

Jiyu Ippon Kumite

Semi-Free Sparring

Main Points of Consideration

- Budo spirit (fighting spirit, etiquette, appearance)
- Form and transition — posture, eye vector, balance
- Todome-waza — proper technique, kime, and zanshin
- Timing — proper rhythm of attack or counter
- Maai — technique applied at the appropriate distance

Format of Competition

1. The types of attacks and their order are set as follows:
 - a. Class B (for adults seventh kyu and below, and youth 4th kyu to sixth kyu): step punch attacking face (oi-tsuki jodan), step punch attacking middle (oi-tsuki chudan), and front snap kick from the back leg attacking middle (mae-geri chudan)
 - b. Class A (for adults fourth kyu to sixth kyu), in addition to the techniques above, add side thrust kick from the back leg attacking middle (yoko geri kekomi chudan)
2. Red side (aka) attacks first.
3. Both competitors stand in ready position (Shizen-Tai) at their designated starting positions.
4. Chief referee announces “Aka attacking - hajime” or “Red side attacking - begin” and both competitors step forward in fighting stance (jiyu dachi).
5. Attacker announces the target, and the type of attack (e.g. "Oi-tsuki Jodan" or "stepping punch to the face").
6. Defender acknowledges the attack with "Ossu."
7. The attacker must get into proper distance for the attack and execute the announced attack within 5 seconds. The defender is allowed to move with the attacker to maintain proper distance.
8. The defender must defend using go-no-sen timing, i.e. the defender must allow the attacker to initiate their attack. The goal of the defender is to evade and/or block the attack, and counterattack before the attacker may have a chance for a second attack.
9. The defender must use a single block during the defence, and the counterattack may be any single technique (no combinations).
10. Both competitors must maintain their ending position until the referee announces “Yame” or “Stop”.
11. The competitors go back to the starting position, and the roles change.
12. After both participants have completed all attacks, the chief referee will announce “Hante” or “Judges decision” and the winner will be determined by flags

Penalties

If there is contact during the exchange, the chief referee and the judges must meet and determine the circumstances of the infraction. The level of contact must be determined on the grade according the WTKF rules - minor, light, medium, and heavy.

Contact by the defender

Since the attacker presents himself as a target at the end of his or her attack, any contact (except minor) perpetrated by the defender during the counter attack may be penalized by disqualification. At most a single warning may be given if the contact is light. If the contact is medium or heavy, the defender must be disqualified.

Contact by the attacker

Medium or heavy contact by the attacker must be penalized by disqualification. Light contact may be a cause for warning either for the attacker (bad control) or the defender (inability to protect themselves). A second incident will result in disqualification.