

Brief rules

K-1 Light

Kick light rules system with knee kicks / to the upper body / supplemented. Knees are allowed to the body, not to the head. Grappling is not allowed at all!!!! All punches used in boxing are allowed, supplemented with controlled punches from a jump! Match duration: up to 12 years old, qualifiers and finals 2x1.5, over 12 years old 2x 1.5 qualifiers 45 sec break, 2x2 minutes finals 1 minute break. Under 12 years old, the use of body protectors is mandatory!!!! Protective equipment: mouthguard, amateur bandage, 10 oz closed gloves, which cannot be damaged or pierced! Shin guards. Head protector, as well as chest and groin protectors for women, suspensors for men. Clothing: short pants that cannot reach below the knees, pockets, and other foreign objects must not be contained!!!! T-shirt or Top for girls and women. Birthday is considered when determining age groups!!!!!! I ask everyone to take this into account!!!!!!

DOCANDO FULL

Using a Gi top and belt is mandatory! /Everyone must bring their own/ ALL KICKS AND ROTATING KICKS THAT CAN BE USED IN BOXING ARE ALLOWED. KNEE KICK ONLY TO THE BODY. OUTER AND INNER THIGH KICK IS ALLOWED! FRONTAL KICK IS FORBIDDEN TO THE LEGS! YOU CAN KICK TO THE BODY AND HEAD BOTH FRONTALLY AND CIRCULARLY. Throwing is allowed, but the use of additional techniques is prohibited

K-1 b Class

THE USE OF BODY PROTECTOR IS MANDATORY in junior crowns!!! (Protective equipment: mouthguard, amateur bandage, 10 oz closed gloves, which cannot be damaged or pierced! Shin guards, or separate shin guards, and shin guards. Only open face headgear can be used, as well as chest and groin guards for women, and suspensors for men. Clothing: shorts that cannot reach below the knees, and must not have pockets or other foreign objects, T-shirt or for girls, Top for women. When determining the age groups, the birthday counts!!!!!! Please everyone take this into account!!!!!! When determining the age groups, the birthday counts!!!!!! Please everyone take this into account!!!!!! Important rules: Head attacks are allowed with the hand frontally, as well as with circular techniques, uppercuts, and also with turning and jumping punches! All hand techniques can only be performed with the striking surface of the glove (fist or back of the hand). Kicks: Head attacks are allowed with frontal and circular techniques. The use of the knee is prohibited on the head. The body can be attacked with hands and feet, both frontal and circular techniques, and the body and thighs can be attacked with knees. The legs can be attacked frontally and circular techniques! ATTENTION! Knee attacks are prohibited in all cases!!!!!! Holds are made exclusively on the principle of "one hold, one technique". The time of the matches is 2x2 minutes for the qualifying round with 1 minute break, in all cases the final round is 3x2 minutes with 1 minute rest. Extra rounds are possible a maximum of two times within a match! /usually the judges decide in the first extra round/ Leg sweeps are "shoe to shoe" principle under the ankle. You can sweep, but not kick! THE USE OF BODY PROTECTORS IS MANDATORY Up to 18 years of age! Everyone should bring one! Weight groups A competitor over the age of 15 can participate in the championship with a separate statement from their parents and coach!

Oriental Box

In addition to traditional boxing techniques, punches from jumping and turning are also allowed!
ONLY WITH THE LINED SURFACE OF THE GLOVES! Clothing Shorts, T-shirt or T-shirt, top
for women. Boxing shoes or other sports shoes /The soles of the shoes are checked!/ ONLY
CHANGED SPORTS SHOES CAN BE USED!

MARTIAL ARTS / LIGHT BOX

Similar to ORIENTAL BOX, BUT LIGHT, SPARRING-STYLE FIGHT WITHOUT ROTATING
KICK! POINT FIGHT ALLOWED KICKS: STRAIGHT KICKS, BACKHAND KICK, JUMPING
STRAIGHT KICKS, KICKS. ALL KICKS EXCEPT THE KNEE ARE USED. ONLY ABOVE
THE BELT AREA CAN BE PLACED WITH A CONTROLLED KICK! FOOT SWEEPING IS
ONLY PERFORMED IN ACCORDANCE WITH THE "SHOE TO SHOE" PRINCIPLE!
SCORING: HIT: 1 POINT TO THE BODY AND HEAD. JUMPING HEADBLOW 2 POINTS.
KICKS: ALL BODY KICKS 1 POINT FOOT SWEEPING 1 POINT HEAD KICKS 2 POINTS.
BODY KICKS PERFORMED FROM A JUMP 2 POINTS, HEAD KICKS 3 POINTS