



SHIHANCHO GARY VICCARS BRANCH

Children's Padded Contact Rules

14 & 15 Year old competitors

Normal knockdown rules apply with the following additional items:

If any child is in pain, in trouble or outclassed, the bout will be awarded to the other fighter.

There are no direct frontal attacks to the face with either a kick, with a fist, open hand or arm technique

Contact is allowed for:

- Jodan Mawashi geri
- Any kicks and punches to the body
- Gedan mawashi geri to the outside of the thigh.

THE ONLY KICK TO THE HEAD IS MAWASHI GERI & NO INSIDE THIGH KICKS