

III. JJIF Duo System





These rules are valid from the 01st January 2018 for U18 / U21 / Seniors

Section 20 Generalities

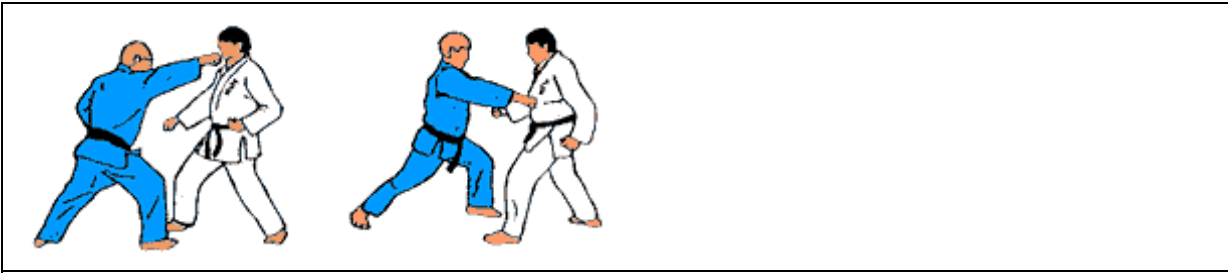
- a. The JJIF-Duo System is aimed at presenting the defence of one contestant against a number of predetermined attacks from a contestant of the same team. The attacks are divided into 3 series of 4 attacks each:

| | | |
|----------|--|-------------------------|
| A | Gripping, embracing and neck lock attacks | (former A and B) |
| B | Punches, strikes and kicking attacks | (former C) |
| C | Weapon attacks | (former D) |

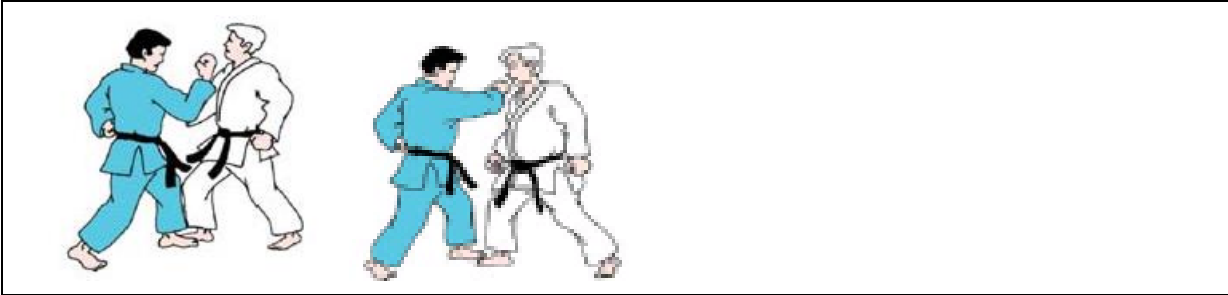
Series A – Attacks with contact (former A & B = mixed)

| | |
|---|-----------------------------|
|  | |
| Grip Arm | Grip Gi |
|  | |
| Front or Back side strangulation | Strangulation from the side |
|  | |
| Embraces front or backside | |
|  | |
| Embraces neck / neck lock | |

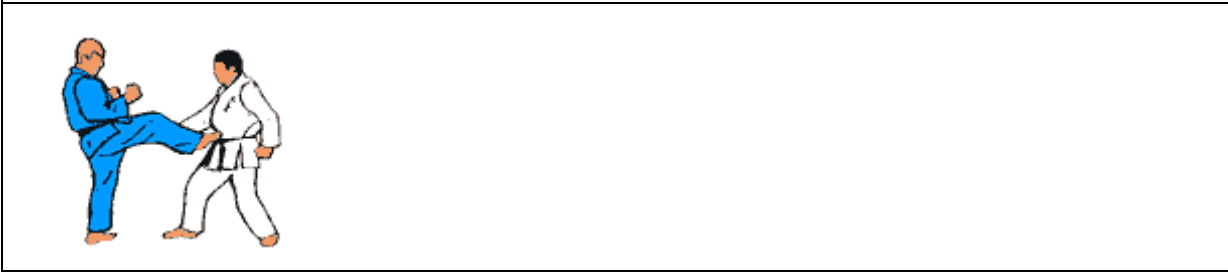
Series B (former C)



Tsuki / straight Punch from the front side



Tsuki / round Punch up or from the side



Mae Geri / front kick



Mawashi Geri / round kick (target stomach)

Series C (former D)



Knife attack from outside (round)



Knife attack straight



Stick attack from the top



Stick attack from outside

Remark for U15 and younger: They should show only Series A (former A and B) and Series B (former C)