



Creative Self Defence Rules

Creative Self Defence Rules

The competition of "Individual Creative Self Defence" had to be taken by 1 athlete, independently of his sex, who can use from 1 to 4 partners, to perform his exhibition.

The demonstration can be made in Martial Arts uniform or casual clothes. It can be made with music and fake weapons, who don't are dangerous for the athlete.

The exhibition had to have a duration minimum 2 minutes and maximum 3 minutes.

The scoring criteria reward the most spectacular and creative techniques who had the most bearing to the real self defence and who will stay into the 3 minutes.

The registered athlete and not the partners will be awarded "exclusively".

Creative Self Defence Team

The competition of “Creative Self Defence Team” had to be take from 2/5 athletes, independently of his sex.

The demonstration can be made in Martial Arts uniform or casual clothes. It can be made with music and fake weapons, who don't are dangerous for the athlete.

The exhibition had to have a duration between 2 and 3 minutes.

The scoring criteria reward the most spectacular and creative technicques who had the most bearing to the real self defence and who will stay into the 3 minutes.