

Rules at a Glance

American Kenpo Rules Last updated February 20th 2024

COMPETITOR'S RESPONSIBILITIES

It is the full responsibility of the competitor to know all the rules of the tournament and be ready in his/her competition uniform at ringside when his/her name is called.

UNIFORM All competitors must wear a complete (top and bottom) traditional or professional sport karate uniform in good state of repair. A competitor with offensive words or artwork on the uniform may be denied the privilege of participation. The appropriate color belt must be worn in competition.

LATE ENTRIES (Not there or not ready when name is called.) No late entry once the division has started. No one will be allowed in - NO EXCEPTIONS. There will be no refund if you miss your division.

STARTING OF FORMS OVER

Color Belt – If the competitor has to restart, officials will score the competitor as if there was not a mistake. Orange and under, no deduction for first restart. Purple and above, the scorekeeper will deduct .5 points from the total score. A competitor may only restart once. The second time he will receive the lowest base score as their score. It is important that the center referee discuss this with the judges and the scorekeeper.

Black Belt – Competitors may perform again but they will get no score.

RULES OF SELF-DEFENSE

1. Competitors shall be judged on execution, effectiveness, practicality, and overall presentation. The competitor should endeavor to showcase his/her self and their art. Only the individual performing the techniques shall be judged. Competitors may perform all 3 techniques simultaneously or execute each technique one at a time. Street attackers may be anyone who has paid his/her way into the tournament as a competitor/ spectator. Only the individual who is being judged is required to pay a competitor's entry fee. Although props are acceptable, no music is allowed.

SPECIFIED REQUIREMENTS FOR EACH BELT LEVEL

1. White to Green Belts – 3 required techniques: 1 punch, 1 grab, and 1 kick; slow, then street speed. The time limit is 3 minutes. Up to 3 attackers may be used.
2. Brown Belts – 3 required techniques: 1 punch, 1 grab, and 1 kick; slow, then street speed. Weapons may be used; however, you may not use a weapon that has been disarmed from an attacker. Time limit is 4 minutes. No more than 3 attackers.
3. Black Belt – 3 required techniques: 1 punch, 1 grab, and 1 kick; slow then street speed. Weapons may be used and you may use a weapon that has been disarmed from an attacker. Time limit is 5 minutes. No more than 5 attackers.

RULES OF FORMS The martial artist shall display control, style, ease, and exactness throughout his or her performance. Mastery of his or her routine will be keenly scrutinized. Based upon these qualities, officials shall critically judge each competitor for their posture, spirit, concentration, continuity, crispness, and proper technique.

FREESTYLE SPARRING The target areas shall be the body (chest, stomach, and sides), groin, kidney, and with qualified focus, the face (strikes to the back of the head must be aimed above the ears). Top of the head is not a target. All techniques hand or foot will score 1 point for all ages and all belt levels Grabbing is allowed with immediate follow up technique. 2 second time limit. In the event that one or both fighters go to the ground, 3 seconds shall be allowed for either fighter to score a point. The referee will call break. There shall be no face contact in all divisions under BROWN. Only focused strikes SHORT OF CONTACT will be allowed.

The Over All This is a separate division of its own, Players will need to compete in Self-defense, Forms and Sparring per the rules criteria for each category. Players will score points towards the Over All title by how they place in each category.

Note these are just a draft of the rules at a Glance please check out and down load all the detailed rules from our website at

www.longbeachikc.com