

# **Fighting lowkick**

## **(sport ju-jutsu no-gi fullcontact)**

Fighting Low kick consists of 3 Stages, for which apply these techniques:

- 1. Stage punches and kicks. On the head, body and legs full contact. Punches and kicks can be used only when standing until grabbing with one hand.**
- 2. Stage – pull down, overthrows, joint locks, choking, no strikes or kicks**
- 3. Stage - ground techniques, holds, joint locks, choking, on ground no strikes or kicks**

A competitor may freely change the fight Stage. There are no time limits on any Stages.

### **Decision making**

Ring Referee directs the match, three Score Referees award points

### **Scoring:**

Each striking technique which hits the target - 1 point

Throw, pull down, trip - 1b

Start the 10 second countdown against opponent – 1bod

Escape from the obvious joint lock or choke – 1bod

Achieve a dominant position mount, guard .... - 1bod

### **Early termination of a match:**

The opponent is unable, after a blow to the body or legs continue within 10 seconds.

Opponent surrender by "tapping" after choking or joint lock

### **ILLEGAL ACTION --reprimand --opponent gets a point**

1. Passivity
2. Intentionally leaving the fighting area.
3. Speaking on tatami
4. Contestant standing more than 5 seconds with both feet in warning area
5. Execution of any further actions after the announcement of "MATTE"

### **Prohibited techniques:**

1. Strikes while on the ground
2. Strikes after grabbing with hands
3. Strike or kick to the laying opponent
4. Prying fingers or toes
5. Spine lock
6. Stabbing with knuckle or a finger
7. Elbow, knee, head strikes
8. Choking with fingers
9. Throw on the head, throw using lever or rear naked choke, slam
10. Twist joint lock on knee or ankle

### **MATCH LENGTH**

One 3 minute match

### **WEIGHT CATEGORIES**

**Men age 18+ years -62, -69, -77, -85, -94, +94 kg**

**Women age 18+ years open weight**

## MANDATORY PROTECTION

1. Fighting gloves (MMA-training) 7 OZ
2. Jockstrap
3. Mouthguard
4. Groin protector
5. Shin and Instep Guard Pads (thay box, kick box) min. 2.5 cm
6. Chest protector for women



## CLOTHING - Competitors

- Sports shorts without pockets and zippers (kick boxing, MMA, Thai boxing)
- rashguard with short or long sleeves