

Golden Lion Martial Arts Academy

Tournament Rules

Platform Point Sparring - (Total 5 points)

Competitors must have proper sparring equipments; headgear, gloves, footgear, cup, and mouthpiece. Chest protectors will be provided, if you do not have one. Shin guards are optional.

Legal target areas: front body and thighs

Illegal target areas (penalties) : head, back, groin and knee.

2 points - Punch

3 points - Kick

1 points - Award to other competitor if step off platform

No locking, pushing(shoving), sweeping or bumping is allowed. 1 point will be awarded to other competitor for each subsequent violation after 2.

Goal: punch or kick your opponent off the platform.

Short Weapon and Shield Sparring

2 points to the head and 1 point to other areas.

Weapon bouncing off shield then to valid target area do not count.

Total 5 points

Push hands – (45 seconds on both sides)

Stationary Push Hands. . No grabbing or joint locks. 3 circles prior to push.