



Atemi Nationals Rules

Contents

0	Terminology		4
1	Methods of Attack		5
1.0	General		5
1.1	Types of Attack		5
1.1.0	Unarmed		5
1.1.0.0	Punches		5
1.1.0.1	Kicks		5
1.1.1	Weapons		5
1.1.1.0	Plastic Bottle		5
1.1.1.1	Rubber Knife		6
1.1.1.2	Broken Plastic Bottle		6
1.1.1.3	Baton		7
1.1.1.4	Safety Chain		7
1.1.1.5	Bokken		7
1.1.1.6	Baseball Bat		7
1.1.2	Grab		8
1.1.2.0	General		8
1.1.2.1	Hair		8
1.1.2.2	Ear		8
1.1.2.3	Strangle		8
1.1.2.4	Single Hand Cross Body Wrist		8
1.1.2.5	Single Hand Parallel Wrist		8
1.1.2.6	Two Hand to One Wrist		8
2	Grade Attack Types		9
3	Methods of Striking		9
4	Methods of applying locks and pressure points		10
5	Gauntlet		10
5.0	Required Participants		10
5.1	Arrangement of Participants		10
5.2	Running the gauntlet		10
6	V		11

6.0	Required Participants	11
6.1	Arrangement of Participants	11
6.2	Running the V	11
6.3	Waiting Time	12
7	Square	12
7.0	Required Participants	12
7.1	Arrangement of Participants	13
7.2	Running the Square	13
8	Stoppages for reasons of safety	14

Term	Meaning
Attack/Attacks	As defined in paragraph 1.1.
Tori	The person on whom Attacks are made.
Uke	The person or persons who makes an Attack or make Attacks.
Instructor	Person mandated to teach Jitsu by The Jitsu Foundation. Any such person has professional indemnity insurance and is a qualified First Aider.
Judges	Any number of senior Instructors involved in judging a competition.
Controller	The Instructor or any number of instructors giving instructions to both or either Tori or Uke in a competition.
Block	Any type of movement taught within The Jitsu Foundation syllabus, which is designed to prevent an Attack by Uke on Tori either by direct obstruction or by guiding to enable Tori to gain control of Uke's balance.
Strike	Any type of blow delivered by Tori on Uke that isn't a Block.
Lock	The locking of any joint of Uke's body.
Pressure Point	The application of pressure to any vital point or area of Uke's body. This includes shime waza (strangulation techniques).
Defends	Tori uses techniques of The Jitsu Foundation syllabus appropriate to their grade in a controlled manner to defend themselves.
Finishes Off	Tori finishes with Uke by either applying a Lock (see methods of applying Locks and Pressure Points) or simulating an atemi Strike (see Methods of Striking) to a vital part of the body.
Kyu	Student Grade ranked according to skill and knowledge of jitsu – 1 st being most senior and 8 th most junior.
Rei	Bow.
Yoi	Ready.
Hajime	Begin.
Yame	Stop.
Plastic Bottle	Empty light plastic drinking bottle.
Rubber Knife	Flexible rubber or plastic replica training knife.
Plastic Broken Bottle	Top of empty light plastic drinking bottle cut in half with any edges carefully folded in.
Baton	Light, columnar, smooth piece of wood between 30cm and 90cm.
Safety Chain	Plastic chain between 50cm and 1.5m in length.
Bokken	White or red oak wooden practice wooden sword.
Baseball Bat	Standard undamaged baseball bat.

1 Methods of Attack

1.0 General

All Attacks must be appropriate to the grade of Tori (see paragraph 2 below), realistic, but controlled so that for Unarmed and Armed Attacks if Tori has not moved out of the path of an Attack contact between the Uke or Uke's weapon and Tori is avoided or lessened. Uke is instructed to take care and use common sense to prevent injury to either Tori or themselves.

All Attacks are initiated by Uke closing the distance on Tori by stepping forwards with either right or left foot.

Below 3rd Kyu all punches and single-handed weapon attacks are made using the hand on the same side of the body as the foot he/she has stepped with.

1.1 Types of Attack

1.1.0 Unarmed

1.1.0.0 Punches

Lunge – Uke punches in a straight line from his/her shoulder towards Tori's face.

Roundhouse – Uke punches in a large arc from his/her shoulder towards the side of Tori's face.

Double Roundhouse – A roundhouse punch immediately followed by Uke throwing a second roundhouse punch with his/her second hand.

Uppercut - Uke punches in a tight arc from his/her hip upwards towards the solar plexus or chin of Tori.

1.1.0.1 Kicks

Football Style – Uke swings their rear leg, so that the instep of the foot travels towards Tori's groin. The supporting leg is bent slightly to maintain balance.

Mae Geri – Uke lifts the knee of the leg they're using to kick. This leg is then extended so that ball of the foot travels towards Tori. The supporting leg is bent slightly to maintain balance.

Mawaeshi Geri – Uke simultaneously lifts their knee sideways and twists their hips. This leg is extended so that the instep or the ball of the foot travels towards Tori. The supporting leg is bent slightly to maintain balance.

Yoko Geri – Uke lifts their knee so that they are side-on to Tori. This leg extends, so that the edge of the travels towards Tori. The supporting leg is bent slightly to maintain balance.

1.1.1 Weapons

1.1.1.0 Plastic Bottle

Uke holds the Plastic Bottle firmly by the neck so that when the knuckles of the hand are perpendicular to the ground and the thumb is uppermost the bottle is held upside down.

Downwards Forehand – Uke swings the Plastic Bottle overhead in a large arc onto the top of Tori's head.

Forehand – Uke swings the Plastic Bottle horizontally forehand in a large arc to the side of Tori's head.

Backhand – Uke swings the Plastic Bottle horizontally backhand in a large arc to the side of Tori's head.

1.1.1.1 Rubber Knife

Standard Hold - Uke holds the Rubber Knife firmly by the handle so that when the knuckles of the hand are perpendicular to the ground and the thumb is uppermost the Rubber Knife is held upright with the blade pointing upwards and the curved edge furthest away from the thumb.

Reverse Hold - Uke holds the Rubber Knife firmly by the handle so that when the knuckles of the hand are perpendicular to the ground and the thumb is uppermost the rubber knife is held upright with the blade pointing downwards and the curved edge furthest away from the thumb.

Stab To Face – Uke stabs in a straight line from his/her shoulder towards Tori's forehead using the Standard Hold.

Stab To Groin – Uke stabs in a tight arc from his/her hip towards the groin of Tori using the Standard Hold.

Stab To Kidney - Uke stabs the point of the in a tight arc from his/her hip at approximately 45 degrees towards the side of Tori just beneath his/her ribs using the Standard Hold.

Stab Down - Uke stabs in a tight arc from his/her shoulder at 15 degrees towards the side of the neck of Tori just above the collar bone using the Reverse Hold.

Forehand Slash To Face - Uke swings the blade of the rubber knife horizontally forehand in an arc to the side of Tori's face using the Standard Hold.

Backhand Slash To Face - Uke swings the blade of the rubber knife horizontally backhand in an arc to the side of Tori's face using the standard hold.

Trust To Stomach - Uke stabs in a straight line from his/her chest towards Tori's solar plexus using the standard hold.

1.1.1.2 Plastic Broken Bottle

Uke holds the Plastic Broken Bottle firmly by the neck so that when the knuckles of the hand are perpendicular to the ground and the thumb is uppermost the Plastic Broken Bottle is held upside down.

Stab To Face - Uke stabs in a straight line from his/her shoulder towards Tori's forehead.

Stab To Groin - Uke stabs in a tight arc from his/her hip towards the groin of Tori.

Forehand Slash To Face - Uke swings the end of the Plastic Broken Bottle horizontally forehand in an arc to the side of Tori's face.

Backhand Slash To Face - Uke swings the end of the Plastic Broken Bottle horizontally backhand in an arc to the side of Tori's face.

1.1.1.3 Baton

Uke holds the Baton firmly at one end so that when the knuckles of the hand are

perpendicular to the ground and the thumb is uppermost the Baton is held vertically with approximately 5cm of the Baton protruding at the bottom.

Downwards Forehand – Uke swings the Baton overhead in a large arc towards the top of Tori's head.

Forehand – Uke swings the Baton horizontally forehand in a large arc to the side of Tori's head.

Backhand – Uke swings the Baton horizontally backhand in a large arc to the side of Tori's head.

1.1.1.4 Safety Chain

Standard Hold - Uke places one end of the Safety Chain in the palm of the hand, wraps the Safety Chain once around this palm and closes his/her hand, so that the fingers and thumb hold the Safety Chain securely.

Punching Hold - Uke places one end of the Safety Chain in the palm of the hand, wraps the entire Safety Chain around this palm and closes his/her hand, so that the fingers and thumb hold the Safety Chain securely.

Forehand – Using the Standard Hold Uke swings the free end of the Safety Chain horizontally forehand in a large arc to the side of Tori's head.

Backhand - Using the Standard Hold Uke swings the free end the Safety Chain horizontally backhand in a large arc to the side of Tori's head.

Uppercut – Uke grasps the Safety Chain with the Punching Hold and throws an uppercut toward the solar plexus or chin of Tori.

1.1.1.5 Bokken

Uke holds the Bokken by placing the left hand at the bottom of the hilt with the little finger almost falling off the end. The grip is primarily between the thumb, ring finger and little finger, and is applied with a wringing motion, keeping the arms relaxed. The knuckle of the left hand index finger is halfway between the top and the side of the hilt. The middle and index fingers should be relaxed and tucked under the Bokken. The right hand should be one fist's width above the left hand and mirrors the left hand grip in all respects.

Kirioroshi – Uke makes a straight overhead cutting action, which if Tori moves starts at Tori's head and finishes around the his/her waist.

Kesagiri - Uke makes a diagonal cutting action, which if Tori moves starts from Tori's shoulder and ends just above the hipbone.

Tsuki (pronounced "ski") - A thrust directed at the diaphragm of Tori.

1.1.1.6 Baseball Bat – only used by seniors i.e. 2nd Kyu and above

Uke holds the Baseball Bat firmly with both hands close together near the end of the handle.

Uke swings the Baseball Bat diagonally from above their shoulder towards Tori's shoulder.

1.1.2 Grab

1.1.2.0 General

With the exception of Wrist Grab Attacks, which are always made from the front, Grab Attacks can be made from either the Front or Behind.

Front – Uke approaches Tori face to face.

Behind – Uke approaches Tori from behind.

1.1.2.0 Hair

Uke quickly takes hold of Tori's hair with both hands so that their palms face the top Tori's head. If Tori has no hair or Tori's hair is too short to hold within Uke's hands Uke places both hands, palms down on top of Tori's head.

1.1.2.1 Ear

Uke quickly takes hold of Tori's ears with both hands so that their palms face the side of Tori's and the thumbs are uppermost.

1.1.2.2 Strangle

Uke quickly places both hands onto Tori's neck so that their palms are in contact with Tori's neck and the tips of the thumbs are touching.

1.1.2.3 Single Hand Cross Body Wrist

Uke quickly takes hold of Tori's wrist of the same hand (right to right / left to left) that they are using to make the Grab with. The Grab should be made so that Uke's thumb is uppermost.

1.1.2.4 Single Hand Parallel Wrist

Uke quickly takes hold of Tori's wrist of the opposite hand (right to left / left to right) that they are using to make the Grab with. The Grab should be made so that Uke's thumb is uppermost.

1.1.2.5 Two Hand to One Wrist

Uke quickly takes hold of either of Tori's wrists with both hands. The Grab should be made so that both Uke's thumbs are uppermost.

2 Grade Attack Types

Grade of Tori	Permitted attacks
2 nd Kyu and above	All.
3 rd Kyu	Punch – Lunge, Roundhouse, Double Roundhouse, Uppercut. Kick – Football Style, Mae Geri, Yoko Geri. Plastic Bottle – All. Baton – All. Rubber Knife – Stab To Face, Stab To Groin, Stab To Kidney, Stab Down, Forehand Slash, Backhand Slash. Plastic Broken Bottle – All. Safety Chain – Forehand, Backhand, Uppercut. Bokken – Kesagiri.
4 th Kyu	Punch – Lunge, Roundhouse, Double Roundhouse. Kick – Football Style, Mae geri. Plastic Bottle – All. Baton – All. Rubber Knife – Stab to Face, Stab To Groin, Stab To Kidney, Stab Down, Forehand Slash, Backhand Slash. Plastic Broken Bottle – All. Safety Chain – Forehand, Backhand. Bokken – Kesagiri.
5 th Kyu	Punch – Lunge, Roundhouse. Kick – Football Style, Mae geri. Plastic Bottle – All. Baton – All. Rubber Knife – Stab To Face, Stab To Groin, Stab To Kidney, Stab Down. Plastic Broken Bottle – All.
6 th Kyu	Punch – Lunge, Roundhouse. Kick – Football Style, Mae geri. Plastic Bottle – All. Baton – All.
7 th Kyu	Punch – Lunge. Plastic Bottle – All.
8 th Kyu	Punch – Lunge. Grab – All

3 Methods of Striking

This section deals with simulated atemi strikes made by Tori on Uke.

All Strikes and kicks to the face and throat must be no contact.

All strikes must be controlled so that contact is minimised.

All strikes should demonstrate intent.

No strike not taught on The Jitsu Foundation syllabus is allowed.

4 Methods of applying locks and pressure points

All locks and pressure points must be applied with control to the point of pain and appropriate to the grade of Uke.

All locks and pressure points must be released when Uke submits through tapping.

No lock or pressure point not taught on The Jitsu Foundation syllabus is allowed.

5 Gauntlet

5.0 Required Participants

Tori

Judges

Controller

Uke

5.1 Arrangement of Participants

Two lines of Tori with weapons appropriate to Tori. Uke face each other with a distance of at least 4m between the lines and 1m spacing between individual Uke that make up the lines. This arrangement of Uke is called a 'Gauntlet'.

Tori stands in the centre of the Gauntlet approximately 1m away from it's beginning.

The Judges are seated at a table at least 2m behind Tori facing towards Tori and Gauntlet.

The Controller stands at the far end of the end of the Gauntlet facing towards the Judges table.

5.2 Running the Gauntlet

The Controller:

Calls the name of Tori.

Asks Tori to turn to face the Judges.

Asks Tori to Rei to the Judges.

Asks Tori to turn to face the Gauntlet.

Asks Tori to Rei to Uke.

Calls 'Yoi'.

Calls 'Hajime'.

Tori walks forward between the lines of Uke.

Attacks can only be made by Uke who are level or in front of Tori in the direction Tori is walking.

Uke step forward and Attack Tori one at time using either their right or left hand or foot to punch or kick or with the weapon they are holding.

Tori Defends from and Finishes Off Uke.

Tori continues walking in the same direction receiving Attacks at random by Uke and Defends him / herself until they reach a position 2m beyond the end of the Gauntlet.

Tori turns through 180 degrees and returns in the direction he/she has come and Defends from the random Attacks received.

Once the Judges have seen enough to make their judgement one of them indicates this to the Controller by raising their right hand with the palm facing the Controller to shoulder level.

Tori continues walking up and down the Gauntlet and Defends themselves from Uke until the Controller issues the command of 'Yame', which he/she makes after the Judges have indicated they have made their judgement or for reasons of safety (see 7 Stoppages for reasons of safety).

When the Controller has called 'Yame' after the Judges' indication they ask Tori to return to the beginning of the Gauntlet.

The Controller asks Tori to:

Face the Gauntlet.

Rei to the Gauntlet.

Face the Judges.

Rei to the Judges.

6 **V**

6.0 Required Participants

Tori

Judges

Controller

Uke

6.1 Arrangement of Participants

Two lines of Uke with weapons appropriate to Tori. Uke stand next to each other at a distance of 2m between the first person in each line. The distance between each subsequent pair of Uke increases slightly, so that the last pair is a distance of 5m apart.

The Controller stands in the centre between the first two Uke facing in the same direction.

Tori stands 4m in front of the Controller facing him. This arrangement of Uke, Controller and Tori is called a 'V'.

The Judges are seated at a table at least 4m behind Tori facing towards Tori and V.

6.2 Running the V

The Controller:

Calls the name of Tori.

Asks Tori to turn to face the Judges.

Asks Tori to Rei to the Judges.

Asks Tori to turn to face the V.

Asks Tori to Rei to Uke.
Calls 'Yoi' .
Calls 'Hajime'.

The Controller Initiates to the first Uke by indicate to Uke that they should Attack by touching Uke firmly on the shoulder nearest to them.

The first Uke to be Initiated is on the right of the Controller.

The Initiated Uke moves forwards constantly and Attacks Tori as soon as he/she reaches them.

Tori Defends from and Finishes Off Uke.

After Uke has attacked Tori the Controller approximates the Waiting Time (see 6.3 Waiting Time) before Initiating the next Uke on their opposite side.

Once the Judges have seen enough to make their judgement one of them indicates this to the Controller by raising their right hand with the palm facing the Controller to shoulder level.

The Controller continues Initiating Uke for Tori until he/she issues the command of 'Yame', which he/she makes after the Judges have indicated they have made their judgement or for reasons of safety (see 7 Stoppages for reasons of safety).

When the Controller has called 'Yame' after the judges' indication they ask Tori to return to the front of the V.

The Controller asks Tori to:

Face the V.
Rei to the V.
Face the Judges.
Rei to the Judges.

6.3 Waiting Time

Waiting Time is the ideal time that the Controller should allow between Initiating Uke in a V.

Grade of Tori	Waiting time
3 rd Kyu and above	1 second
2 nd Kyu	1 second
4 th Kyu	2 seconds
5 th Kyu	2 seconds
6 th Kyu	3 seconds
7 th kyu	3 seconds

7 Square

7.0 Required Participants

Tori
Judges
Controller
Uke

7.1 Arrangement of Participants

Four unarmed Uke stand facing the centre of a square at a distance of 4m apart. The Judges are seated at a table at least 4m behind the Square. The Controller stands 1m back from the Square, between the two Uke who are almost facing the Judges, facing the Judges. Tori stands 4m in front of the Controller facing him. This arrangement of Uke, Controller and Tori is called a 'Square'.

When the Controller asks Tori to Enter the Square, Tori moves to the centre of the Square and faces the Uke nearest to the Judges and on their left.

7.2 Running the Square

The Controller:

- Calls the name of Tori.
- Asks Tori to turn to face the Judges.
- Asks Tori to Rei to the Judges.
- Asks Tori to Enter the Square.
- Asks Tori to Rei to Uke.
- Calls 'Yoi'.
- Calls 'Hajime'.

The Uke facing Tori moves forwards and Attacks Tori as soon as he/she reaches them.

Tori Defends from and Finishes Off Uke

Tori turns to face the Uke to the right of the Uke who has just made an Attack.

Once the Judges have seen enough to make their judgement one of them indicates this to the Controller by raising their right hand with the palm facing the Controller to shoulder level.

Tori Defends from Attacks by consecutive Uke, turning to face the Uke to the right of the Uke who has just made an Attack after each Attack until the Controller issues the command of 'Yame', which he/she makes after the Judges have indicated they have made their judgement or for reasons of safety (see 9 Stoppages for reasons of safety).

When the Controller has called 'Yame' after the judges' indication they ask Tori to return to their starting position at the front of the Square.

The Controller asks Tori to:

- Face the Square.
- Rei to the Square.
- Face the Judges.
- Rei to the Judges.

8 Grade Competition Types

Grade of Tori	Competition Types
7th Kyu and above	Guantlet and V
8 th Kyu	Square and Guantlet

Stoppages for reasons of safety

Prior to any V, Gauntlet or Square the Judges decide which one of them will notify the First Aid team in the event of any Stoppages for reasons of safety, this person is the Designated Judge.

When the V, Gauntlet or Square is stopped for reasons of safety:

- It cannot be restarted until the senior First Aider in charge of the incident has confirmed to the Judges and Controller it is safe to do so.
- The Controller and Judges make safe the situation and support any injured parties in accordance with the principles of First Aid (the details of this are beyond the scope of this document).
- The Designated Judge immediately notifies the First Aid team.
- A member or members of the First Aid team attend the incident.
- Once the Controller and Judges have made safe the situation and provided initial support to any injured parties all the other participants are asked to kneel down facing away from the incident while remaining aware of the potential danger of other competition areas still running.
- When the senior First Aider in charge of the incident has indicated it is safe to continue the Judges take their places and the Controller reforms the V, Gauntlet or Square.
- Depending on the availability of the current Tori to continue, either they or the next Tori are called to the starting position of the V, Gauntlet or Square.