



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.7 - 2025

Chapter 12: Self-defense



© Copyright 2014 (Harald Folladori)
World Martial Arts Committee

TABLE OF CONTENTS

CHAPTER 11 - SELF-DEFENSE.....	4
ARTICLE 43. CREATIVE SELF-DEFENSE	4
ARTICLE 44. REALISTIC SELF-DEFENSE	6
ARTICLE 45. SHOW - SELF-DEFENSE.....	8

Introduction:

This rulebook replaces all previously issued rules and contains the official WMAC amateur competition rules. These rules are valid for all members. However, local requirements and circumstances may be taken into account if necessary. The official language of IRC is English. These rules may translated into other languages by IRC. However, in the event of discrepancies, only the official English Version. This rulebook may not be copied, published or distributed without specific written permission from WMAC or the IRC. This includes electronic, digital, physical and all other forms of reproduction. This set of rules can be downloaded free of charge as a PDF from the official WMAC website.

WORLD MARTIAL ARTS COMMITTEE

International rules & guidelines



January 2025

Dear reader,

We are very pleased to release version 4.7 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most comprehensive tournament rulebook available today and we are proud to it for your use. This has been made entirely through the hard work and dedication of individuals from around the world. We would like to thank everyone for their contribution to this comprehensive rulebook.

All of these rules and guidelines contained this document are to be applied at WMAC sanctioned events. In this case, they may not be deviated from except in exceptional circumstances and then only with the written permission of the IRC in conjunction with the Chief Referee (Supervisor) of the respective event. The instructions and decisions of the IRC with regard to these rules are decisive and binding. In the event of complaints/protests, his decision is decisive and final.

This rulebook can also be used for non-sanctioned events. In this case, the organizer of the event must include the following statement in writing in the announcement: "This event is organized according to the official WMAC rules and regulations".

The World Martial Arts Committee is constantly striving to develop further. We are constantly working on the expansion of our rules and regulations and their dissemination at events and tournaments. This set of rules should be checked before the events in order discuss and incorporate any changes with us.

Mit besten Grüßen



CHAPTER 11 - SELF-DEFENSE

ARTICLE 43. CREATIVE SELF-DEFENSE (SC)

43.1 Description - The self-defense class is a demonstration of how martial arts techniques can be used to effectively defend oneself in violent confrontations. The purpose of self-defense is not to present it as violence, but to show the possibilities of self-defense / emergency aid to a trained martial artist.

43.2 Age groups

Description	Age groups
Children	U12
Juniors	U15
Cadets	U18
Adults	+18
Veterans	+ 40

Attention: for participants in the U12/15 classes = no knife or gun attacks

43.3 Belt classes

Description	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Master craftsman	Various	Black

43.4 Uniform-All uniforms should show the country to be represented or the style. The sending country decides on the style of the uniform. The name of the country should be printed or embroidered on the back. The family name should be embroidered on the right sleeve.

Competitors are not permitted to costumes/theatrical dresses, masks or other items, including jewelry, that not in accordance with the practice of traditional martial arts.

The weapon used by the participant is considered part of the uniform and must be free of defects or sharp edges.

43.5 Performance - 4 attacks must be defended. The order and type of attacks are freely selectable and are not announced by the judges. Each technique may only performed once slowly (optional) and then at maximum speed.

43.6 Type and sequence of attacks:

- 1.) Clutching from behind
- 2.) Strangle
- 3.) Headlock
- 4.) Fist attack
- 5.) Foot attack
- 6.) Stick attack
- 7.) Knife attack
- 8.) Pistol attack

43.6.1 Partner - The athlete may use one or more partners for their demonstration. No one may be injured during the performance.

43.6.2 Useful objects: Participants may use objects during the demo (e.g. training knives etc.). All such items must be presented to the jury for inspection beforehand. If the judges classify an item as dangerous, an exchange may ordered.

43.7 Performance area: The performance area should be performed on a 6 x 6 m blue mat surrounded by a 2 m wide red safety zone. The judges' seats are located in line on the side or in the respective corners.

43.8 Number of judges: There are 3 judges. They award points from 6 - 8 (tenths are possible). The following placings are possible:

- 1.) in a line in front of the area with a minimum distance of 1m
- 2.) one acting referee and 2 in the corners of the area

If they are placed according to no. 2, the participant must only report to the main judge.

43.9 Entering & exiting the competition area - Competitors are shown at which point they should enter and may only enter and exit at this point.

Competitors must make two proper bows or salutes. One to the area before entering the area and one to the judges. The first contestant on the floor will only bow to the floor. After the competition area, the fighters will walk to the center of the ring and announce the following the Referee:

- 1.) Name of the fighter
- 2.) the country he presents

The weapons are then checked by the judges. If they are not satisfied in terms of safety, a change to the weapons can be requested.

Athletes will have 1 point deducted from their total score if they have to change their weapon.

Before the contestant begins their form, the Referee will check that all judges are ready and that the area is clear of obstructions.

If everything is to his satisfaction, he holds up his hand to show that the athletes can start as soon as they are ready. They should now move into the starting position.

43.10 Scoring - Athletes are scored according to the following criteria:

- 1.) Technical quality of the techniques shown
- 2.) Difficulty of the attack (realism)
- 3.) Effectiveness
- 4.) Performance

43.10.1 Deduction of points - 1 point must be deducted if the following occurs:

- 1.) Demonstration lasts less than a minute or exceeds 3 minutes
- 2.) Athlete or partner leaves the area
- 3.) The partner is injured by the other partner (active partner)
- 4.) Fantasy performance that has no relation to reality
- 5.) The athlete must start again

43.10.2 Draw - In this case, each athlete has to show two more different techniques. The judges then decide the winner by means of a hand signal.

ARTICLE 44. REALISTIC SELF-DEFENSE (SR)

44.1 Description: This is a set of rules that makes it possible to carry out an almost realistic self-defense scenario. The competing athlete has the opportunity to choose a partner of his choice. Neither the athlete nor the attacker has the opportunity to prepare for the techniques to be used.

44.2 Age groups:

Description	Age groups
Children	U12
Juniors	U15
Cadets	U18
Adults	+18
Veterans	+40

Attention: for participants in the U12/15 children's classes
= No knife or gun attacks

44.3 Belt classes:

Description	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Master craftsman	different	Black

44.4 Uniform: All uniforms should show the country to be represented or the style. The sending country decides on the style of the uniform. The name of the country should be printed or embroidered on the back.

Competitors are not permitted to wear costumes/theatrical dresses, masks or other items, including jewelry, that are not in accordance with the practice of traditional martial arts.

44.5 Presentation: Each attacker is shown a card depicting the attack immediately before the attack. The defender has no opportunity to prepare for the attack, as he has his back to the attacker. Four attacks are carried out (only knives, sticks and pistols are permitted as weapons) All options are included for unarmed attacks.

Procedure: A mat leader invites the athlete and attacker onto the mat. Both participants must bow as follows at the command of the mat leader:

Mat manager - Referee - To each other

After the two athletes have bowed to each other, they turn around so that their backs are to each other and each take 1 step forward. The distance between the two athletes must not exceed 2m (if they are further apart, the defender has too much time to prepare). Now a referee draws the card and shows it to the attacker who goes to him and signals by nodding his head that he has understood the attack. The Referee then shows the card to the judges and the audience by holding it up and lets the match begin.

At the command "HAJIME" or "GO" (start of competition), which is given by the mat leader, both athletes immediately turn around and face each other. Communication between the athletes as well as between the audience and the defender is strictly prohibited!

Once the athletes are face to face, the attack is initiated WITHOUT delay. The attacker must immediately lunge at the defender with the respective attack at real attack speed.

In the case of weapon attacks, the weapons provided by the organizer at the edge of the mat to be used. Please note that the weapons to be used must be kept concealed for as long as possible (until immediately before the call to attack).

44.6 Performance area: The area must be no smaller than 6 x 6 meters. The referees are to the side of the area in a line with their backs to the main judges' table. The referees' chairs must be at least 1 meter apart.

44.7 Number of judges: There are 3 judges who are placed in a line in front of the area and sit at least 1m apart.

44.8 Entering & exiting the competition area - Competitors are shown at which point they should enter and may only enter and exit at this point.

When the athlete called, he/she must enter the area and line up with his/her partner.

Competitors must make two proper bows or salutes. One to the area before entering the area and one to the judges.

Upon entering the competition area, the contestants will announce the following to the Referee:

- 1.) Name of the fighter
2. the country he presents

If everything is to his satisfaction, he holds up his hand to show that the athletes can start as soon as they are ready. They should now move into the starting position and the attack is determined by the MRef and the attacker.

44.9 Scoring: Points are awarded 6 -8 points - decimal places must be used.

In the event of a draw, both opponents must be judged directly by hand signal after the last performance.

The judges must take the following criteria into consideration when making their decision:

- 1.) Effectiveness
- 2.) Realism
- 3.) Speed of the attack
- 4.) Speed / dynamics of the defense
- 5.) Time delay / preparation time
- 6.) Execution of the techniques

44.10 Protective equipment: - The attacker ***must*** wear mouth guards, groin guards and may wear head protection. The defender may wear light fist guards (e.g. Virtus from KWON) and elbow pads.

Contact: The safety of the athletes first! The protective equipment is only for increased safety. In order to be realistic, the body must be hit lightly in the event of blows. Hard hits to the head should be avoided. Levers may only be applied, not pulled through!

Press casts should avoided.

Form: Killing techniques are forbidden! (Ethics & glorification of violence). Sportswear must be worn and not street clothes. Weapons must be secured after disarming.

ARTICLE 45. SHOW - SELF-DEFENSE (SHS)

45.1 Description- This self-defense class shows a demonstration of how martial arts techniques can be used to effectively defend oneself in violent confrontations. The purpose of self-defense is not to present it as violence, but to show the possibilities of self-defense / emergency aid available to a trained martial artist. In show self-defense, it is desirable to present creative elements from the show area, as well as acrobatics.

45.2 Classes

Gender	Category
Male	Open Class
Female	Open Class

45.3 Uniform -All uniforms should show the country to be represented or the style. The sending country decides on the style of the uniform. The name of the country should be printed or embroidered on the back. The family name should be embroidered on the right sleeve.

Competitors are not permitted to costumes/theatrical dresses, masks or other items, including jewelry, that not in accordance with the practice of traditional martial arts.

The weapon used by the participant is considered part of the uniform and must be free of defects or sharp edges.

45.4 Performance - 4 attacks must be defended. The order and type of attacks are freely selectable and are not announced by the judges. Each technique may only performed once slowly (optional) and then at maximum speed.

45.5 Type and sequence of attacks:

- 1.) Clutching from behind
- 2.) Strangle
- 3.) Headlock
- 4.) Fist attack
- 5.) Foot attack
- 6.) Stick attack
- 7.) Knife attack
- 8.) Pistol attack

45.5.1 Partner - The athlete may use one or more partners for their demonstration. No one may be injured during the performance.

45.5.2 Useful objects: Participants may use objects during the demo (e.g. training knives etc.). All such items must be presented to the jury for inspection beforehand. If the judges classify an item as dangerous, an exchange may ordered.

45.6 Performance area: The performance area should be performed on a 6 x 6 m blue mat surrounded by a 2 m wide red safety zone. The judges' seats are in line at the side or in the respective corners.

45.7 Number of judges: There are 3 judges. They award points from 6 - 8 (tenths are possible). The following placings are possible:

- 1.) in a line in front of the area with at least 1 meter distance to each other
- 2.) one acting referee and 2 in the corners of the area

If they are placed according to no. 2, the participant must only report to the main judge.

45.8 Entering & exiting the competition area - Competitors are shown at which point they should enter and may only enter and exit at this point.

Competitors must make two proper bows or salutes. One to the area before entering the area and one to the judges. The first contestant on the floor will only bow to the floor. After entering the competition area, the fighters will walk to the center of the ring and announce the following to the Referee:

- 1.) Name of the fighter
- 2.) the country he presents

The weapons are then checked by the judges. If they are not satisfied in terms of safety, a change to the weapons can be requested.

Athletes will have 1 point deducted from their total score if they have to change their weapon.

Before the contestant begins their form, the Referee will check that all judges are ready and that the area is clear of obstructions.

If everything is to his satisfaction, he holds up his hand to show that the athletes can start as soon as they are ready. They should now move into the starting position.

45.9 Scoring - Athletes are scored according to the following criteria:

- 1.) Technical quality of the techniques shown
- 2.) Difficulty of the attack (realism)
- 3.) Effectiveness
- 4.) Performance (show effects and acrobatics)

45.9.1 Deduction of points- 1 point must be deducted if the following occurs:

- 1.) The performance lasts less than a minute or exceeds 3 minutes.
- 2.) The athlete or partner leaves the area.
- 3.) The partner is injured by the other partner (active partner).
- 4.) No show acts will be performed.
- 5.) The athlete must start again.

45.9.2 Draw - In this case, each athlete has to show two more different techniques. The judges then decide the winner by means of a hand signal.