



# Paris 2018, Gay Games 10

Self-Defense attacks

English version



## In this competition:

- Only the person who is defending against attacks is evaluated
- The sparring partner must apply the attacks as listed below, sets of 3 attacks are different according to the level of the defender
- All sets and attacks must be executed in the given order
- Competitors and attackers have the flexibility to prepare their specific attacks from the general descriptions
- The participants above beginners will pause between the sets of attacks to allow judges to score each set
- It is highly recommended to train and come with a sparring partner. However, the Tournament directors will supply trained sparring partners to the participants who do not have one
- Participants should bring their own weapons. No dangerous items.

## Attacks for beginners (white, yellow and orange belt or equivalent)

### Unique Set

- 1) Reverse punch to torso
- 2) Lapel grab with one hand, punch with the other hand
- 3) Front kick

## Attacks for intermediate and advanced competitors (green, blue and brown belts or equivalent):

### Set #1:

- 1) Front lapel grab, both hands
- 2) Overhead strike with escrima stick
- 3) Choke from behind with the forearm

### Set #2:

- 4) Round kick
- 5) Defender supine, attacker in guard position
- 6) Slash to the body with a knife

## Attacks for black belts:

### Set #1:

- 1) Mounted position, attacker sitting straddled on supine defender
- 2) Head lock, held at side
- 3) Two circular punches to the face

Set #2:

- 1) Horizontal strike to torso with escrima stick
- 2) Defense against two attackers, attacks are optional but must be Simultaneous
- 3) Kick (any height and style is acceptable)

Set #3:

- 1) Overhead knife attack
- 2) Knife held to throat from the front
- 3) Gun to the body from the front

*Nota bene:* Self-defense competition rules can be find in chapter 20 and appendix E of the ‘Multi-style martial arts tournament rules and procedures’ for Gay Games 10 Paris 2018.