker starts his attack unexpectedly.

In the case of weapon attacks, the weapons provided by the organiser at the edge of the mat are to be used. Please note that the weapons to be used must be kept concealed for as long as possible (until immediately before the call to attack).

**44.10 Scoring:** Athletes are scored according to the following criteria:

- 1.) Effectiveness
- 2.) Realism
- 3.) Speed of the attack
- 4.) Speed / dynamics of the defence
- 5.) Time delay / preparation time
- 6.) Execution of the techniques

### **44.10.2 One full point deduction for gross offence:**

- 1) The defender attacks in, at, on and around the blade during a knife attack
- 2) The defender allows the attack in full (except choking, shoving and headlock) before his defence)
- 3) The attacker must repeat his attack

These offences are reported immediately after the performance by the referee. At least two judges must have seen the offence

**44.12 Protective equipment:** - The attacker must wear mouth guards, groin guards and may wear head protection. The defender may wear light fist protectors (e.g. Virtus from KWON) and elbow pads.

**Contact:** The safety of the athletes first! The protective equipment is only for increased safety. In order to be realistic, the head and body must be hit lightly in the event of blows. Hard hits to the head should be avoided. Levers may only be applied, not pulled through!  
Press casts should be avoided.

## ARTICLE 45. SHOW - SELF-DEFENCE (SHS)

### Like Article 43 excluded:

**45.1 Description-** This self-defence class shows a demonstration of how martial arts techniques can be used to defend oneself effectively in violent confrontations. The purpose of self-defence is not to present it as violence, but to show the possibilities of self-defence / emergency aid available to a trained martial artist. In show self-defence, it is desirable to present creative elements from the show area and acrobatics.

### 45.2 Classes

Gender	Category
Male	Open Class
Female	Open Class

### 45.5 Presentation: the type of attacks are freely selectable:

The number of attacks and attackers as well as the weapons used are free, except for U15 no blades and firearms are allowed. The entire presentation must last at least 1 minute, but no longer than 2 minutes.

**45.5.2 Presentation of useful objects:** any objects may be used during the demonstration. All such objects must be presented to the jury for inspection beforehand. If the judges classify an object as dangerous, a replacement may be ordered.

### 45.10 Scoring - Athletes are scored according to the following criteria:

- 1.) Technical quality of the techniques shown
- 2.) Difficulty of the attack (realism)
- 3.) Effectiveness
- 4.) Performance (show effects and acrobatics)

### 45.10.1 Deduction of points - decimal points are deducted if the following occurs:

- 1.) The defender leaves the area.
- 2.) The partner is injured by the other partner (active partner).
- 3.) No show acts will be performed.

### 45.10.2 One full point deduction for gross offence:

- 1.) The defender attacks in, at, on and around the blade during a knife attack
- 2.) The defender admits the attack in full before his defence
- 3.) The demonstration lasts less than a minute or exceeds 2 minutes.
- 4.) The attacker must repeat his attack

These offences will be reported by the referee immediately after the performance. . At least two judges must have seen the offence

**45.10.3 Draw** - In this case, each athlete has to put on another show. The judges then decide the winner by means of a hand signal.

