

International All Martial Arts Federation e.V.



REGULATIONS

Self-defense



Introduction:

The regulations of IMAF of February 2017 were revised in October 2019.

Due to the cooperation with the Tiger & Dragon Association, the regulations of IMAF were partly adapted to TDA Int'l and extended by individual categories (such as Grappling and Kumite).

Note:

Each competitor is responsible for his own to read and deal with this rules book.

SELF-DEFENSE

General:

The self defense section is a demonstration of self defense techniques.
All weapons must be presented to the referees for review prior to the performance.

Self-defense 1/1:

1 attacker, max. 5 attacks

The attacks are freely selectable by the competitor.
After completion of the defense action the competitor stops. After a short break, he is attacked again.

3

Be rated:

- Effectiveness of attack and defense
- Weapons yes / no (stick: one extra point, knife / pistol 2 extra points)
- Variations of techniques – different fighting styles
- Difficulty level of the techniques
- Overall picture
- Time limit: 3 minutes
- Music, breaking tests and real weapons and other dangerous items are not allowed
- No „hinting“ of the attack
- Execution of the attack immediately and without delay

Variant:

The organizer can also (in advance) opt for a special variant of self-defense 1/1.
Here only 3 or 4 attacks take place. Attacks with weapons are not allowed.

Real self-defense:

1 attacker, attacks given

Here attackers and defenders stand back to back.
The attacker blindly chooses a card from several predefined attacks and hands it over to the referee. On command, attackers and defenders move away. The attack takes place on further command.

Be rated:

- Effectiveness of attack and defense
- Variations of techniques – different fighting styles
- Overall picture
- Music, breaking tests and real weapons and other dangerous items are not allowed
- No „hinting“ of the attack
- Execution of the attack immediately and without delay after command of the chief referee

Note:

The smoother the process, the higher the score.

Self defense against up to 5 attackers (division TSD):

Evaluated is according to the following points:

- Number of attackers – each attacker 1 point
- Number of attacks – each attack 1 point
- Effectiveness of attack and defense
- Weapons yes / no (stick: 1 extra point, knife / pistol 2 extra points)
- Variations of techniques – different fighting styles
- Difficulty level: how often do the attackers change and how demanding are the attacks?
- Overall picture?
- Time limit: 3 minutes
- Music, breaking tests and real weapons and other dangerous items are not allowed
- Execution of the attack immediately and without delay after command of the chief referee

4

Note:

The smoother the process, the higher the score.