

Competition Kakedameshi

Kakedameshi can be likened to an aggressive form of “pushing hands” competitions seen in Chinese martial arts, but which also incorporates the techniques of karate kata—close-range strikes, attacks to vulnerable points of the body, takedowns, joint locks, and chokes/strangles. Participants must wear a mouth guard, groin protector, and optionally, headgear and shin guards. Participants must maintain at least one point of contact with each other at all times, remaining at close range, and attempt to control their opponent’s limbs in order to prevent them from executing any techniques.

Divisions can be made for light-contact, semi-contact, and full-contact, in order to be accessible to all levels of karate practitioners. Light-contact would allow no contact to the head, low levels of impact to the rest of the body, and trips/sweeps, but no large throws/takedowns. Semi-contact would allow light contact to the head, and hard contact to the rest of the body, as well as all trips, sweeps, throws, and takedowns. Full-contact divisions would allow full-power levels of contact.

If a participant leaves the ring, loses consciousness (for full-contact divisions), or submits (either verbally or with a physical “tap out”), that participant loses the match. Knockouts in non-full-contact divisions would be disqualifying. Techniques which could damage the joints, or which target the throat, eyes, or groin (hereafter referred to as “vulnerable points”), must be controlled for safety, such that no damage is done, but damage *would* be done if the technique was fully executed—using such techniques to manipulate an opponent is acceptable. Throws/takedowns must also be executed in a manner that does not directly cause uke's head to impact the ground.

Match runtime is a continuous 5 minutes, with a 1 minute sudden-death round after that time if no winner can be determined by then. Participants earn points by achieving dominant positions, landing strikes, successfully manipulating their opponent with joint locking techniques, and successfully knocking their opponent to the ground. After taking an opponent to the ground, participants are given 1 minute, or the remainder of the match time, if that time is less than 1 minute, to either force the grounded opponent to submit, or free themselves and regain their feet. No points or penalties shall be awarded for participants mutually returning the fight to a standing position, or for regaining the feet while the opponent is doing nothing to keep the fight on the ground. Penalties are given for stalling (10 seconds of inactivity, or pinning an opponent without attempting a technique), or breaking contact (when not the result of a takedown or knockout). Disqualifications are made if a participant is given 5 penalties, executes a technique to the joints, throat, eyes, or groin, which results in injury, or knocks out their opponent in a non-full-contact division.

Scoring:

1 Point – Strikes to the limbs and body, immobilizing the opponent’s arms, disrupting the opponent’s posture with a lock/sweep/attack to “vulnerable points,” successfully preventing a downed opponent from regaining the feet.

2 Points – Strikes to the head, successfully defending a throw or leg-reaping takedown, successful takedown where both participants fall, holding an opponent in a lock or choke for 10+ seconds, regaining top position on the ground, pushing the opponent out of the ring.

3 Points – Successful takedown where tori remains standing, successfully regaining the feet while the opponent is attempting to keep the fight on the ground, successful takedown from the ground against a standing opponent which results in tori regaining the feet or taking top position on the ground.