

## JUJUTSU KATA /GOSHIN JUTSU KATA

Pair of contestants will perform self-defenses against 4 (FOUR) attacks. Structure of these four attacks must be following:

- 1 - one hand strike or leg kick**
- 2 - one hold (on hand, collar, shoulder, hair, etc.)**
- 3 - one embracing (around neck, torso, above hands, under hands...)**
- 4 - one knife or club attack**

Each defensive action must contain one (and only one!) throw, with initial block and/or strikes or attacks on kyusho points, and with finishing control (lock, choke, hold or finishing strike).

First pair will perform their four attacks and defenses, Type of strikes and method of defense will be a choice of competitors. Upon the end of presentation from the first pair, second pair will perform their defenses. First pair will perform their four attacks and defenses, Type of strikes and method of defense will be a choice of competitors. Upon the end of presentation from the first pair, second pair will perform their defenses. Once both pairs are done, three (3) or five (5) referees decide by vote of flags which pair had a better presentation. Referee is allowed to cross his flags as a sign that he cannot decide the winner (hikiwake, tie). If all the votes show a tie, pairs will repeat their demonstrations. Better pair goes to the next round of competition.

### Categories:

- kids 10 years old and younger
- juniors (female) and mix
- juniors (male) and mix
- seniors (female) and mix
- seniors (male) and mix