

Atemi Nationals Rules

Contents

0. Competition Conditions	2
0.1 Competitor Regulations	2
0.2 Judging Regulations	2
1. Key Terms.....	3
2. Methods of Attack	3
2.1 Types of Attack.....	4
2.1.a Unarmed	4
2.1.b Armed	4
3. Controlled Use of Atemi and Locks.....	6
4. Elements of the Competition.....	7
4.1 Competition Structure	7
4.2 Square	8
4.2.a Arrangement of Participants.....	8
4.2.b Running the square.....	8
4.3 V	9
4.3.a Arrangement of Participants.....	9
4.3.b Running the V.....	9
4.4 Gauntlet	10
4.4.a Arrangement of Participants.....	10
4.4.b Running the Gauntlet.....	10
Appendices.....	11
Appendix A: Atemi Nationals Competition Judging Guidelines [TJF Technical Board, Sept 2018] .	11
Appendix B: Example Score Sheet	12

O. Competition Conditions

0.1 Competitor Regulations

- Competitors must wear a white or blue gi.
 - Combined colors are not permitted (white kimono with blue trousers etc).
 - The gi should be clean and undamaged.
 - Pockets of any kind are not permitted.
 - The gi should be plain and unembroidered, apart from a TJJF badge sewn onto the right upper shoulder.
 - Only plain t-shirts or under-gi garments are allowed to be worn underneath a gi.
- Competitors who have been awarded hakama or over-gi should not wear them during competition.
- Any competitor with long nails or a dirty gi will not be permitted to compete.
- All competitors must have a valid licence with the TJJF and be entered in advance as per the respective processes for BUCS and non-BUCS competitions.
 - BUCS and non-BUCS competitors will be competing together and BUCS rankings are calculated based on their scores.
 - A maximum of 50 entries per gender can be requested per institution.
 - Entries from non-TJJF members to the individual competition are able to be accepted, however they are subject to the following requirements being met to the satisfaction of TJJF.
 - Be able to provide evidence of 1st Kyu or 1st Dan in their style of Jiu Jitsu.
 - Purchase a TJJF licence or hold a valid BJJAGB licence with another association.
 - Train for at least one month prior with a TJJF affiliated club.
 - Attend an assessment day prior to the competition to assess the health and safety implications of the differences between the entrant's style and TJJF.
- If a competitor loses their temper, this will result in instant disqualification.

0.2 Judging Regulations

Please consult "Atemi Nationals Competition Judging Guidelines" [Appendix A] for a complete description of the Judging Guidelines.

Some minor changes have been made to the judging sheet since the guidelines publication, so this document supersedes. The judging sheet consists of two pages: the Scores Sheet and Notes Sheet. On the Scores Sheet, each judge is to provide two scores out of 10 for each mode of competition. The first score for Presentation and Technique Selection; and the second for Skill and Execution. Judges are discouraged from awarding half marks or smaller. Judges are to total their scores to a total from 0 to 120 points overall. The Administration team will then divide the scores by 3 to calculate an average out of 40 after the sheet has been filled out. In cases of draws, scores recorded for attacking will be considered, if this does not resolve the dispute then the Head Judge's scores will be used to differentiate where possible. The Notes Sheet provides space for Judges to record qualitative feedback in place of announcing specific rankings. An example of how to record scores is included on the Scores Sheet and Appendix B.

Results of the first round of competition should not be announced to competitors on the mat. Due to the different sizes of grade groups, the number of individuals progressing to the next round can vary. To avoid confusion, individuals who qualify for the next round will be announced in the afternoon for the White Belt category, and in the morning of the second day for all other categories.

1. Key Terms

Term	Definition
Block	A movement that redirects an attack so that it does not hit Tori.
Controller	The instructor who gives instructions to Tori or Uke in a competition.
Finish off	Tori completes their defence by either applying a lock with control; or simulating an appropriate atemi.
Hajime/Yoshin	Begin
Jitsuka	A person studying Jiu Jitsu.
Kyu	Student grade. Broken down as follows: 8 th Kyu – White Belt 4 th Kyu – Purple Belt 7 th Kyu – Yellow Belt 3 rd Kyu – Light Blue Belt 6 th Kyu – Orange Belt 2 nd Kyu – Dark Blue Belt 5 th Kyu – Green Belt 1 st Kyu – Brown Belt
Lock	The entrapment of a limb/joint, with the intention of either immobilising or breaking it.
Matsu	Kneel down and face away. Used in first aid situations to ensure privacy for the injured person.
Rei	Bow
Shime waza	Strangulation techniques.
Shodan Ho	Brown Belt with Hakama
Strike/Atemi	A forceful, deliberate hit (includes kicks).
Tori	The person performing the technique.
Uke	The person/people upon whom the technique is performed.
Yame	Stop
Yoi	Ready (or ready stance)

2. Methods of Attack

All attacks must be appropriate to the grade of Tori (see Table 1). Uke should exert control with realistic unarmed and armed attacks. Attacks should be on target, such that if Tori does not move out of the path of an attack, they will be hit – in this case, exert control to avoid injury. All attacks are initiated by Uke closing the distance on Tori.

Attack	Novice	Yellow	Orange	Green	Purple	LB	DB +
Novice Front Grabs	x						
Punch - Lunge	Gauntlet only	V only	V only	V only	x	x	x
Plastic Bottle - All		x	x	x	x	x	x
Punch - Roundhouse (same leg)	Square only	Gauntlet only	V only	V only	x	x	x
Punch - Roundhouse (cross)			Gauntlet only	Gauntlet only	x	x	x
Kick - Football style			x	x	x	x	x
Kick - Mae geri			x	x	x	x	x
Cosh - All			x	x	x	x	x
Rubber Knife - Stab to Face				x	x	x	x
Rubber Knife - Stab to Groin				x	x	x	x
Rubber Knife - Stab to Kidney				x	x	x	x
Rubber Knife - Stab Down				x	x	x	x
Plastic Broken Bottle - All				x	x	x	x
Punch - Double Roundhouse					x	x	x
Rubber Knife - Forehand Slash					x	x	x
Rubber Knife - Backhand Slash					x	x	x
Chain - Forehand					x	x	x
Chain - Backhand					x	x	x
Bokken - Kesagiri					x	x	x
Kick - Yoko Geri						x	x
Punch - Uppercut						x	x
Chain - Uppercut						x	x
Punch - Straight Cross						Optional	Optional

2.1 Types of Attack

2.1.a Unarmed

Attack Group	Type	Description
Punch	Lunge	Uke punches in a straight line from their shoulder at Tori's face. Step forward with the same leg.
	Roundhouse (same leg)	Uke punches in a large horizontal arc from their shoulder to the side of Tori's face. Step forward with the same leg.
	Roundhouse (cross)	As above, but Uke steps forward with the opposite leg.
	Double roundhouse	Two roundhouse punches in quick succession with both hands.
	Uppercut	Uke punches in a tight arc from their hip upwards towards the solar plexus or chin of Tori.
	Straight cross	As with lunge punch, but Uke steps forward with the opposite leg.
Kicks – with all kicks, the supporting leg is bent slightly to maintain balance.	Football style	Uke swings their rear leg, so that the instep of the foot travels towards Tori's groin.
	Mae Geri	Also known as a front kick. Uke lifts their knee, then extends so that the ball of the foot travels directly towards Tori.
	Mawaeshi Geri	Also known as a roundhouse kick. Uke raises their knee sideways and swings their foot inward by turning their hips. The leg is extended so that the instep or ball of the foot would hit Uke.
	Yoko Geri	Also known as a side kick. Uke turns so that they are side-on to Tori. They lift their leading knee and extend the leg so that the edge of the foot travels towards Tori.
Grab – White Belts Only	Single-handed straight wrist grab	Uke grabs Tori's wrist of the opposite hand (right to left/left to right). Uke's thumb should be on top.
	Single-handed cross wrist grab	Uke grabs Tori's wrist of the same hand, across their body. Uke's thumb should be on top.
	Front-hair grab	Uke approaches Tori face-to-face, and grabs Tori's hair with both hands. Uke's hands should be palm down on top of Tori's head.
	Front double-handed strangle	Uke approaches Tori face-to-face and 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.

2.1.b Armed

Weapon	Attack	Description
Plastic Bottle		For all Plastic Bottle attacks, Uke holds the bottle firmly by the neck. When the knuckles of the hand are perpendicular to ground and the thumb is on top, the bottle is held upside down.
	Downwards Forehand	Uke swings the bottle overhead in a large arc ending on the top of Tori's head.

	Forehand	Uke swings the bottle inwards horizontally in a large arc to the side of Tori's head.
	Backhand	Uke swings the bottle across their body horizontally in a large arc, with the back of the hand facing the direction of the attack. The arc should end at the side of Tori's head.
Rubber Knife	Unless specified otherwise, the knife should be held by the handle so that the knuckles and curved edge are perpendicular to the ground, the thumb is on top.	
	Stab to Face	Uke stabs in a straight line from their shoulder towards Tori's forehead.
	Stab to Groin	Uke stabs in a straight line from their hip towards the Tori's groin.
	Stab to Kidney	Uke stabs in a tight arc from their hip at 45 degrees towards the side of the Tori just beneath their ribs.
	Forehand Slash to Face	Uke swings the blade inwards horizontally in an arc to the side of Tori's face.
	Backward Slash to Face	Uke swings the blade across their body horizontally in an arc to the side of Tori's face.
	Thrust to Stomach	Uke stabs in a straight line from their chest towards Tori's solar plexus.
	Stab Down	Uke holds the Rubber Knife by the handle so that when the knuckles of the hand are perpendicular to the ground and the thumb is on top, the knife is held upright with the blade pointing downwards and the curved edge furthest away from the thumb. Uke stabs in a tight arc from their shoulder at 15 degrees towards the side of Tori's neck.
Plastic Broken Bottle – Bottle is held as with Plastic Bottle	Stab to Face	Uke stabs in a straight line from their shoulder towards Tori's forehead.
	Stab to Groin	Uke stabs in a tight arc from their hip towards the Tori's groin.
	Forehand Slash to Face	Uke swings the bottle inwards horizontally in an arc to the side of Tori's face.
	Backward Slash to Face	Uke swings the bottle across their body horizontally in an arc to the side of Tori's face.
Cosh	For all attacks the end of the cosh is held with one hand. The knuckles of the hand should be perpendicular to the ground and the thumb is on top when the cosh is held vertically. Approximately 5cm of the cosh protrudes at the bottom.	
	Downwards Forehand	Uke swings the cosh overhead in a large arc ending on the top of Tori's head.
	Forehand	Uke swings the cosh inwards at 45° in a large arc to the side of Tori's head.
	Backhand	Uke swings the cosh across their body horizontally in a large arc, with the back of the hand facing the direction of the attack. The arc should end at the side of Tori's head.
Chain	Forehand	Uke places one end of the chain in their palm and wraps it once around their hand before closing their

		hand. Uke swings the free end inwards horizontally in a large arc to the side of Tori's head.
	Backhand	Uke places one end of the chain in their palm and wraps it once around their hand before closing their hand. Uke swings the free end across their body horizontally in a large arc, with the back of the hand facing the direction of the attack. The arc should end at the side of Tori's head.
	Uppercut	Uke places one end of the chain in their palm and wraps the entire chain round their hand before closing their hand. Then Uke does an uppercut punch [See Punches – Uppercut].
Bokken		Uke places 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.
	Kesagiri	Uke makes a diagonal cutting action, from Tori's shoulder and ending above the hipbone.
Baseball bat		Uke holds the Baseball bat 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.

3. Controlled Use of Atemi and Locks

This section deals with locks and simulated atemi strikes made by Tori on Uke. Only atemi and locks taught on the TJJF syllabus are permitted.

Atemi to the face must be no contact. All atemi should be controlled so that contact is minimized, whilst demonstrating intent.

All locks should be applied with control to the point of pain and appropriate to the grade of Uke. All locks must be released when Uke submits through tapping.

4. Elements of the Competition

	White	Yellow and above
Square	x	
V		x
Gauntlet	x	x

4.1 Competition Structure

All elements of the competition begin and end in the same way:

- I. Controller calls Tori's name.
- II. Tori runs to starting position.
- III. Controller asks Tori to rei to the Judges. Tori and Judges rei.
- IV. Controller asks Tori to rei to Square/V/Gauntlet as appropriate. Tori and Ukes rei.
- V. Controller calls "Yoi". Tori and Ukes move to Yoi stance.
- VI. Controller calls "Hajime". Competition begins.
- VII. Judges record notes and scores. When the Judges have seen enough to make their judgement, they indicate to the Controller by raising their hand with the palm facing the Controller to shoulder level.
- VIII. Controller calls "Yame". Competition stops immediately.
- IX. Tori returns to starting position.
- X. Controller asks Tori to rei to Square/V/Gauntlet as appropriate. Tori and Ukes rei.
- XI. Controller asks Tori to rei to the Judges. Tori and Judges rei.
- XII. Tori returns to rejoin the Ukes.

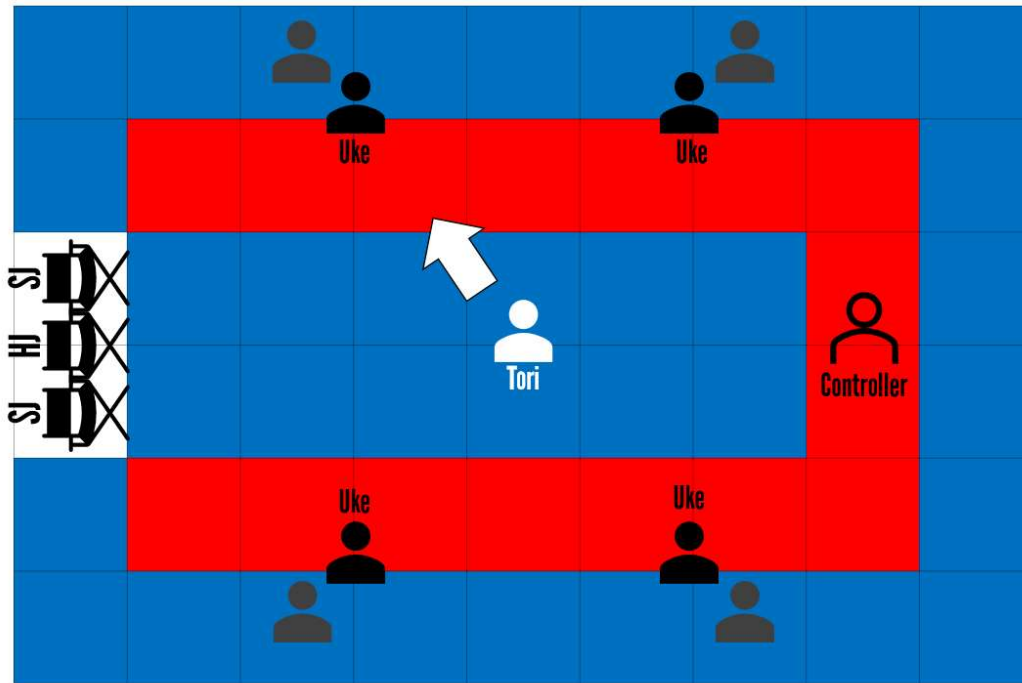
"Yame" may also be called for safety, by either the Judges or the Controller. Prior to commencing the competition the Judges and Controller will decide who will inform the First Aid team in the event of stoppage for First Aid – referred to as the Designated Judge, and who will deliver immediate first aid as appropriate.

In the event of a First Aid incident, any of the Judges or Controller will call "Yame Matsu" immediately. As previously agreed, members of the judging team will make the situation safe and support any injured parties as per their First Aid training, whilst the Designated Judge immediately notifies the First Aid team to attend the incident. Upon the instruction of "Yame Matsu" all competitors and spectators are to turn around and kneel down, unless they have essential information which could aid in the immediate treatment of the injured parties. Competitors and spectators should remain aware of the other competitions still running and the danger they could present.

The competition cannot be resumed until the senior First Aider in charge of the incident has confirmed to the Judges and Controller that it is safe to do so. Once this has been confirmed, the Judges take their places and the Controller reforms the Square/V/Gauntlet. Depending on the availability of the current Tori to continue, either they or the next Tori are called to the starting position.

4.2 Square

4.2.a Arrangement of Participants



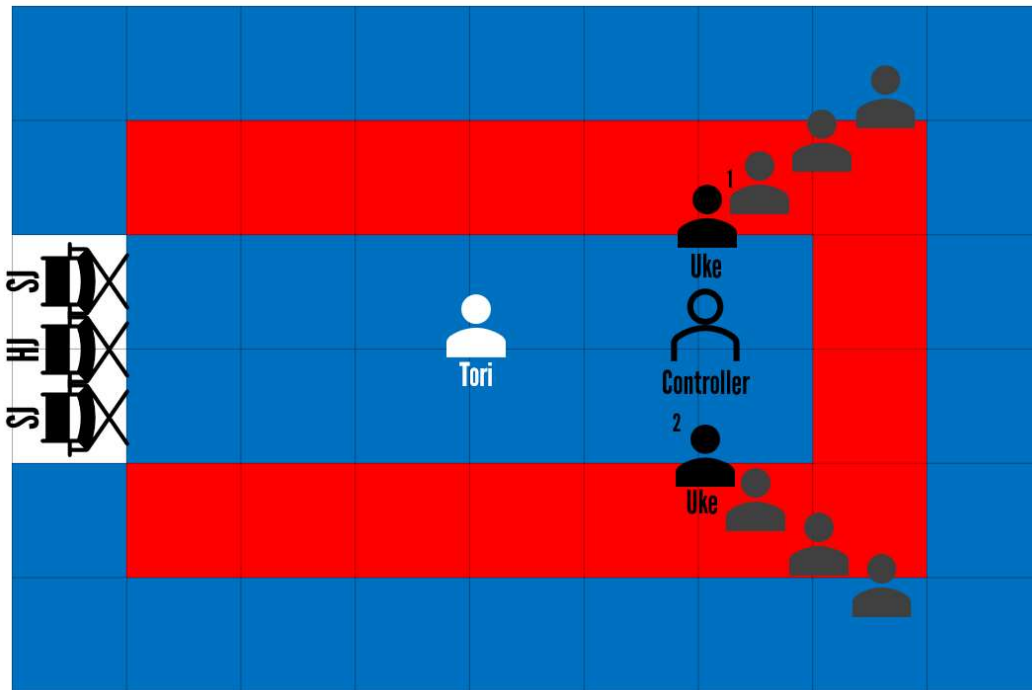
Four unarmed Ukes stand in a square 4m apart, facing the centre. The remaining Ukes are in equal lines at each corner. The Judges are seated at least 2m behind the square. The Controller stands 1m back from the square on the opposite side to the judges, facing them. Tori stands in the middle of the square, facing the Uke nearest the Judges on their left.

4.2.b Running the square

Having completed the appropriate steps in Section 4.1 Competition Structure, the Uke facing Tori moves forwards and attacks. Tori defends and finishes off. Tori turns to face the next Uke on the right of the Uke who just made an attack as per 4.2.a Arrangement of Participants. When Uke has been thrown, they should wait until the technique has been completed before quickly getting up and rejoining the back of their line. The competition continues as per Section 4.1 Competition Structure.

4.3 V

4.3.a Arrangement of Participants



Two lines of Ukes armed as appropriate to Tori; for Yellow and higher there should be a mix of unarmed and armed Ukes. Ukes stand next to each other at a distance of 2m between the first person in each line. The distance between each subsequent pair of Ukes increase slightly, so that the last pair is standing approximately 4m apart. The Controller stands in between the first two Ukes facing the same direction. Tori standing 2m in front of the Controller, facing them. The Judges are seated at least 2m behind Tori facing towards Tori and the V.

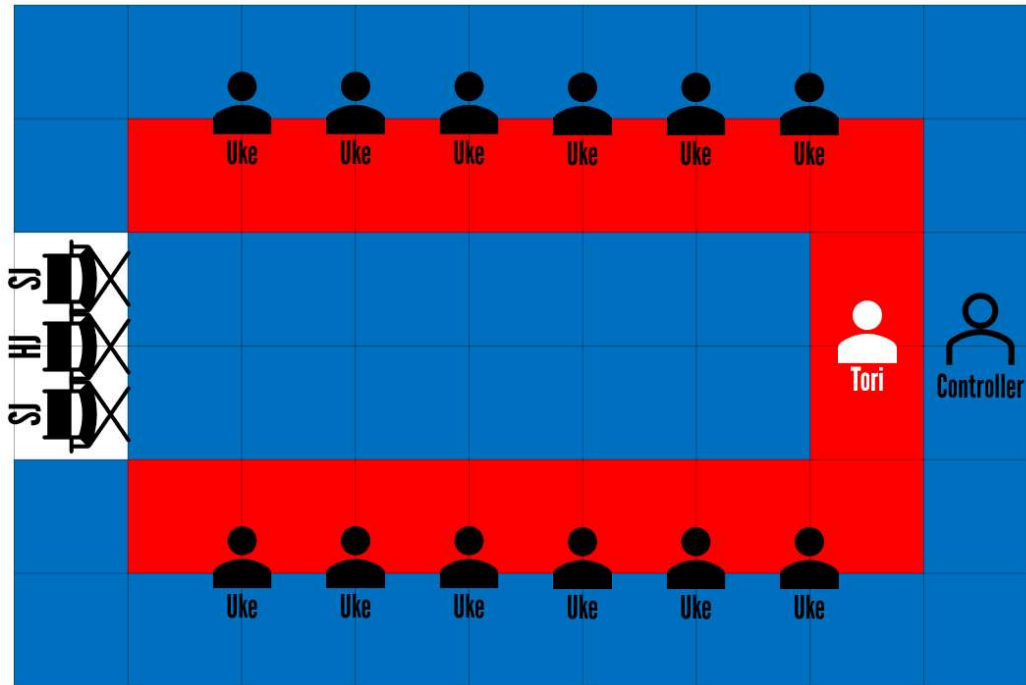
4.3.b Running the V

Having completed the appropriate steps in Section 4.1 Competition Structure, the controller firmly taps the shoulder of the first Uke on their right to indicate that they should attack. Tori defends and finishes off. After the technique has been completed, the Uke should collect the weapon they attacked with - if appropriate; and return to their place in line as quickly as possible. If Uke is unable to quickly collect the weapon, any other Uke who is closer to the weapon should collect it on their behalf, so long as they can do so safely. Weapons should be collected as soon as possible to ensure that no-one trips or falls on them. After Uke has attacked, the Controller approximates the appropriate Waiting Time (see table below) before tapping the shoulder of the next Uke (now on their left). The Controller repeats this process, alternating between the two lines. The competition continues as per Section 4.1 Competition Structure.

Grade	Time between attacks
Yellow Belt (7 th Kyu)	3 seconds
Orange Belt (6 th Kyu)	3 seconds
Green Belt (5 th Kyu)	2 seconds
Purple Belt (4 th Kyu)	2 seconds
Light Blue and higher (3 rd Kyu and above)	1 second

4.4 Gauntlet

4.4.a Arrangement of Participants



Two parallel lines of Ukes with weapons appropriate to Tori's grade. Ukes face each other with a distance of at least 4m between the lines and 1m spacing between individual Ukes that make up the lines. The Judges are seated between the two lines, 2m from the end of the lines. Tori stands between the two lines at the opposite end, facing the Judges. The Controller stands behind Tori, facing the Judges.

4.4.b Running the Gauntlet

Having completed the appropriate steps in Section 4.1 Competition Structure, Tori walks towards the Judges between the two lines of Ukes (referred to as the Gauntlet). When Tori is level with or in front of Tori, Ukes may attack from either line at random. Tori defends and finishes off. After the technique has been completed, the Uke should collect the weapon they attacked with - if appropriate; and return to their place in line as quickly as possible. If Uke is unable to quickly collect the weapon, any other Uke who is closer to the weapon should collect it on their behalf, so long as they can do so safely. Weapons should be collected as soon as possible to ensure that no-one trips or falls on them. When Tori reaches the end of the lines, they are to turn around and walk back between the two lines. Tori continues walking up and down the Gauntlet until the Judges indicate they have seen enough to make their judgement as per Section 4.1 Competition Structure.

Appendices

Appendix A: Atemi Nationals Competition Judging Guidelines [TJJF Technical Board, Sept 2018]

This document is a guide for competition judges to apply when scoring the Atemi Nationals competitions. It will provide clarity, improve consistency and minimise possible biases in what will always be an inherently subjective process. The underlying principles are influenced by concepts from professional interviewing/appraising and statistical measurement system analysis.

There are two components to any scoring system:

1. The rating categories and scoring scale
2. The method of arrival at the ratings (human decisions)

Scoring System

For the Atemi Nationals, scores out of 10 are required for every competitor in two categories in each competition segment: Vee and Gauntlet (Square for Novices):

1. Presence and Technique selection
2. Skill and Execution

Any candidate can therefore score a total from 0 to 40 points overall.

Presence and Technique selection assesses tori's control of the situation and decision making to include both Suitability and Variation of techniques. High scores are attained by maintaining control of both self and the situation whilst demonstrating a wide variety of techniques that are relevant and safe for the scenarios, attacks and ukes.

Presentation of Jitsu varies to match the scenario, but the competition has a demonstration aspect. For lower grades, syllabus accuracy is important whereas at higher grades, variety and expression of art is valued. A Vee would include faster, simpler techniques with a greater self defence aspect than a gauntlet and stripping weapons and finishing off is expected in a Vee, but may be omitted as a stylised choice in a gauntlet.

Skill and Execution will measure the ability of tori to perform the selected techniques well. Successful execution of more difficult techniques (when appropriate) should be rewarded more than playing safe if techniques are demonstrated with competence.

Rating

The method of rating will vary and there are many pros and cons that can be debated with no universal solution (if interested, search the Internet for "Bias in Olympic judging"). A recognised methodology of interviewing is "ORCE": Observe, Record, Classify, Evaluate. This however takes time simply not available to our events and we have to settle for a more subjective assessment. One key aim is to award a wide spread of marks to avoid close groupings of 6s/7s and ties requiring a playoff. It is not a grading where the measurement system has a "pass" standard to achieve, so correct relative differentiation of the students is far more important than the actual scores awarded versus the scale from 0-40 points.

Judging panels should not consist of multiple judges from the same region. It is harder to avoid students from one's own club or region; an individual judge may elect not to score these students, though it is important to rely on the integrity of our instructors in this regard.

For individual judges it is suggested to observe the first three students without scoring, then rate them in order of 1st, 2nd and 3rd for both categories. Once this has been done, scores should be allocated with clear differentiation by using a wide range of scores. Avoid 10s or 0s in the first three in case of multiple significantly better/worse students later on (statistically unlikely). With a clear gauge and range for the first three it is easier to assess later competitors and place them in a comparative range, but do not avoid higher or lower marks across the entire scale. Memory recall will make comparison to the first 3 harder as the competition goes on, but more recent candidates can be used in their place. In this case, always consider both a better/worse candidate when trying to place tori. This supports relative scoring and avoids grouping by trying to assess each candidate against an imagined scale for that grade. It is strongly suggested to randomise or reverse the order for different events (Vee/Gauntlet) as biases are influenced by a person's position in a running order. Although randomisation does not entirely eliminate this, it will be mitigated.

There will often be two or three judges in a group and for all competitions except the Open, there will only be one sheet for scoring. It is therefore important to reach a consensus quickly and not over debate small differences of opinion. The suggestion is that the head judge (most senior) decides their scores in their head, asks the two support judges for their scores, then if they are similar (plus/minus 1 mark) a decision is quickly made without debate. Where scores of judges are significantly different, briefly discuss sanity check the reasons for the different award, though the senior judge can and should overrule for a final decision. Identify and try to remove the influence of distinctive techniques early or late in the round, stereotyping (tall/small/slight/heavy tori), styles or techniques similar to the judges own and candidates immediately following a very good/bad candidate (try to recall your first three candidates as reference if this happens).

Write brief comments against each candidate to enable individual feedback at the end (eg poor stance, not moving feet, stabbed a lot, little variety etc). Lastly, ensure the person adding up the marks is good at mental maths and have a second judge check the totals!

Should a tie occur a physical playoff is a last resort, best avoided through consideration of candidate's ukeing (points awarded/deducted), conduct on the mat (etiquette/presentation) and consistent scores, where consistency of performance is more desirable than a mix of outstanding and weak scores.

Ultimately, the head judge must decide swiftly and fairly in case of any differentiation or ties. Long debate is unhelpful and there will be no perfect answer, but in applying the above principles, the fairness of the entire process can be maximised.

Appendix B: Example Score Sheet

Example Scoring:		All scores out of 10.														Max 120	Pos.								
Name	Club	Gauntlet						V								Total									
		Pres & Tech			Skill & Exec			Pres & Tech			Skills & Exec														
		S1	S2	HJ	S1	S2	HJ	S1	S2	HJ	S1	S2	HJ												
Alex Smith	Neverland Jitsu Club	7	10	9	10	6	10	6	10	5	10	2	10	2	10	4	10	5	10	7	10	7	10	68	5