



2019 Spirit of the Phoenix Tournament

Phoenix Academy of Martial Arts
945 Center Street
Mailing address: 56 Pride Rd.
Auburn, Me 04210
207-577-1046/ 207-577-4179

Safety Equipment:

Gloves, Shin & Instep, Headgear and Mouthpiece must be worn in fighting competitions. Foam Dipped or Boxing gloves are required (No MMA or Bag Gloves). Protective cup mandatory for all male competitors. All competitors must provide their own equipment.

Kumite Rules:

Two minutes continuous fighting rounds, light to moderate contact. Legal areas will be Head, Face (light touch only), Torso, Arms, Legs (Moderate Contact).

Sweeps followed by legal strike will be allowed in Black Belt divisions only. At the end of the round judges will decide which fighter dominated the match based on both technique and stamina. If at least 3 judges (including the center judge) cannot decide a 1- minute extension will follow. At the end of the extension judges must make a decision with the center judge as the tiebreaker vote.

Self-Defense Rules:

At the beginning of the match each competitor will randomly draw a type of attack written on a piece of paper. A black belt will perform that same attack on the competitor over and over for one minute. The competitor must demonstrate a different defense for that attack each time. If at any point he/she repeats a defense their turn ends and the total unique defenses are totaled up. The competitor with the most number of unique defenses wins.

Flag Sparring Rules:

Each competitor must wear a Foam Dipped helmet. Each will have 4 flags, (2 in the front and 2 in the back) placed in Obi (belt). Competitors must stay in the ring and have 1 minute to capture as many of their opponents flags as possible. Blocks are permitted, no striking or grabbing.

Team Kata Rules:

A team must have at least 3 members. Team may perform any form empty hand or weapon synchronized.

Special Request:

If you are a Black Belt, we would ask that you wear your uniform even if you are not competing, as we may need your assistance officiating.