



**SHIDOKAN**

**TRIATHLON MARTIAL**

**EUROPEAN RULES**



# SUMMARY

History of Shidokan .....	2
Organization Charter .....	3
Organizational protocol.....	5
Roles of the Referee Body .....	8
Refereeing gestures .....	9
Referees / coaches / fighters outfits.....	26
Coaches .....	27
Weight Classes .....	28
Combat areas .....	29
Victory criteria common to all categories .....	31
Prohibited techniques and penalties common to all categories.....	33
SOENO-Shidokan-Jiyu Karate ippon kumite rules (minors and adults) .....	35
SOENO-Shidokan-Karate shobu IPPON kumite rules (adults only).....	37
Shido-Boxing Jiyu ippon kumite rules (minors and adults).....	39
Shido-Boxing shobu IPPON kumite rules (adults only) .....	41
Shido-Mix-Martial Jiyu ippon kumite rules (minors and adults).....	43
Rules Shido-Mix-Martial shobu IPPON kumite (adults only).....	45
Shidokan Triathlon Rules for the Senior Category .....	47
Lexicon.....	48
Dojo Kun .....	49

# HISTORY OF SHIDOKAN

Shidokan was born in 1981 created by SOENO Yoshiji, a former student of MAS OYAMA and founder of kyokushinkai.

Master SOENO started martial arts with wado kai of which he is NI DAN, he is captain of his university team (SOZAI).

When he was a part of the Kyokushin school, his master asked him to face a Thai boxing fighter. The fight was broadcast on Japanese television.

Mr. SOENO lost his fight to the point. This was the beginning of his technical questioning. After many trips to Thailand and a dozen fights, he decided to separate from the Kyokushin. Nicknamed the Kyokushin tiger, he was the only one allowed to wear a different dogi and to create his own school.

The Shidokan is therefore differentiated by the possibility of fighting in the ring but also of being able to grab, throw and finish on the ground in key. A judicious mix of martial arts that heralded the advent of modern mixed martial arts. Shidokan is present on all continents and in 60 countries.

SHI DO KAN means federation of the way of the samurai.

The Shidokan emblem is of great symbolism in Japan.

The cherry blossom (sakura) represents ancestral Japan, the color purple, the color of the samurai and the central insignia means samurai.

Shidokan is an integral part of the World Karate Association. A large part of the contact karate styles are part of the WKA.

Shidokan is distinguished into 2 branches: amateurism and professionalism.

Amateur: Shidokan karate and Shidokan Boxing (contact karate), shidokan submission (mixed karate) and amateur triathlon shidokan.

Professional: pro triathlon (karate, contact karate, mixed karate), also called SAMOURAI RULES.

Shidokan is recognized in France within the FFKDA by a memorandum of understanding signed in July 2001.

The Shidokan France is called the National Shidokan Commission by the authorities of the supervisory federation.

The name, the emblem, the kanji are registered at the I.N.P. I and are the exclusive property of SOENO Shidokan Karate for France.

# ORGANIZATION CHARTER

## PREAMBLE

The organization of a Shidokan competition must be a non-profit enterprise.

This event must make the Shidokan shine through the quality of the fights, the organization, the welcome but above all, through the communication.

The SOENO Shidokan France office or any other organizing entity must strive to leave an unforgettable memory for all its participants.

The spirit of Shidokan is the driving force behind the preparation, so the 1st step in the organization of an event is to send back the signed CNS charter which is a commitment of good conduct.

The head of the refereeing commission will be responsible for providing a list of judges/referees and managers who will officiate during the competition.

All supervisors must have received training to ensure that the process runs in the best conditions.

All Shidokan clubs must be members of the FFKDA, have licensed students and administrators.

Each teacher must hold a diploma recognized by the FFKDA and therefore be at least a black belt.

Each Shidokan club is required to provide at least one referee.

Shidokan fighters abroad, who join the France team, are required to wear the colors of SOENO Shidokan Karate "France".

Grading is only organised with the agreement or presence of the national manager.

The managers of Shidokan clubs must imperatively maintain communication with the national commission.

A financial contribution for international travel may be requested from the clubs.

A compatible contract may be requested at the signature of the competitors.

---

## ORGANIZATION CHARTER

---

I, the undersigned, Mr. \_\_\_\_\_ First Name \_\_\_\_\_ President of the  
\_\_\_\_\_ club whose head office is located in \_\_\_\_\_  
commit myself to the competition of the \_\_\_\_\_ in  
\_\_\_\_\_.

To respect the following commitments:

Provide a complete forecast report to the CNS (FFKDA)

Physician Presence (FFKDA)

Insurance: passport and FFKDA license

Contact the committee manager for staff constitution

List the judges/referees/manager for support by the FFKDA

Set up a staff for reception/checking/checking of documents (balance)

Equipment necessary for the competition (gloves, shin guards, helmet and pennants of 2 colors)

Judge and referee equipment (whistles, gong, stopwatch, flags, tables/chairs, scoreboards, microphone and pens/paper).

Competent microphone host

Sound system

Physical security of combatants, officials and the public (signage and barriers)

Advertising (newspapers, media, banners and flyers)

Room Decoration

Infrastructure for the combatants (changing rooms, showers and toilets)

Presentation and entrance music of the fighters (gala)

Battleboard and Numbering Display

Equipment preparation team for the fighters (dressing)

Snack bar

Fighters' warm-up and rest areas

SAYONNARA PARTY to close the event

Final report at the CNS (FFKDA)

Done at \_\_\_\_\_, the \_\_\_\_\_

Signature of the President

Club fee

# ORGANIZATIONAL PROTOCOL

After acceptance by the CNS, the organising club undertakes to:

## **Advertising / communication:**

Prepare posters and distribute them

Set up a program or flyers with rules and categories (gala)

Prepare a keynote, FFKDA thank you/volunteers/doctor and sponsors

Ensure newspaper articles, inform and invite journalists and the media

## **Official documents:**

Prepare the entrance tickets (3 parts tax code) if paid admissions, invitations and reservations

Control licenses/passports

## **Organization of the gymnasium:**

1. Notify local authorities of the event: town hall, general council, regional council, local deputies, etc.
2. Negotiate meals and hotel for the fighters
3. Organize hotel reservations and city map
4. Manage arrivals and departures at the airport (fighters and coaches)
5. Organize the weigh-in (the day before for galas)
6. Provide music for the presentation, waiting and presentation of the awards
7. Recruit a competent facilitator
8. Plan the animation during the intermission
9. Plan a security team
10. Recruit 2 people to guide fighters from the locker room to the combat surface
11. Bring fighters before the event for the medical
12. Plan the warm-up area
13. Provide a rest area
14. Dissociate the locker rooms from the combatants with posters on the doors
15. View Numbered Battle Tables
16. Announce the fights with color, club, country and category as well as the next fight
17. Think about the rotation of judges and referees
18. Provide reserved seating for officials, politicians and sponsors
19. Recruit an Usher for Guests
20. Organize a refreshment bar
21. Recruit a Round-girl (gala)
22. Plan approximate intermission times
23. Organize the presentation of cups/medals
24. Provide for the authorisations of coaches.
25. Be attentive to the attitude of the coaches. Coaches must be of legal age and a supervising officer.
26. Organize the SAYONNARA PARTY with fighters/coaches/sponsors/volunteers and officials

27. Mounting tatami / ring: mark on the ground to indicate the locations of the fighters  
(tatami puzzle upside down or large tape)
28. Arrange an interpreter for international events

## **Hardware:**

1. Rewards: Cups/Medals
2. National flags
3. Club or country signpost
4. Decoration of the hall (sponsors, Shidokan flags, posters...)
5. Sound and light
6. Official tables (gong or rice sock, stopwatch, boards and chairs)
7. Tables for awards
8. Doctor's tables
9. One jump per combat area, hydroalcoholic gel, black nitrile glove.
10. Table manager, pen and water
11. Drink/sandwich tickets for fighter and coach
12. Event T-shirt
13. Water in the changing rooms
14. Combat equipment (for a combat area):
  - 2 pairs of boxing gloves (1 pair red / 1 pair blue)
  - 2 red and blue helmets (tournament or gala under 18 years old, senior beginners and veterans)
  - 4 pairs of sock-style shin guards
  - 4 grid or bubble helmets
  - 4 pairs of freestyle fighting gloves
  - 4 pairs of FFKDA children's "ball" gloves

## **The host:**

He has to keep the audience on the edge of their seats, explain decisions, animate time-outs, give the fighters' record and the name of their coach.

## **The doctor:**

He must stay close to the combat area and if necessary stop a fighter. He works in a coordinated manner with the central referee.

## **The manager:**

He must ensure the smooth running of the event and is responsible for the changes of referees.

## **The organizer:**

He must provide all material means (water/fruit/food/protection/changing rooms/training and rest room)

He is responsible for briefing the coaches before the start of the competition



# ROLES OF THE REFEREE BODY

## **Weighing and control:**

Weighing and verification of documents must be carried out as far as possible the day before the event as well as the preparation of tables.

When the combatants arrive, the managers and the referees will be responsible for controlling:

Weight of the Fighter

FFKDA Passport License

Medical certificate

Parental consent for children under 18 years of age

All bandages or straps must be medically justified

Regulation dress

Hand/toe nails

## **During the fight:**

The role of officials is essential in its impartiality.

Any decision will have to be taken without external influence.

## **Full-Back Referee:**

In constant mobility, he also visually assists the central referee.

- Operation with flags (karate):  
Using flags and whistles, he signals points/fouls to the central referee.
- Countered operation (Shido-Boxing, Shido-Mix-Martial): Using counters, it counts the points of each fighter during the fight. At the end of each round, he goes to the table manager to transmit the account. He signals fouls to the central referee with the whistle.

## **Central referee:**

He gives the combat orders (salute, start/end of the fight) and enforces the rules (including safety rules). For fights with several rounds and at the end of each round, he asks the table for the winner of the round.

If necessary, he brings the lateral referees together at the manager's table for decision-making.

## **Manager:**

He is responsible for the battle boards, he jointly monitors the timekeeper and the official marker (combat points).

He is responsible for weighing and checking documents.

He must be attentive to the fatigue/lucidity of the referees and ensure the turnover.

For fights with several rounds, he will announce the winner of the round following the signal of the central referee.

# REFEREEING GESTURES

## PRESENTATION OF THE FIGHTERS

### CALL OF THE FIGHTERS

Aka is always called up in 1st.

Quick reminder of the rules to the combatants



### OI / MATERIAL CONTROL-PROTECTIONS-BRIEFING



The salute protocol can be shortened depending on the number of fighters to keep only OTAGA OR RE.

### **HI TABLE ARBITRALE SHOMEN NI RE**



### **HI CENTRAL REFEREE – SUSHI NI RE**



### **SALUTE BETWEEN OTAGANI FIGHTERS**



---

## CONTROL OF REFEREES

---

Sleeve: AKA is on the left / AO is on the right

Table - Left - Right



---

## START OF THE FIGHT

---

**KAMAE**



**AJIME**



**POINT COUNTING**

**WAZA ARI**



**IPPON**



---

## LATERAL REFEREE SIGNAGE

---

### POINT COUNTING

WAZA  
ARI



IPPON



**TORIMASEN** (there is nothing)  
(nothing seen)



**MIENAI**



---

## FAULTS

---

### **CENTRAL REFEREE CHILDREN / TEENAGERS / ADULTS**

**VERBAL WARNING**  
(open hand)



**CHUI** (finger pointing)



**HANSOKU CHUI**  
(finger pointing)



**SHIKAKKU**  
disqualification (pointing to the exit)



## FULL-BACK REFEREES CHILDREN / TEENAGERS / ADULTS

**CHUI**



**HANSOKU CHUI**



**SHIKAKKU**

(we point the flag towards the exit)



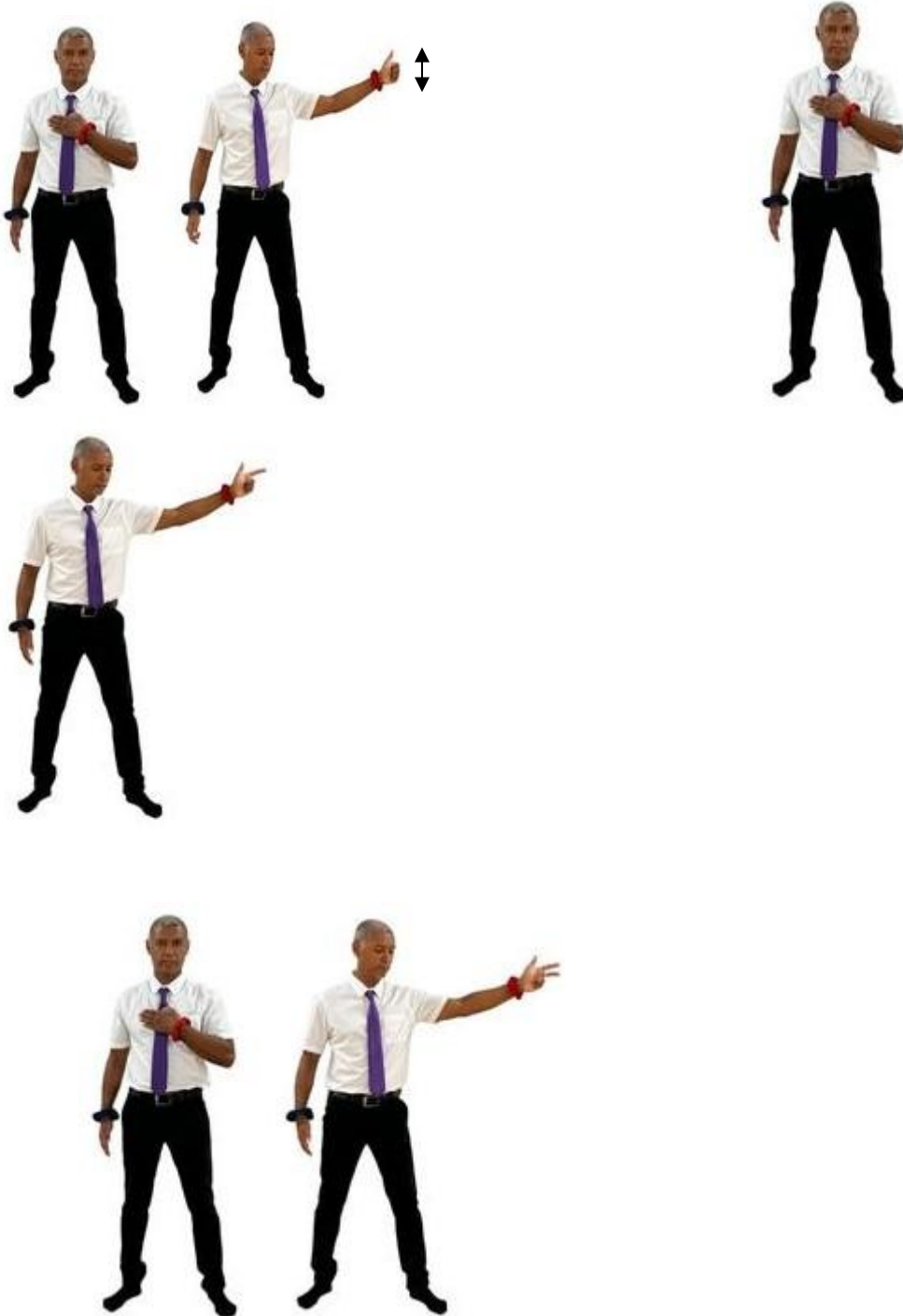
**JOGAI (OUT)**



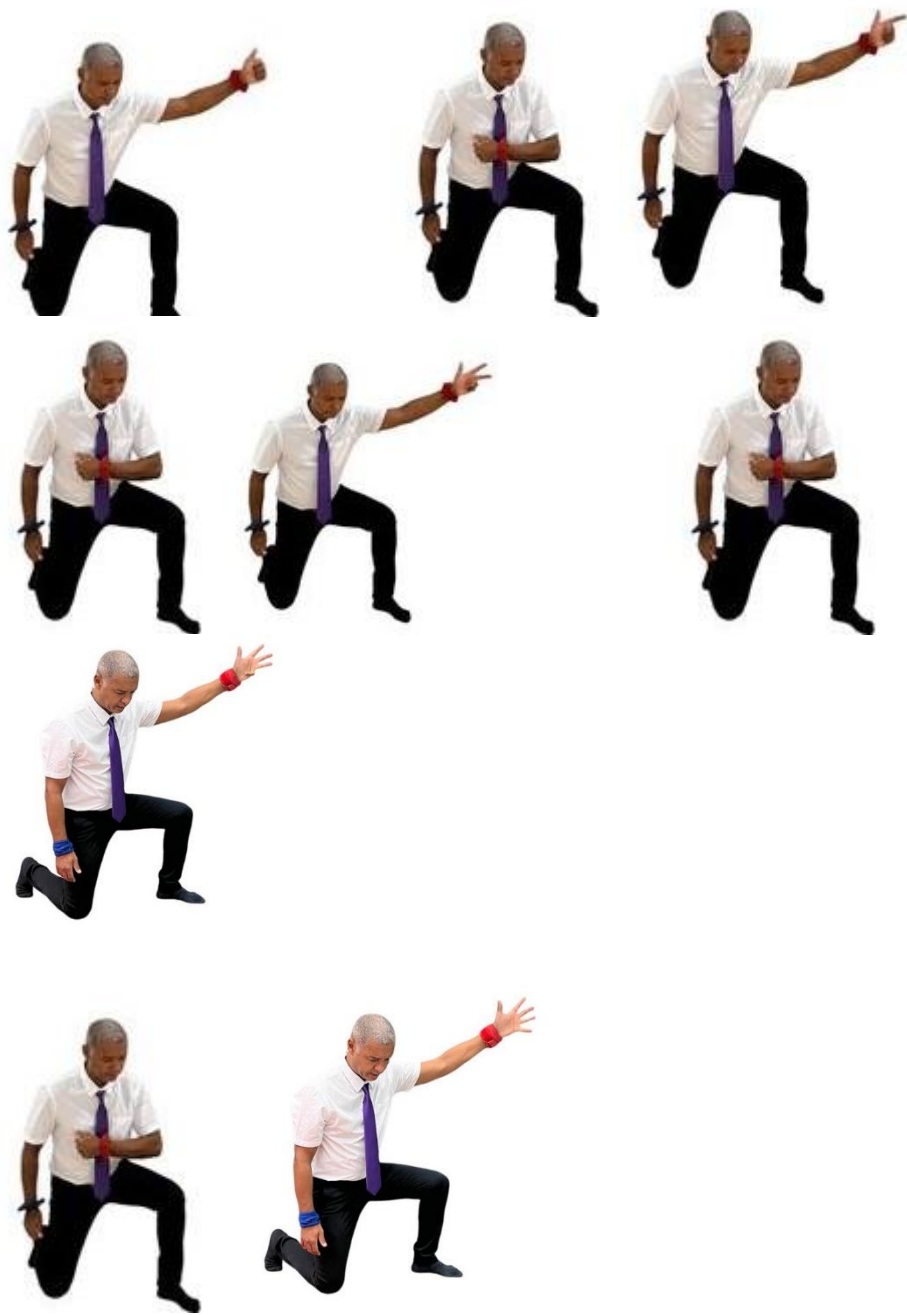


**SEIZURE**

**GET UP**



**GROUND**



**COUNTING WHEN KNOCKED OUT OF ACTION**

**WAZA ARI**



IPPON



---

## COMBAT BREAK

---

### JIKAN

(stoppage of the clock)



### DOCTOR

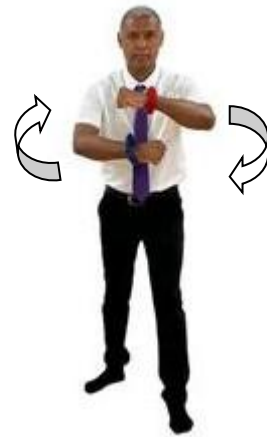


### KIKEN

(abandonment) (hand flat to the floor)



### PASSIVITY



**RESUMPTION OF THE FIGHT / JUGO**



---

**END OF THE FIGHT**

---

**CENTRAL REFEREE**

**YAME**



**TABLE** (GONG OR RICE SOCK THROW)



---

## DECISION

---

### CENTRAL REFEREE

#### HANTEI NO GAIESHI



#### HANTEI



#### ICHI/NI/SAN/SHI REFEREE COUNTING

Table - Left - Right + Central Referee



## IPPON NO GAIESHI



## EKIWAKE



## WEIGHING





## **LATERAL REFEREES**

### **HANTEI NO GAIESHI**



Preparation for the decision

### **HANTEI**



### **EKIWAKE**



At the request of the central referee

## **TABLE MANAGER**

### **HANTEI NO GAIESHI**



Preparation for the decision

### **HANTEI**



At the request of  
The central referee

### **EKIWAKE**



## **REFEREES / COACHES / FIGHTERS OUTFITS**

### **OFFICIAL REFEREES' ATTIRE:**

- Black blazer jacket with Shidokan patch (depending on the season)
- White short-sleeved shirt
- Official tie
- Black Socks

### **COACHES' OUTFIT (MANDATORY):**

- Jogging bottoms
- Sneakers
- T-shirt or jacket that represents the club
- It is forbidden to wear a cap or glasses

**IN THE EVENT OF NON-COMPLIANCE WITH THESE OBLIGATIONS, THE COACH WILL NOT BE ACCREDITED AND WILL NOT BE ABLE TO COACH HIS FIGHTERS.**

### **OFFICIAL DRESS OF THE FIGHTERS:**

Karate:

- White or black helmet or matching the color of the chest protector (children under 14 years old).
- Regulation white dogi with sleeve under the elbow not rolled up.
- Possibility to put on blue or red colored belts for all fighters

Shido-Boxing:

- Bare-chested or rashgard Shidokan or neutral
- Dogi stockings with belt or Shidokan shorts or neutral shorts

Shido-Mix-Martial:

- Bare-chested or rashguard Shidokan or neutral
- Dogi stockings with belt or Shidokan shorts or neutral shorts

## COACHES

There is 1 person allowed in each corner: the coach or his assistant.  
His fighter will be punished for any illegal action in his area.

In view of the number of combat areas, the club will have to provide a maximum of 3 adult and senior coaches as well as assistants over 14 years old.

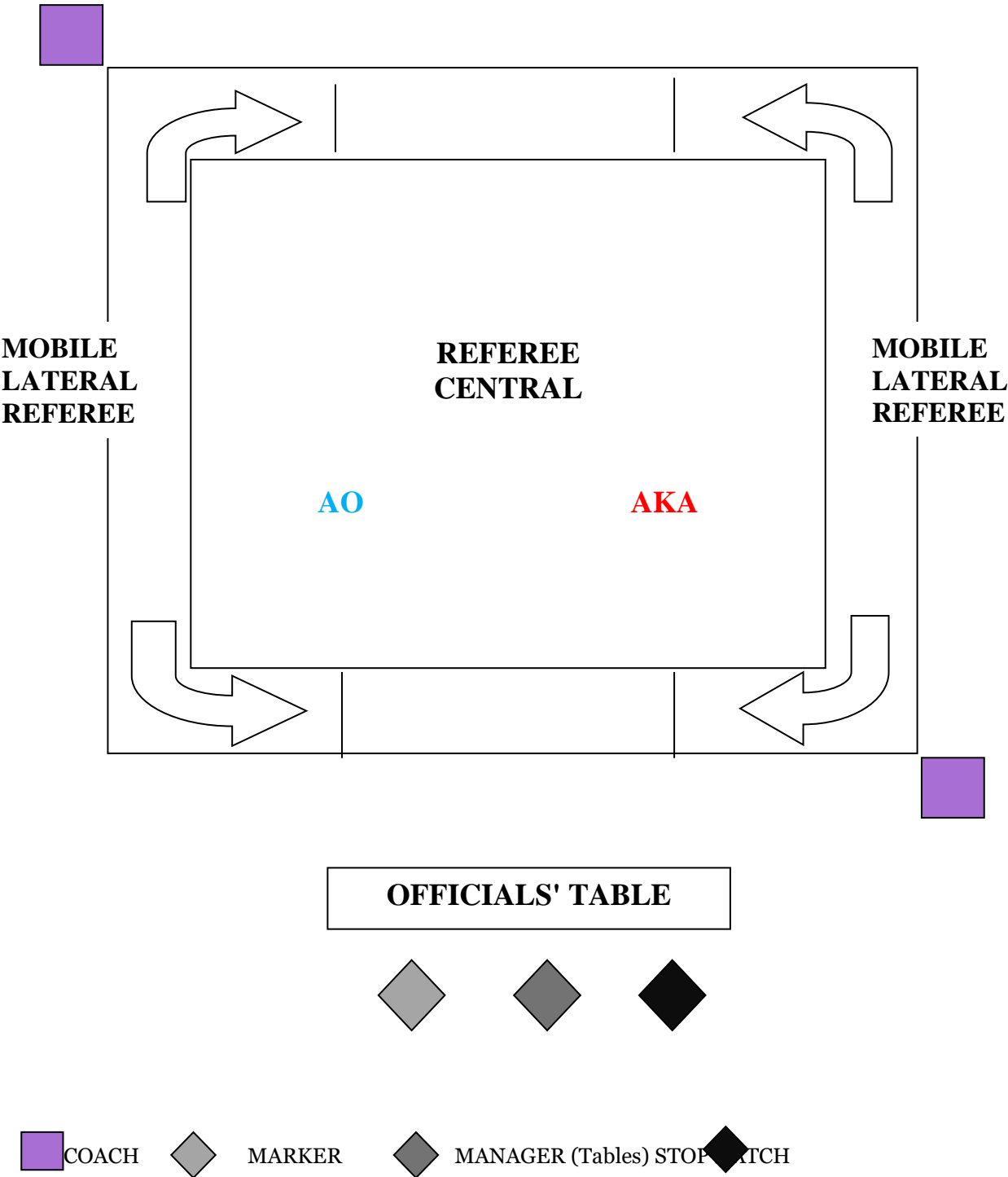
Only fighters registered on the lists of the tables will be able to access the combat areas.

# WEIGHT CLASSES

Catégories de poids -													
	Mini poussins 4 - 5 ans	Poussins 6 - 7 ans	Pupilles 8 - 9 ans	Benjamins 10 - 11 ans	Minimes 12 - 13 ans	Cadets 14 - 15 ans	Juniors 16 - 17 ans	Séniors 18 ans et +	Espoirs 18 - 19 - 20 ans	Vétérans 1 35 - 45 ans	Vétérans 2 46 - 55 ans	Vétérans 3 56 - 65 ans	Vétérans 4 66 Ans et +
Féminines													
	-20 kg	-20 kg	-25 kg	-30 kg	-35 kg	-42 kg	-48 kg	-50 kg	-50 kg	-55 kg	-55 kg	-55 kg	-55 kg
	-25 kg	-25 kg	-30 kg	-35 kg	-40 kg	-47 kg	-53 kg	-55 kg	-55 kg	-61 kg	-61 kg	-61 kg	-61 kg
	-30kg	-30 kg	-35 kg	-40 kg	-45 kg	-54 kg	-59 kg	-61 kg	-61 kg	-68 kg	-68 kg	-68 kg	-68 kg
	-35 Kg	-35 kg	-40 kg	-45 kg	-50 kg	-60 kg	59 kg et +	-68 kg	-68 kg	68 kg et +	68 kg et +	68 kg et +	68 kg et +
	35 kg et +	-40 kg	-45 kg	-50 kg	-55 kg	60 kg et +		68 kg et +	68 kg et +				
		40 kg et +	45 kg et +	50 kg et +	55 kg et +								
Masculins													
	-20 kg	-20 kg	-25 kg	-30 kg	-35 kg	-40 kg	-55 kg	-60 kg	-60 kg	-67 kg	-67 kg	-67 kg	-67 kg
	-25 kg	-25 kg	-30 kg	-35 kg	-40 kg	-45 kg	-61 kg	-67 kg	-67 kg	-75 kg	-75 kg	-75 kg	-75 kg
	-30 kg	-30 kg	-35 kg	-40 kg	-45 kg	-52 kg	-68 kg	-75 kg	-75 kg	-84 kg	-84 kg	-84 kg	-84 kg
	-35 kg	-35 kg	-40 kg	-45 kg	-50 kg	-57 kg	-76 kg	-84 kg	-84 kg	84 kg et +	84 kg et +	84 kg et +	84 kg et +
	-40 kg	-40 kg	-45 kg	-50 kg	-55 kg	-63 kg	76 kg et +	84 kg et +	84 kg et +				
	40 kg et +	-45 kg	-50 kg	-55 kg	-60 kg	-70 kg							
		45 kg et +	50 kg et +	55 kg et +	-65 kg	70 kg et +							
					+65 kg								

COMBAT AREAS

Fights can take place on tatamis, ring or cage, in the following configuration:



# COMPETITION REGULATIONS



## VICTORY CRITERIA COMMON TO ALL CATEGORIES

Victory in a fight can be immediate, following an action by a fighter during the fight, or by decision of the referees at the end of rounds.

---

### IMMEDIATE VICTORY

---

During the fight, an immediate victory can be awarded according to the following criteria:

- IPPON: Knockout for 8 seconds or two WAZA ARI in the same round (reported as "WAZA-ARI Ichi – WAZA-ARI Ni – AWAZATE – IPPON")
- SUBMISSION: Any key or choke on the ground

It is necessary to refer to the authorized and prohibited techniques of each category.

Victory can also be awarded if:

- SHIKAKU: Disqualification of the opponent

Finally, if a fighter dominates too much, the winner will be declared before the end of regulation time. The trainer will also have the possibility at any time to stop the fight by throwing in the towel in case of superiority of the opponent.

---

### VICTORY BY DECISION

---

A fight usually takes place in several rounds. At the end of the fight, the one who has won the most rounds is declared the winner.

In the event of a tie, an overtime will be requested to decide between the fighters, within the limit of the number of overtime provided for by the category.

At the end of overtime and if there is still a tie between the fighters, the winner will be the one who has totaled the most points during all rounds. If there is a tie in this point total, the referees will evaluate the fighters according to the criteria of combativeness (see below).

Finally, if these criteria are not enough to decide between the fighters, a weigh-in will be carried out and the lightest will be designated the winner.

---

### VICTORY OF A ROUND:

---

Victory at the end of a round is awarded to the one with the advantage in WAZA-ARI. If there is a tie at the level of the WAZA-ARI, the one who dominates in the combativity criteria who wins the round, otherwise there will be EKIWAKE.



---

## **WAZA-ARI**

---

A WAZA-ARI is given when a technique allowed by the category puts an opponent out of combat for 3 seconds. The count is done by the central referee.

If the knockout lasts 5 seconds longer (8 seconds in total), a second WAZA-ARI is awarded. Two WAZA-ARI in the same round result in an IPON, which is the victory of the fight.

---

## **COMBATIVITY CRITERIA**

---

The following criteria will be considered in the decision, depending on the category:

- Attitude
- Technical superiority and construction of sequences
- Combativeness
- Effectiveness of techniques
- Control of the combat zone by imposing the rhythm, location and position of the fight
- Effective aggressiveness to end the fight
- Damage to the other
- Punch Power
- Frequency of blows

# PROHIBITED TECHNIQUES AND PENALTIES COMMON TO ALL CATEGORIES

## BANS

- Hitting with the head
- Hitting or exerting pressure on the eye or its periphery
- Biting or spitting on an opponent
- Hook by hooking the opponent's cheek
- Pulling the hair
- Colliding with the opponent with a vertical trajectory on the upper part of the head
- Hitting the spine, nape of the neck, or back of the head
- Hitting the joints
- Hitting the throat or catching the trachea
- Extend your fingers towards the opponent's face, with your hand open and parallel to the ground
- Strike with the elbow pointing down (trajectory that goes from top to bottom)
- Any neck or spine key
- Any wrist key, finger, hand or foot.
- Throw with Punch Grip
- Rear Flexibility
- Head-to-Ground Projection
- Attacking the genitals
- Crushing or stomping a fighter on the ground
- Manipulating the opponent's fingers or toes
- Throwing an opponent out of the fighting area
- Intentionally placing a finger in an orifice, or cut or laceration of the opponent
- Scratching, pinching, twisting the flesh
- Fleeing the fight
- Simulate an irregular blow or injury
- Rejecting your mouthguard
- Using abusive language in the combat zone
- Failure to respect or obey the referee's instructions
- Engaging in unsportsmanlike conduct causing injury to the opponent
- Attacking an opponent after the referee signals the end of the fight
- Attacking an opponent during the recovery minute or after the end of the fight
- Attacking an opponent who is under the protection of the referee
- Being incorrect to an official, opponent, coaches or the public
- Apply any foreign substance to the head or body in order to gain an advantage

## **PROCEDURE IN CASE OF NON-COMPLIANCE WITH THE RULES:**

In the event of prohibited practice, exit, simulation or passivity, the following sanctions, in order of severity, will be given:

- Verbal warning       =               No penalty
- CHUI                       =               No penalty on the 1st
- HANSOKU CHUI       =               WAZA ARI to the opponent
- SHIKAKU               =               Disqualification

In the event of a repeat offence, the following penalties will be applied:

- 2nd CHUI                       =               HANSOKU CHUI
- 3rd CHUI                       =               SHIKAKU
- 2nd HANSOKU CHUI   =               SHIKAKU

SHIKAKU results in the disqualification of the competitor or coach for the duration of the fight, and depending on the severity and intentionality, the competitor may be disqualified from the entire competition.

# **SOENO-SHIDOKAN-JIYU KARATE**

## **IPPON KUMITE RULES (MINORS AND ADULTS)**

### **DOCUMENTS TO BE PROVIDED**

- Medical certificate for the current year (after September 1st)
- FFKDA License
- FFKDA Passport
- Civil insurance for all international competitions for foreigners
- Parental Authorization for Minors

### **FIGHTING TIME**

1. **- 14 years old:**
  - 2 rounds of 1 minute 30 with 30s rest between (Decision)
  - In case of a tie: 30s rest then 1 minute round (Decision)
2. **From 14 to 17 years old:**
  - 2 rounds of 2 minutes with 1 minute rest in between (Decision)
  - In case of a tie: 30s rest then 1 minute round (Decision)
3. **+ 18 years old:**
  - 2 rounds of 2 minutes with 1 minute rest in between (Decision)
  - In case of a tie: 1 minute rest then round of 2 Minutes (Decision)

The combat times may be arranged according to the type of competition.

### **MANDATORY PROTECTION (each club must come with FFK approved equipment)**

- Coquille for men
- Women's Cases
- Mouthguard MANDATORY for everyone (regardless of helmet type)
- Grid or bubble helmet
- Kyokushinkai type gloves
- Sock-style shin guards with kickback
- Ankle and knee pads allowed.
- **Chest protector for children under 14 years old**

## **AUTHORIZED TECHNIQUES**

All techniques must be controlled at the head, the referees will take into consideration speed, balance and power control.

- ✓ Kicks to the limbs and body
- ✓ Knee blows to the limbs and body
- ✓ Head kicks (**controlled**)
- ✓ Hammer kicks (**mastered**)
- ✓ All the techniques of fists to the limbs and body
- ✓ Elbows to the limbs and body
- ✓ All seizures with standing percussion within **3 seconds**
- ✓ Projection, mowing and sweeping techniques (**mastered for children under 14 years old**)
- ✓ Ground work within 5 **seconds**
- ✓ All the key techniques in the axis of the articulation (**mastered for children under 14 years old**)
- ✓ Chokes (**controlled for children under 14 years old**)
- ✓ Body Knockouts

## **PROHIBITED TECHNIQUES**

- ⊗ Knee blows to the head
- ⊗ Punches to the head
- ⊗ Elbows to the head
- ⊗ All ground strikes
- ⊗ Slam
- ⊗ Brain Knockouts

# **SOENO-SHIDOKAN-KARATE**

## **SHOBU IPPON KUMITE RULES (ADULTS ONLY)**

### **DOCUMENTS TO BE PROVIDED**

- Medical certificate less than 3 months old
- FFKDA License
- FFKDA Passport
- Civil insurance for all international competitions for foreigners

### **FIGHTING TIMES**

- 2 Rounds of 2 minutes with 1 minute rest in between (Decision)
- In case of a tie: 1 minute rest then round of 2 Minutes (Decision)

The combat times may be arranged according to the type of competition.

### **GALA FIGHT TIME**

3 times or 6 times 2 minutes and 1 minute rest between each round.

### **MANDATORY COVERAGE**

Coquille for men

Women's Cases

Mouthguard MANDATORY for all

Bandages on the ends of the phalanges are forbidden, tolerated only on the wrists.

Ankle and knee pads allowed.

### **AUTHORIZED TECHNIQUES**

- ✓ Kicks to the limbs, body and head
- ✓ Knee blows to the limbs, body and head
- ✓ Kicks to the head
- ✓ "Suicide" kicks
- ✓ Hammer kicks
- ✓ All the techniques of fists to the limbs and body
- ✓ Elbows to the limbs and body
- ✓ All seizures with standing percussion within **3 seconds**
- ✓ Projection, mowing and sweeping techniques
- ✓ Ground work within 5 **seconds**
- ✓ All key techniques in or out of the axis of the joint
- ✓ Chokes
- ✓ Slam
- ✓ Putting out of combat in the body and brain

### **PROHIBITED TECHNIQUES**

- ⊗ Punches to the head
- ⊗ Elbows to the head
- ⊗ All ground strikes

# **SHIDO-BOXING**

## **JIYU IPPON KUMITE RULES (MINORS AND ADULTS)**

### **DOCUMENTS TO BE PROVIDED**

- Medical certificate for the current year (after September 1st)
- FFKDA License
- FFKDA Passport
- Civil insurance for all international competitions for foreigners
- Parental Authorization for Minors

### **FIGHTING TIME**

4. **– 14 years old:**
  - 2 rounds of 1 minute 30 with 30s rest between (Decision)
  - In case of a tie: 30s rest then 1 minute round (Decision)
5. **From 14 to 17 years old:**
  - 2 rounds of 2 minutes with 1 minute rest in between (Decision)
  - In case of a tie: 30s rest then 1 minute round (Decision)
6. **+ 18 years old:**
  - 2 rounds of 2 minutes with 1 minute rest in between (Decision)
  - In case of a tie: 1 minute rest then round of 2 Minutes (Decision)

The combat times may be arranged according to the type of competition.

### **MANDATORY PROTECTION (each club must come with FFK approved equipment)**

- Coquille for men
- Women's Cases
- Mouthguard MANDATORY for everyone (regardless of helmet type)
- Grid or bubble helmet
- Sock-style shin guards with kickback
- Ankle and knee pads allowed
- **Chest protector for children under 14 years old**
- Boxing gloves 8 Oz (under 14 years old), 12 Oz (under 84 kg) otherwise 14 Oz



## **AUTHORIZED TECHNIQUES**

All techniques must be controlled at the head, the referees will take into consideration speed, balance and power control.

- ✓ Kicks to the limbs and body
- ✓ Knee blows to the limbs and body
- ✓ Head kicks (**controlled**)
- ✓ Hammer kicks (**mastered**)
- ✓ All the techniques of fists to the limbs and body
- ✓ Punches to the head (**controlled**)
- ✓ Elbows to the limbs and body
- ✓ All seizures with standing percussion within **3 seconds**
- ✓ Scanning techniques
- ✓ Body Knockouts

## **PROHIBITED TECHNIQUES**

- ⊗ Knee blows to the head
- ⊗ Elbows to the head
- ⊗ Ground work
- ⊗ Slam
- ⊗ Brain Knockouts

# **SHIDO-BOXING**

## **SHOBU IPPON KUMITE RULES (ADULTS ONLY)**

### **DOCUMENTS TO BE PROVIDED**

- Medical certificate (less than 3 months)
- FFKDA License
- FFKDA Passport
- Civil insurance for all international competitions for foreigners

### **FIGHTING TIME**

- 2 Rounds of 2 minutes with 1 minute rest in between (Decision)
- In case of a tie: 1 minute rest then round of 2 Minutes (Decision)
- In case of a tie: weighing of the fighters (lightest winner)

The combat times may be arranged according to the type of competition.

### **TIME FOR GALA FIGHTS**

3 times or 6 times 2 Minutes and 1 minute rest between each round.

### **MANDATORY PROTECTION (each club must come with FFK approved equipment)**

Coquille for men

Women's Cases

Mouth protection MANDATORY for all

Bandages on the ends of the phalanges are forbidden, tolerated only on the wrists.

Ankle and knee pads allowed.

Boxing Gloves 12 Oz (- 84 kg) otherwise 14 Oz

### **AUTHORIZED TECHNIQUES**

- ✓ Kicks to the limbs, body and head
- ✓ Knee blows to the limbs, body and head
- ✓ Kicks to the head
- ✓ "Suicide" kicks
- ✓ Hammer kicks
- ✓ All the techniques of fists to the limbs and body
- ✓ Punches to the head
- ✓ Back Fist
- ✓ Elbows to the limbs and body
- ✓ All seizures with standing percussion within **3 seconds**
- ✓ Scanning techniques
- ✓ Putting out of combat in the body and brain

### **PROHIBITED TECHNIQUES**

- ⊗ Elbows to the head
- ⊗ Ground work
- ⊗ Slam

# **SHIDO-MIX-MARTIAL**

## **JIYU IPPON KUMITE RULES (MINORS AND ADULTS)**

### **DOCUMENTS TO BE PROVIDED**

- Medical certificate for the current year (after September 1st)
- FFKDA License
- FFKDA Passport
- Civil insurance for all international competitions for foreigners
- Parental Authorization for Minors

### **FIGHTING TIME**

7. **– 14 years old:**
  - 2 rounds of 1 minute 30 with 30s rest between (Decision)
  - In case of a tie: 30s rest then 1 minute round (Decision)
8. **From 14 to 17 years old:**
  - 2 rounds of 2 minutes with 1 minute rest in between (Decision)
  - In case of a tie: 30s rest then 1 minute round (Decision)
9. **+ 18 years old:**
  - 2 rounds of 2 minutes with 1 minute rest in between (Decision)
  - In case of a tie: 1 minute rest then round of 2 Minutes (Decision)

The combat times may be arranged according to the type of competition.

### **MANDATORY PROTECTION (each club must come with FFK approved equipment)**

- Coquille for men
- Women's Cases
- Mouthguard MANDATORY for all
- Grid or bubble helmet
- Small open-fingered gloves of the freestyle fighting type (Equivalent model for the 2 fighters)
- Sock-style shin guards with kickback
- Ankle and knee pads allowed
- **Chest protector for children under 14 years old**

## **AUTHORIZED TECHNIQUES**

All techniques must be controlled at the head, the referees will take into consideration speed, balance and power control.

- ✓ Kicks to the limbs and body
- ✓ Knee blows to the limbs and body
- ✓ Head kicks (**controlled**)
- ✓ Hammer kicks (**mastered**)
- ✓ All the techniques of fists to the limbs and body
- ✓ Punches to the head (**controlled**)
- ✓ Elbows to the limbs and body
- ✓ All Seizures with Standing Percussion
- ✓ Projection, mowing and sweeping techniques (**mastered for children under 14 years old**)
- ✓ Ground work within 30 **seconds** (the referee may allow a few extra seconds if a submission is about to be finalized).
- ✓ All strikes in the limbs or body on the ground
- ✓ All the key techniques in the axis of the articulation (**mastered for children under 14 years old**)
- ✓ Chokes (**controlled for children under 14 years old**)
- ✓ Body Knockouts

## **PROHIBITED TECHNIQUES**

- ⊗ Knee blows to the head
- ⊗ Elbows to the head
- ⊗ Back Fist
- ⊗ If passivity on the ground, the referee will have the 2 fighters relieved
- ⊗ All head strikes on the ground
- ⊗ 3-point ground rules
- ⊗ Slam
- ⊗ Brain Knockouts

# **RULES SHIDO-MIX-MARTIAL**

## **SHOBU IPPON KUMITE (ADULTS ONLY)**

### **DOCUMENTS TO BE PROVIDED**

- Medical certificate less than 3 months old
- FFKDA License
- FFKDA Passport
- Civil insurance for all international competitions for foreigners

### **FIGHTING TIMES**

- 2 Rounds of 2 minutes with 1 minute rest in between (Decision)
- In case of a tie: 1 minute rest then round of 2 Minutes (Decision)
- In case of a tie: weighing of the fighters (lightest winner)

The combat times may be arranged according to the type of competition.

### **GALA FIGHT TIME**

3 times or 6 times 2 minutes and 1 minute rest between each round.

### **MANDATORY PROTECTION (each club must come with FFK approved equipment)**

Coquille for men

Women's shell

Mouthguard MANDATORY for all

Bandages on the ends of the phalanges are forbidden, tolerated only on the wrists.

Ankle and knee pads allowed.

Small open-fingered gloves of the freestyle fighting type (Equivalent model for the 2 fighters)

### **AUTHORIZED TECHNIQUES:**

- ✓ Kicks to the limbs, body and head
- ✓ Knee blows to the limbs, body and head
- ✓ Kicks to the head
- ✓ "Suicide" kicks
- ✓ Hammer kicks
- ✓ All the techniques of fists to the limbs and body
- ✓ Punches to the head
- ✓ Back Fist
- ✓ Elbows to the limbs and body
- ✓ All Seizures with Standing Percussion
- ✓ Projection, mowing and sweeping techniques
- ✓ Slam
- ✓ Ground work within 30 **seconds** (the referee may allow a few extra seconds if a submission is about to be finalized).
- ✓ All strikes in the limbs and body on the ground
- ✓ All key techniques in the axis or not of the joint
- ✓ Chokes
- ✓ Slam
- ✓ Putting out of combat in the body and brain

### **PROHIBITED TECHNIQUES**

- ⊗ Elbow to the head
- ⊗ If passivity on the ground, the referee will have the 2 fighters relieved
- ⊗ 3-point ground rules
- ⊗ All head strikes on the ground

# **SHIDOKAN TRIATHLON RULES FOR THE SENIOR CATEGORY**

## **DOCUMENTS TO BE PROVIDED**

- Medical certificate less than 3 months old
- FFKDA License
- FFKDA Passport
- Fundus of the Eye
- Civil insurance for all international competitions for foreigners

## **FIGHTING TIME**

3 times or 6 times 2 minutes (1 minute rest between each round.)

In case of a tie: 1 minute rest then 2 minutes round in Karate (Decision)

## **RULES AND PROTECTIONS (each club must come with FFK approved equipment)**

The first 2 Rounds will be done in Shidokan Karate.

Fighters will remove the Dogi's jacket at the end of the last round of karate.

The Third and Fourth Round will be done in Shido-Boxing, with boxing gloves without laces (Size 12 Oz).

The Fifth and Sixth Rounds will be done in Shido-Mix-Martial.

The rules used will be of the SHOBU IPPON KUMITE type for the 3 disciplines.



# LEXICON

AKA	:	RED
AO	:	BLUE
CHUI	:	SMALL PENALTY
EKIWAKE	:	EQUALITY
FUJUBUN	:	NOTHING
AJIME	:	FIGHT
HANSOKU CHUI	:	GREAT PENALTY
HANTEI NO GAESHI	:	PREPARATION OF THE DECISION
HANTEI	:	DECISION
HIDARI	:	LEFT
IPPON	:	WINNING POINT
JIKAN	:	TIME
JOGAI	:	LEAVING THE MAT
KAMAE	:	WARNING
MIENAI	:	NOTHING SEEN
MIGUI	:	RIGHT
OI	:	POSITION
OTAGANI REI	:	SALUTE FIGHTERS
SHIKKAKU	:	DISQUALIFICATION
SHOMEN NI REI	:	GREETING IN FRONT
SHUSHIN NI REI	:	GREETING THE REFEREE
WAZA ARI	:	1 POINT
YAME	:	STOPPING THE FIGHT
JUGO	:	RESUMPTION OF THE FIGHT

## DOJO KUN

I don't transgress the way of the Samurai.  
To be Right and Just.

Let us respect Politeness and forge a  
Correct character, Respectful to all.

Train your Heart, your Mind and your Body,  
In order to be in perfect harmony with your  
Neighbor and Yourself.

Let us have a simple Life, without apparent Wealth,  
Let's live in peace with everyone, let's cultivate  
our Spirit, in order to help Others.

I don't use my Strength against Weaker,  
I don't use my Art outside of my Dojo,  
Except to save my Life or that of Others.

OSU



WORLD KARATE ASSOCIATION

添野空手

THE SHIDOKAN