

# Modern Kali Arnis Tapado

Combat Kali System



## LIGHT CONTACT

(SOFT STICK)



# Light Contact Regulations

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## Outfit, Protective Gear and Weapons:

1. Outfit - will be according to each association uniform, T-shirt with pants, Kimonos, etc... (of any design) with the corresponding logo. It is prohibited to compete with shorts, padded pants or sleeveless shirts. While competing in the ring/tatami, it's compulsory to use specialized shoes for tatami/ring or be barefoot. Any type of sports shoes can be used for any combats that occur outside of a ring/tatami.
2. Protective Gear - The following equipment will be used:
  - Head Gear, with a front of polycarbonate (it has to be certified by the FEDK). The use of fencing helmets is permitted.
  - Groin guard.
  - Mouth guard.
  - MMA type gloves to protect the hands and also permit to grab your opponent.
  - Knee guard and Elbow guard (Optional)
  - Breast guard (Compulsory for women)
3. Weapons - Padded semi-rigid Sticks or a thin padded rattan staff of 70cm will be used for the fights.
4. Rubber or padded knives for knife combats.

(\*All the required material has to be provided by the competing club or by the individual that is participating in the tournament. Before each match, the referee will inspect the padded Sticks and individual protective gear. Any of the gear above mentioned could be provided by the organization if the participant requires it.)



## Light Contact Combat with Stick:

### Permitted Techniques:

1. COMPLETE hit with the Stick from the head to the legs.
2. A Hit with the DULO or Puño (end) of the Stick. (in close quarter range)
3. Gripping the hand equipped with a weapon for disarming
4. Disarming in close quarter range.
5. You can push an opponent to gain distance.
6. Projection of an opponent is permitted during close quarter range (no more than 3 seconds)

## Techniques and Anti-competitive Behavior:

1. Punches to the head and body\*
2. Elbowing\*
3. Kicks\*
4. Gripping the staff of an opponent\*
5. Hitting the opponent on the neck\*
6. Hitting the genitals of the other participant\*
7. Continuous hitting of the opponent after the referee has separated both participants\*
8. To keep hitting the opponent when he's already lying on the floor\*
9. Not following the referee's instructions.\*
10. Demonstrate anti-competitive behavior. (Immediate disqualification)
11. Aggressive behavior towards the referee. (Immediate disqualification)



(\*Fist Warning - no sanction, / Second Warning - Minus 1 point, Third Warning - Disqualification)

## Light Contact Combat with Knife

### Permitted Techniques:

1. COMPLETE hit with the Staff from the head to the legs.
2. A Hit with the DULO or Puño (end) of the Knife. (close quarter range)
3. Gripping the hand equipped with a weapon for disarming.
4. Disarming in close quarter range.
5. Using chokeholds/grips and end with a knife technique.
6. You can push an opponent to gain distance.
7. Projection of an opponent is permitted during close quarter range (no more than 3 seconds).

## Techniques and Anti-competitive Behavior:

1. Punches to the head and body\*
2. Elbowing\*
3. Kicks\*
4. Gripping the staff of the opponent\*
5. Hitting the opponent on the neck\*
6. Hitting the genitals of the other participant\*
7. Continuous hitting of an opponent after the referee has separated both participants\*



8. To keep hitting the opponent when he's already lying on the floor \*

9. Not following the referee's instructions. \*

10. Demonstrate anti-competitive behavior. (Immediate disqualification)

11. Aggressive behavior towards the referee. (Immediate disqualification)

(\*Fist Warning - no sanction, / Second Warning - Minus 1 point, Third Warning - Disqualification)

## Light Contact Combat with Double Sticks

### Permitted Techniques:

1. COMPLETE hit with the Staff from the head to the legs.
2. A Hit with the DULO or Puño (end) of the Stick. (close quarter range)
3. Gripping the hand equipped with a weapon for disarming
4. Disarming close quarter range.
5. The fighter can send the opponent's stick outside of the combat zone and continue fighting with this advantage.
6. Continue the fight even though the competitor only has one stick \*
7. You can push an opponent to gain distance.
8. Projection of an opponent is permitted during close quarter range (no more than 3 seconds.)

(\* When one of the fighters loses one of his stick, and he can't recover it, he can and may continue the attack using the ONE STICK he has left until he finishes the round. For losing one of the staff, the fighter will be penalized with 1 point, which will be considered by the judges at the end of the round. The participant will recover his staff before the start of the next match. If both staffs are lost, the participant will be given a Warning, two Warnings will garner a Direct Disqualification)



## Techniques and Anti-competitive Behaviour:

1. Punches to the head and body\*
2. Elbowing\*
3. Kicks\*
4. Gripping the staff of the opponent\*
5. Hitting the opponent on the neck\*
6. Hitting the genitals of the other participant\*
7. Continuous hitting of an opponent after the referee has separated both participants\*
8. To keep hitting the opponent when he's already lying on the floor\*
9. Not following the referee's instructions.\*
10. Demonstrate anti-competitive behavior. (Immediate disqualification)
11. Aggressive behavior towards the referee. (Immediate disqualification)

(\*Fist Warning - no sanction, / Second Warning - Minus 1 point, Third Warning - Disqualification)



## Light Contact Combat with Mixed Weapons (Stick and Knife)

### Permitted Techniques:

1. COMPLETE hit and technique with the Stick and Knife from the head to the legs.
2. A Hit with the DULO or Puño (end) of the Stick. (close quarter range)
3. Gripping the hand equipped with a weapon for disarming
4. Disarming from close quarter range.
5. The use of the knife to disarm the opponent.
6. The fighter can send the opponent's stick outside of the combat zone and continue fighting with this advantage.
7. Continue the fight even though the competitor only has one stick\*
8. You can push an opponent to gain distance.
9. Projection of an opponent is permitted during close quarter range (no more than 3 seconds.)

(\* When one of the fighters loses one of his stick, and he can't recover it, he can and may continue the attack using the ONE STICK he has left until he finishes the round. For losing one of the staff, the fighter will be penalized with 1 point, which will be considered by the judges in the end of the round. The participant will recover his staff before the start of the next match. If both staffs are lost, the participant will be given a Warning, two Warnings will garner a Direct Disqualification)



## Techniques and Anti-competitive Behaviour:

1. Punches to the head and body\*
2. Elbowing\*
3. Kicks\*
4. Gripping the staff of the opponent\*
5. Hitting the opponent on the neck\*
6. Hitting the genitals of the other participant\*
7. Keep hitting after the referee has separated both participants\*
8. Make a stabbing attack at the eyes and throat area\*\*
9. To keep hitting the opponent when he's already lying on the floor\*
10. Not following the referee's instructions.\*
11. Demonstrate anti-competitive behavior. (Immediate disqualification)
12. Aggressive behavior towards the referee. (Immediate disqualification)

(\*Fist Warning - no sanction, / Second Warning - Minus 1 point, Third Warning - Disqualification \*\* Serious Reprimand for a dangerous technique)



## Combat Guideline

1. **ROUNDS** - There will be a total of **TWO ROUNDS**, with a **TWO MINUTE** duration for each.
2. There will be a **THIRD ROUND** in case of a tie.
3. **ONE MINUTE** rest for each round.
4. The competitors will position themselves in the middle of the combat area and greet the Judges, Referee using the “Pugay”. The greeting will be done according to each company.
5. After the referee gives the sign of “Pananandata” the contestants will engage in fighting position.
6. The combat will commence when the referee gives the order of “Laban” (Start of combat)
7. If the referee has to separate the participants, he will give the order of “Hinto” (Stop) and “Hiwalay” (Separate)
8. When the allotted time is consumed, the timekeeper will shout “Para” (Time out)
9. Those hits given outside of the combat area will not receive any points. At the same time, any and all hits given out of time and behind the head during body-to-body combat will neither receive points.
10. The combat will end for the following:
  - K.O.
  - Injury.
  - Withdrawal.
  - Technical decision by the referee (Technical K.O.)
  - Disqualification.
11. In case of K.O., the referee will count him the regulation 1-10. If during this space the fighter isn't able to get on his feet or he's in a position where he can't continue to fight, the referee will directly end the match.



## Scoring

THREE judges situated outside of the combat area will point the contestants for the following:

1. Hits, Cuts and Stabs:
  - a. Technique
  - b. Execution and Efficiency
  - c. Combinations
  - d. Potency
  
2. Impact Zones:
  - a. Head - High Score (10)
  - b. Interior of the arm with the weapon - High Score (9)
  - c. Body - High Score (8)
  - d. Arms - Average Score (5)
  - e. Knee and Leg - Low Score (3)

Cut and Stab Zones:

- a. Neck (cut)- High Score (10)
  - b. Chest and Back (cut and stab) - High Score (9)
  - c. Arms (cut) - Average Score (5)
  - d. Legs (cut) - Low Score (4)
  
3. Blocks and Dodges: Those contestants whose sole action is to attack and shows no intention of showing techniques in blocking or dodging the advances and attacks of his opponent, or demonstrate defensive tactics will not receive any points. At the same time, if the contestant's sole purpose is just to block and not attack, he will be given TWO warnings to start attacking. If after being given TWO warnings, the fighter fails to comply, he will be **THIRD AND FINAL** warning, and then the fighter will be **DISQUALIFIED**.
  
4. Disarms: Has to be done during the close quarter range without being hit and has 3 seconds to apply the technique, 1 point will be deducted from the opponent.
  
5. Projections: The competitor has 3 seconds to do a projection against his opponent, following it with a hit with the stick when the other hits the floor. The opponent will be penalized with 1 point. A complete chokehold technique with a clear finish during the Knife Combat will be considered as a **K.O.** by the judges and will be part of the final point recount at the end of the round.



6. Weapon loss during the Combat:

- a. **Single Staff y Knife Combat:** Every time the contestant loses his weapon, he'll be penalized with 1 point. If a contestant loses his weapon 3 times during the round, he will be directly disqualified.
- b. **Double Stick and Mixed Weapons:** If the fighter recovers his weapon before the end of the round, he will not receive a warning. Otherwise, if the fighter doesn't recover the weapon or does it outside of the designated area, he will have to finish the round with just ONE weapon, and he will receive a warning and a 1-point deduction at the end of the round. He will recover his weapon at the start of the following round. When the fighter loses both weapons TWICE in the same round, he will be automatically disqualified.

## The winner will be announced as follows:

The judges will evaluate each round according to the abovementioned criteria, emphasizing in the importance of Technique, Force, Combinations, Execution and Efficiency of every hit given during the combat. The fighters will receive bonus points for Disarming and Projections carried out against his opponent. Loosing weapons, warnings received and K.O. during the combat will reflect negatively for the fighter during the end evaluation.

The judges will lift a small flag with the corresponding color of the winner. In case of a tie, the Judge will show both flags in a crossed manner, and the fighter that has more raised flags will be the victor. If the tie persists in both rounds, a third and final round will be done for the tiebreaker.



## Judges for the Combat

1. There will be a total of 3 Judges during the fight
2. Their decision is unappealable.
3. They will be positioned right outside of the designated fight area
4. They must have a perfect knowledge of the regulations
5. The points they award to the competitor is to be given in an unbiased way and without any favoritism.
6. They have the obligation to announce any incidence that the referee didn't notice during the fight.

## The Referees:

1. They have to above all watch the safety of the contestants.
2. They are responsible that the fighters strictly carry out the rules.
3. Maintain absolute control over the fights.
4. Responsible of inspecting the participants' equipment before each match.
5. Has the duty of warning any participant who doesn't act according the regulations.
6. Has the duty to stop any and all matches if he believes that the match will lead to serious injury of a participant, technical disadvantage, K.O.'s, disqualifications etc...



## Participants:

The competition will have the following classifications:

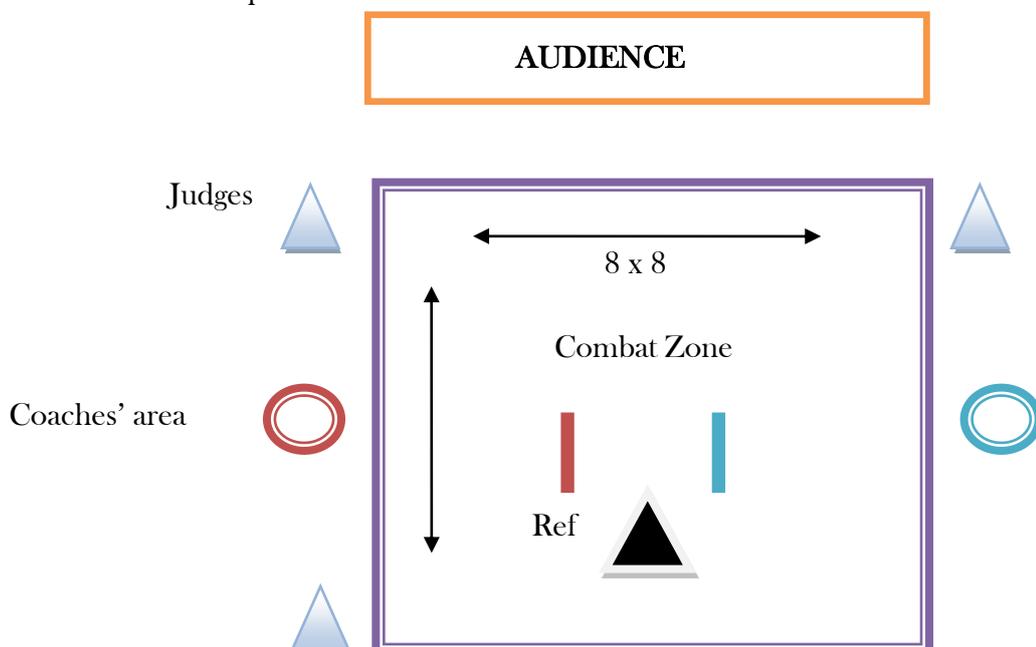
1. Classification according to sex; Men or Women \*
2. Age Classification: \*
  - From ages 8 to 10
  - From ages 11 to 14
  - From ages 15 to 17
  - From ages 18 to 45
  - From ages 46 to 55
3. Weight Classification: \*
  - 60 to 70 Kg
  - 71 to 80 Kg
  - 81 to 90 Kg
  - 91 to 100 Kg
  - 101 Kg and on

(\*Each classification depends on the event to be celebrated or the number of participants.)

## Combat Zone:

The area could be a Boxing Ring, where the fighters can make use of the ropes to their advantage in executing their movements and techniques or to corner an opponent against a corner.

A Tatami or a Podrían utilizar igualmente un Tatami o un superficie liso. Said space has to have a marked space of 8x8.





## Equipment:

### a. Helmet and Chest guard:



### b. Forearm guard and Gloves:



### c. Staffs:

