

Christian Soldiers Continuous Sparring Rules

Open to brown belt level and above with instructor approval

- * Competitors will be matched by size and rank.
- * Competitors will spar for one minute.
- * At end of round, judges will “point” to select the best fighter.
- * Winner will be chosen for speed, timing, footwork, accuracy and control.
- * Light face contact only for brown belts and above.
- * No excessive contact.

Legal Techniques

Punches
Kicks
Ridge hands
Back fists
Knife hands
Sweeps (if followed up)

Illegal Techniques

Palm heels
Spear hands
Eye gouges
Knees and Elbows
Head butts
Blind spinning back fists

Legal Target Area

Face (brown belt and above)
Top/side/back of head
Torso (except back/spine)

Illegal Target Area

Face (under brown belt)
Legs
Neck and spine
Throat
Groin

- As in point sparring, all strikes must be legal techniques thrown to legal target areas.
- Standard sparring equipment must be worn including, but not limited to: head, gloves, foot pads, groin (males), mouth piece.
- Any bad attitudes will be dealt with by immediate disqualification.

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Christian Soldiers
Tournament Rules for Self-Defense Competition

Beginners

(White, Yellow, Gold and Orange Belts)

1. Public Speaking: *Judges, my name is ..., I represent ... , my style is American Karate. My Bible verse is ... May I have your permission to begin?*
2. Defend from a bully, "Give me your money!"
(Defense may be verbal or physical)
3. Defend from a front choke attack

Intermediate

(Green, Blue and Purple belts)

1. Public Speaking, Bible verse (same as above)
2. Defend from a rear bear grab
3. Defend from a knife attack

Advanced

(Brown belts and above)

1. Public Speaking, Bible verse (same as above)
2. Defend from a rear choke attack
3. Defend from a gun attack

How to prepare:

Competitors must provide their own attacker before competition and you may defend any way you choose with agreement of your attacker. Practice!

Competitors will be scored on:

1. Public Speaking
2. Attitude
3. Effectiveness

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Competitors will be scored on:

1. Public Speaking
2. Attitude
3. Effectiveness

Christian Soldiers
Tournament Rules for Kata Competition

Public Speaking:

Competitors will introduce themselves and their kata, recite a Bible verse and ask for permission to begin.

Traditional Kata:

Competitor may choose any traditional kata for competition.

Position yourself on the mat and begin and end on your own.

Competitors will be scored on:

1. Focus
2. Attitude
3. Technique

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Position yourself on the mat and begin and end on your own.

Competitors will be scored on:

1. Focus
2. Attitude
3. Technique

Christian Soldiers
Tournament Rules for Field Day Competition
(Open to White through Gold Belts)

Competitors will receive 1st, 2nd or 3rd place. You will be in front of the judges two or more at a time, however, this is not a competition between those competitors. You will be judged on your own performance and should dig deep down to show your very best to the judges. Attitude is everything in this competition. Even though you aren't competing against each other, you are competing to impress the judges and you will have to earn your place.

This is often a first chance for a competitor to speak in public and a great platform for it. You will be surrounded by fellow believers and instructors who all want to see you succeed!!

White Belts:

1. Public Speaking: Introduce yourself and tell the judges your style (American Karate), who you represent (church or class) and recite a memory verse (you may explain why you chose your verse and what it means to you). Be confident!
2. Perform Kam-Sah, Beginners Basics : Punches and Kicks
ATTITUDE!
3. Beginners Self-Defense with ATTITUDE!!!

Yellow Belts:

1. Public Speaking same as white belt competitors
2. Perform Gold belt six count.
3. Gold belt self-defense

Gold Belts:

1. Public Speaking same as white belt competitors
2. Perform Orange Belt six count
3. Orange belt self-defense

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Tournament Rules for Field Day Competition
(Open to White through Gold Belts)

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ATTITUDE!
3. Beginners Self-Defense with ATTITUDE!!!

Yellow Belts:

1. Public Speaking same as white belt competitors
2. Perform Gold belt six count.
3. Gold belt self-defense

Gold Belts:

1. Public Speaking same as white belt competitors
2. Perform Orange Belt six count
3. Orange belt self-defense

Christian Soldiers

Tournament Rules for Point Sparring

(Open to orange belts and above with instructor approval)

Legal Techniques

Punches
Kicks
Ridge hands
Back fists
Knife hands
Sweeps (if followed up)

Illegal Techniques

Palm heels
Spear hands
Eye gouges
Knees and Elbows
Head butts
Blind spinning back fists

Legal Target Area

Face (brown belt and above)
Top/side/back of head
Torso (except back/spine)

Illegal Target Area

Face (under brown belt), Throat
Legs
Neck and spine
Groin

Always show respect to your opponent and judges. Excessive contact and unsportsmanlike conduct will not be tolerated. It is a reflection of your skill and character to use control in your techniques. Competitors are equally responsible for excessive contact. Charging may cause excessive contact to yourself, so be aware and be safe.

Accumulate points by legal strikes to legal target areas. One point for hand techniques and two points for kicking techniques. Matches last two minutes, unless a competitor leads by five or more points, the match may be stopped. Competitor with the most points (including advantage points) is the winner.

With competitors of different belt classes, the lesser belt is awarded one point per rank differential. These points do not count towards a five point stoppage and are added to the final score at the end of the match.

When called, respond with a Yes Sir/Ma'am and come into the ring and await instructions. Bow to each other and the referee. Tap gloves (good sportsmanship), return to your line and assume fighting stances. Obey the referee at all times. When break is called, do so immediately, but not until told to do so. If your opponent is injured, take a knee and wait.

Points are awarded according to the referee's call. Never dispute a call. At the end of the match, bow to your opponent and the referee before leaving the ring.

Christian Soldiers

Tournament Rules for Point Sparring

(Open to orange belts and above with instructor approval)

Legal Techniques

Punches
Kicks
Ridge hands
Back fists
Knife hands
Sweeps (if followed up)

Illegal Techniques

Palm heels
Spear hands
Eye gouges
Knees and Elbows
Head butts
Blind spinning back fists

Legal Target Area

Face (brown belt and above)
Top/side/back of head
Torso (except back/spine)

Illegal Target Area

Face (under brown belt), Throat
Legs
Neck and spine
Groin

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