



# AIM USA SELF-DEFENSE TOURNAMENT

**Welcome** to the *Athletes In Motion* Self-Defense Tournament! For most of you this will be your first Self-Defense Tournament. We want this to be a good learning experience, and fun for all!

**Every competitor is a winner!** Awards will be presented to the top 3 winners in each division:  
**After you have finished competing in your last event, remove your badge with your contestant number and turn it into the “Awards table” for your Participation Trophy.**

**“BEST KICK”**: This competition is designed to show the judges how well the students can perform a kick of their choice. (Must be one taught in class) They will demonstrate the same kick three times. Students are judged on; form, speed, power, focus and kiai.

**“SHOW WHAT YOU KNOW”**: This competition is designed to show the judges how well the students have learned the basic moves being taught throughout the Course. Students will be asked to perform different Kicks, Blocks, or Punches. Students will be judged on good form, coordination, balance, focus, speed, power & Kiai.

**“WALK WITH CONFIDENCE”**: This competition is for all ages below the rank of Green Belt and all students 8 yrs and younger...regardless of belt rank. Students walk in a confident manner (Head up, arms swinging, very alert, with eye contact,) They approach the judge’s table, stop, bow, and say in a loud and confident voice: *“SIR, MY NAME IS \_\_\_\_\_! I AM \_\_\_\_\_ YEARS OLD! I ATTEND \_\_\_\_\_ SCHOOL!”* They then turn around and walk away in a confident manner. Students are Judged on: Confidence portrayed, eye contact, their bow, volume, protocols (*Sir, name, age, school*)

**“DANGER ALLEY”**. This fun competition is designed for students 9yrs and older with a green Belt or higher belt rank. Students move through a course and defend themselves against various ‘attackers’. Students judged on: form, speed, power, focus, reaction time, technique & focus.

**“SPARRING”**: Light contact from the shoulders to the belt. Winner is the first person to score 3 points or the most points in three minutes...whichever comes first. *IF* no points have been scored, the Referee will decide the winner based on who executed the most effective blocks, kick and punched, Ties in the trophy round will continue until a point is earned deciding the winner. To score a point you must execute a punch or kick above opponent’s belt and below the shoulders, with the proper control. No striking to the head, back or legs. **Excessive contact results in disqualification. The Referee’s decision is final...no disputing will be allowed. All spectators must remain in the bleachers. Mouth guards and groin cups for boys are required.** This is a single-elimination sparring tournament. If you win your first match, you will be placed on the opposite side of the ring for the next round. Please sit quietly with your legs crossed, until it is your turn to Spar again.

**“CHAMPIONSHIP SPARRING”**: Is open to students 10 years and older with a belt rank of Green or above. Students must compete in the regular sparring to be eligible for championship sparring.

*Good luck and have FUN!*

*Dave Johnson - AIM USA Tournament director*