



## 2023 AN/CM Regional Mini-kids/Peewee Requirements

### ***Fundamental Technique***

Competitors will enter the ring in the same way as for a patterns competition. They will be asked to demonstrate fundamental techniques including saju jirugi/saju makgi (if known) at the juror's discretion. Judges will score as to whom they think has the better technique either by way of flags or electronically. Centre referee calls commands for flag decisions, juror announces winner.

### ***Non-contact Sparring***

Competitors will enter the ring in the same way as for a normal sparring competition.

**Required Safety gear:** Clear mouthguard, sparring gear and headgear is compulsory. **Sparring gear and headgear will be provided.**

For Mini-kids - the match is to be **NON-CONTACT ONLY.**

Rounds = 2 x 2 minute rounds \*

Match = Draw, further 1 minute round \*

Draw again, 4th round= 1 x 30 second match (the most super, amazing combination moves coupled with proper technique)

If it is still a draw: The Juror calls out specific techniques - whomever can perform them the best in a sparring situation should win - this is done until someone wins. E.g. hand techniques, kicks, flying kicks, flying hand techniques, flying combination kicks, flying combination techniques.

\* Due to time restraints shorter rounds can be used.

### ***Kiss contact Sparring***

Competitors will enter the ring in the same way as for a normal sparring competition. Kiss contact is very light contact sparring.

**Required Safety gear:** Clear mouthguard, groin guard (for boys) sparring gear and headgear is compulsory. **Sparring gear and headgear will be provided.**

Rounds = 2 x 2 minute rounds \*

Match = Draw, further 1 minute round \*

Draw again, 4th round = sudden death (first point scored)

\* Due to time restraints shorter rounds can be used.

### ***Power Punch***

Competitors will be asked to punch a pad hand held by the judge. The 3 pads travelling the farthest will medal (Gold, Silver, Bronze). Competitors make a maximum of **two** attempts only.

Technique allows for walking stance punch on the spot, reverse and obverse, a single stepping walking stance punch is also allowed. **No run ups** are allowed.

The pad holder can either use thumb and index finger to lightly hold the pad suspended, OR lay the pad on their flat hand.

The competitor can set the height of the pad to where they see fit.

The point at which the attempt is marked, is where the **pad finishes movement.**

**Note:** Where possible rectangle pads should be used.

In the event circular/round pads are used, the attempt is marked from where it touches the ground, not where it finishes (round pads are not recommended)

### ***Specialty (High Kick)***

Competitors will perform a flying high front kick against either a specialty machine or hand held pad. The pad will be raised until all place-getters are decided.

Competitors get a maximum of **two** attempts at the first height. And only a **single attempt** at every height after that.

Technique needs to be a scissor kick, pad must be touched with kicking foot. The height is determined in relation **to that person** (see listed heights below). The competitor needs to measure up before attempting the kick to set the relative height.

In the first round of attempts (always head height) the kicker does not have to “land” the attempt to be successful. However all subsequent rounds, the kicker has to “land” in order to proceed to the next round/height. (see Landing definition below)

### **List of Heights**

- Head
- Side Fist on head
- Wrist (arm stretched straight above head same as measure up for flying high kick)
- Thumb knuckle closest to wrist when in fist position (arm stretched straight above head same as measure up for flying high kick)
- Forefist (arm stretched straight above head same as measure up for flying high kick)
- Longfist (arm stretched straight above head same as measure up for flying high kick)
- Fingertips (arm stretched straight above head same as measure up for flying high kick)
- Pad holder puts flat fingertips on top of the mini-kids finger tips
- Pad holder puts a wrist on top of the mini-kids finger tips
- Pad holder puts a side fist on top of the mini-kids finger tips.

**Landing:** The kicker must land on their feet. No other part of their body may touch the ground. If another body part touched the ground, the attempt is **unsuccessful**.

**Note:** Silver and Bronze playoffs can happen. If they in the rare event kick higher than the initial gold winner, they do not take the gold away from the original owner.