

A banner for the Dragon Challenge Martial Arts Championships. It features a stylized dragon with yellow and red flames, a stack of white martial arts belts, and a tropical beach background with palm trees and a blue sky. The text is centered and bold.

Dragon Challenge Martial Arts Championships

August 31st, 2019

Non-Breaking Rules

Competitors

All competitors will also be held to the highest standard of excellence. There will be Zero Tolerance for unsafe or unsportsmanlike behavior. This includes any disrespectful gestures or behavior while performing or attending at this event.

Coaching

No coaching will be allowed during competition. Competitors should come to compete relying on the training that their instructors have taught them during regular training sessions.

Traditional Forms

Description: Pre-arranged pattern of offensive and defensive movements against imaginary opponents using traditional martial arts moves according to competitor's martial arts style. They may not include gymnastics, acrobatics, splits or other freestyle type movements. Forward and backward roles are allowed.

Traditional martial arts uniform is required

No music or weapons allowed

Traditional Weapons

Description: Pre-arranged pattern of offensive and defensive movements using a clearly identified weapon against imaginary opponents using traditional martial arts moves according to the competitor's martial arts style. They may not include gymnastics, acrobatics, splits or other freestyle type movements. Forward and backward rolls are allowed. Weapon may not strike the ground at any time. Except for transition moves and single handed strikes, weapons should not leave hands at any point during the form. Complete loss of control of weapon will result in lowest score possible per competition ring.

Traditional martial arts uniform is required

No music allowed

Weapons should be in good shape and trustworthiness. Any weapon to fall apart during competition will result in disqualification.

Point Sparring

Match length: 2 minutes **Scoring:** 5 points wins or most points when time is up – All strikes are considered 1 point. **Ties:** If there is a tie after 2 minutes the competitor with the next point wins.

Required gear: Competitors must wear the following safety equipment when point sparring: mouthpiece, headgear with a face shield, hand pads, foot pads and chest protector. Males are suggested to also wear groin protection. Equipment must be in good condition, cannot be taped or torn. No training shoes, sneakers, or gloves with individually articulated fingers or other unapproved equipment is not allowed. Any competitor without proper equipment will not be allowed to compete.

Rules: Points will be called by a majority ruling by the judges to acceptable striking areas. Strikes may be made to the torso area, above the belt and up to the neck. Head shots are allowed so long as it is light contact. Striking to the head should be to the sides of the head, or the forehead. No strikes to the back or top of head or the face allowed.

Prohibited actions: No grabbing Sweep and kick to knee and thigh (low kick) ☒ Kick and punch to the Face, Top of Head or Back of Head, Kick and punch to the groin, Scratching, biting, spitting, verbal attacks to the referees or his opponent, Kick and punch after stop called, Uncontrolled actions, Disappearing from the fight or opponent, leaving the fighting area or falling down to waste time.