

TOURNAMENT EVENTS

“At a Glance”

This handout was created to help students understand the different events available to them at NMAA tournaments.

THREE CATEGORIES OF COMPETITION

To make tournaments more organized and to provide a better competitive atmosphere, competition has been divided into 3 categories: Little Dragons, Regular Division, and Competitive Division.

LITTLE DRAGONS:

This category is for our little girls and boys (3.5-6yrs old). You will know if your child should compete in this category, because they attend the Little Dragons class at your school!

The tournament experience for Little Dragons is an “introduction to competition.” All Dragons will receive a 1st place medal... the difference is... what did they win 1st place for? Having the Best Black Belt Attitude, the Best Memory, the Strongest Kicks; these are just a few examples. The entire experience for Little Dragons is to get students acquainted with the tournament process, procedures, and structure. The judges’ goal is to make sure each child has a truly wonderful experience! A Form Leader will be appointed to each Little Dragon ring to help with the performance material and memory. Dragons will earn ONE medal for each event they registered for (*See Tournament Events below*).

REGULAR DIVISION:

The Regular Division is for color belt students ages 16 years and younger (excluding Little Dragons). These students will either attend the Karate Kids classes or the Adult classes (teens) in your school.

In the Regular Division, students will compete for 1st, 2nd, and 3rd place in each event. Students are allowed to compete with the first half of their form (competing with the entire form will NOT give the student an advantage). Also, it is not required for students to memorize their form. The “memory” component is not a factor when judging the Regular Division. Instead, students are judged based on other attributes: power, speed, proper technique, timing, focus, stances, etc. A Form Leader will be appointed to each Regular Division ring to help with performance material and memory. Regular Division competitors will have the potential to earn ONE medal for each event they registered for. However, students who do not win 1st, 2nd, or 3rd in **any** event will go home with one Competitor Medal to commemorate their tournament experience (*see Tournament Events below*).

COMPETITIVE DIVISION:

The Competitive Division is for all students (excluding Little Dragons). These students will either attend the Karate Kids classes or the Adult classes in your school.

In the Competitive Division, students will compete for 1st, 2nd, and 3rd place in each event. Students are allowed to compete with the first half of their form (competing with the entire form will NOT give the student an advantage). Students **MUST** have their form memorized to earn their best score. A Form Leader will NOT be appointed to Competitive Divisions. Competitive Division competitors will have the potential to earn ONE medal for each event they registered for. However, students (16 years old and younger) who do not win 1st, 2nd, or 3rd in any event will go home with one Competitor Medal to commemorate their tournament experience (*see Tournament Events below*).

Competitive Division students will also be eligible to earn points towards State and National Champion rankings! Points are earned by placing 1st, 2nd, or 3rd in each respective event. Talk to your instructor for more details about the NMAA Champion Programs.

TOURNAMENT EVENTS

There are 2 categories of Tournament Events: Traditional Events and Extreme Events.

***Special Note:** Forms & Sparring/Self-Defense is registered as a combined event. Therefore, Little Dragons will only receive a total of ONE medal for Forms/Sparring.

***Special Note:** If you compete in Extreme Forms, you must also compete in Traditional Forms. If you compete in Extreme Weapons, you must also compete in Traditional Weapons.

TRADITIONAL FORMS:

One at a time, students will be called out to perform their Form. Competitive Divisions must have their Form memorized. Little Dragons and Regular Divisions will be provided with a Form Leader who will assist with the performance material and memory. Speak to your instructor as to which Form you should compete with.

SELF-DEFENSE COMPETITION:

This event is for White, Orange, and Yellow belts (WOY) ages 16 and younger (including Little Dragons). The Self-Defense competition includes the NMAA's Bully Defense as well as the NMAA's Stranger Danger Defense. As competitors progress in their training, they will transition over to Traditional Point Sparring. Ask your instructor for details.

*WOY belt Teens and Adults who attend the Adult class in your school MAY compete in Traditional Point Sparring (ages 12 and older).

TRADITIONAL POINT SPARRING:

This event is for ALL students holding the rank of Camo Belt and higher (including 'Yellow/Camo' Little Dragons).

The winner of each match is determined by who reaches 5 points first OR who is ahead in points when time expires (2 minute time limit per match). The winner of each match will move up to the next bracket until a 1st, 2nd, and 3rd place winner is decided. Little Dragon Sparring is different... they will spar two - 1 minute matches. The judge will acknowledge scoring techniques and warnings, but no points are awarded.

*WOY belt Teens and Adults who attend the Adult class in your school MAY compete in Traditional Point Sparring (ages 12 and older).

TRADITIONAL WEAPONS:

For Little Dragons and ALL Color Belts, this event allows the competitor to perform a 30 second "Free-Style" form with the weapon of their choice. Weapons allowed for Little Dragon/Color Belt competition are: Single or Double Chux, Single or Double Escrima (short stick), Bo Staff, and Kamas. The Sword is considered a Black Belt weapon and may NOT be used in competition by lower ranks.

For Black Belts, this event has two requirements that are different: the weapon form may be as long as (but not exceeding) 2 minutes... and the weapon form must be choreographed. Performing a "made up on the spot" form is not allowed and can lead to disqualification.

*In the near future, the NMAA will introduce a series of Traditional Black Belt Weapon forms that will replace the current guidelines for Black Belt Weapons competition.

COMBAT WEAPON SPARRING:

Much like Point Sparring, this event is for ALL students holding the rank of Camo Belt and higher (including 'Yellow/Camo' Little Dragons).

The winner of each match is determined by who reaches 10 points first OR who is ahead in points when time expires (2 minute time limit per match). The winner of each match will move up to the next bracket until a 1st, 2nd, and 3rd place winner is decided. Little Dragon Combat Weapon Sparring is different... they will spar two - 1 minute matches. The judge will acknowledge scoring techniques and warnings, but no points are awarded.

*WOY belt Teens and Adults who attend the Adult class in your school MAY compete in Combat Weapon Sparring (ages 12 and older).

EXTREME FORMS:

For ALL ranks and ages, this event allows competitors to perform a choreographed or “Free-Style” form with or without music. Music boxes MUST be independently powered (you may NOT use a wall plug to power your device). Extreme Form competition may include gymnastics, acrobatics, and other forms of martial arts! But remember, demonstrating martial art techniques are critically important to score well in this event. Competitors may NOT exceed a 2 minute time limit or they will be disqualified. Therefore, having a routine that is between 45 – 90 seconds is recommended.

At this time, students may wear either their traditional uniform or the new NMAA Extreme Uniform.

EXTREME WEAPONS:

For ALL ranks and ages, this event allows competitors to perform a choreographed or “Free-Style” WEAPON form with or without music. Music boxes MUST be independently powered (you may NOT use a wall plug to power your device). Extreme Weapon competition may include gymnastics, acrobatics, releases, and other forms of martial arts! But remember, demonstrating weapon techniques are critically important to score well in this event. Competitors may NOT exceed a 2 minute time limit or they will be disqualified. Therefore, having a routine that is between 45 – 90 seconds is recommended. Color Belts are limited to these weapons: Single or Double Chux, Single or Double Escrima (short stick), Bo Staff, Double Bo Staff, and Kamas. The Sword is considered a Black Belt weapon and may NOT be used in competition by lower ranks.

At this time, students may wear either their traditional uniform or the new NMAA Extreme Uniform.