



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

Defence Against a Boxer Rules and Guidelines

Preamble and definitions

This document contains the rules and guidelines associated with the Academy's Brown and Black Belt grading component of *Defence Against a Boxer* and this document, as a whole, is to be considered in the preparation leading up to a grading.

The rules are definite and they govern the conduct and expectations of a grading.

The guidelines are open to interpretation on a case-by-case basis and are meant as an aid to executing and interpreting the rules.

A statement with the words:

- *shall, is* and *must*, indicates a definite rule
- *can, may* and *should*, indicates a guideline where a course of action should be followed.

Use of protective equipment

A boxer must wear properly-fitting boxing gloves and a mouth guard. Use of additional protective equipment is optional and at the discretion of the boxer.

A defender must wear headgear and a mouth guard. Use of additional protective equipment is optional and at the discretion of the defender.

Should any combatant feel the necessity to wear additional body protective equipment (headgear, box, chest protector), then this protective equipment is to be available for use at all times before and during a bout.

If any protective equipment that a combatant either must wear or wants to wear is not available, then that combatant's bout is not to proceed until it is available.

Tapping out

Two or more taps of a hand or foot (tapping out) on the mat, one's own body or an opponent's body indicates that a combatant has submitted to a technique or that injury may be imminent.

All engagement and pressure will cease immediately when a combatant:

- appears injured
- taps out
- indicates stop or submit in any way.

Boxer - rules

A boxer is the aggressor in a bout and as such shall continuously take the attack to a defender.

The boxer must:

- obey all directions from a referee, in particular a boxer must cease an action when a referee calls *break* and only continue on the command of *hajime*
- begin to make a stronger committed attack within 10 seconds from the start of a bout (See Boxer - guidelines)
- call a submission if the defender has achieved a convincing technique that, in the mind of the boxer, renders that boxer unable to continue an effective attack.

The boxer can only strike:

- with the knuckles of a clenched fist and use striking actions that are legal in boxing (jab, cross, hook, upper-cut, belly-rip)
- the defender in the areas to the front and to the side of the torso and head.

Note

If both combatants go to ground, the boxer, whilst on the ground, may continue to strike to legal areas of the defender but must make every effort to disengage the defender and get back to their feet.

The boxer must not:

- when standing, strike a defender who has gone to ground
- hold
- hold and hit
- follow through using an elbow
- misuse a shoulder or forearm
- head butt
- use the heel of and/or the inside of a glove
- bite
- kidney punch
- strike to the back of a defender's head or neck
- strike any part of the body below the belt
- kick.

Boxer - guidelines

A boxer:

- if given an opportunity, is allowed a brief period of about 10 seconds at the beginning of a bout to feel out a defender, before commencing a more committed attack (See Boxing – rules)
- should not be continuously back pedalling and picking off the defender with point sparring tactics.

For a bout the boxer can choose to wear one of:

- full judogi
- t-shirt or similar top with trousers
- strip to the waist (males only).

Defender - rules

With an aim of neutralising a boxer's attack, a defender is required to demonstrate control of an attack situation and of their defensive strategy.

A defender must obey all directions from a referee, in particular a defender must cease an action when a referee calls *break* and only continue on the command of *hajime*.

The defender may use:

- except for a closed fist, any technique within the Academy syllabus.

The defender must not use:

- an eye gouge as a submission technique; nor make any intentional physical contact to the boxer's eyes; nor attack the boxers eyes using any threatening feint, gesture or movement
- a closed fist against the boxer
- a boxing style of defence
- boxing punches
- a technique in such a manner that it causes injury to the boxer.

Note

Strikes must be pulled.

Joint locks and chokes must be applied with controlled pressure and without a hard snapping action.

For a bout the defender must wear a full judogi.

Defender - guidelines

A defender should:

- feel reasonably confident in their ability to remain calm and in control during the stress and pressure of a grading
- in training and grading, continue with their defence strategy and should not stop until the boxer submits and/or the referee calls break
- practice with headgear and a mouth guard to become familiar with their use.

Hint

Do not stop just because you think you have a submission hold.

Do not stop when the referee calls a technique that you have applied.

Referee - rules

The role of a referee is to ensure that combatants adhere to their respective rules and to ensure that a defender is given every opportunity to give the best account of themselves in the execution of their defensive strategy.

The referee should allow the bout to flow and only call breaks when absolutely necessary.

A referee also assists a grading panel by calling out observed defence techniques as they occur to that grading panel.

For example:

If the referee observes a technique well deserving of a submission but it was not called by the boxer like a full but controlled kick to the groin of the boxer or an immobilisation hold that has stopped the boxer from striking, then the referee must call out these observations to the grading panel as they occur.

Any observed technique called by the referee (not a submission by the boxer) must be very clear cut and the defender must have applied a definable technique with control rather than just the use of strength.

All calls by the referee must be loud and clear.

The referee is to ensure combatants remain within the mat area.

At the start and finish a bout, both combatants must stand at least 2 metres apart.

A break will be called immediately (and the following action taken) when:

- the boxer has submitted (report boxers submission and defenders technique to the grading panel)
- stop or submission is indicated in any way (report observation to grading panel)
- either combatants infringe a rule (reiterate rule that must be followed to the offender)
- the defender is unable to continue (the bout is suspended)
- the boxer is unable to continue (the bout is suspended)
- a bout falls off the mat (bring the combatants back to the centre of the mat)
- the referee observes any action, or defensive/offensive strategy that places either or both combatants in a position of potential serious injury (Referee must clearly explain the action they have observed to the combatant and urge them to change their technique or risk injury to themselves or the other combatant).

The referee must call *break* after 5 seconds if:

- the defender's chosen line of defence is placing the defender at risk of injury by forcing the boxer to strike illegally. The Referee must provide feedback to the defender of their actions

For example

The defender attempts to tackle the boxer by rushing in head first. The boxer repels the attack by manoeuvring to neutralise the tackle. The defender is still in a weakened tackle position and is trying to continue their defence in this vein. The defender is now dangerously exposing the back of their head, neck and torso to the boxer who is forced to attack these areas in order to continue the bout.

- the defenders chosen line of defence is being demolished by the boxer. The Referee must provide feedback to the defender of their actions.

For example

The defender has no real plan of defence and is wandering towards the boxer with outstretched arms hoping to latch on to something. Consequently the defender is becoming a punching bag.

- the defender has taken the boxer to ground and has not secured a submission or neutralised the attack of the boxer.

Note

The above-mentioned 5 seconds is meant as a guide and the referee has the discretion to shorten or lengthen this time period depending on a situation.

For example

If the referee assesses that the boxer has the defender in a compromising position that they will not get out of quickly or the defender is in danger of an injurious attack from the boxer, then the referee should call a quick break.

If the defender has the boxer down and is working toward obtaining a submission, the referee may keep the action going a little longer than 5 seconds to see if the defender achieves a submission, however if this situation becomes static then the referee must call break.

After a call of break, the referee must:

- position between the combatants
- separate the combatants to a distance of at least two metres
- step aside and re-commence the bout.

The bout ends when:

- the required numbers of submissions have been gained from the boxer
- the maximum bout time period has elapsed
- either combatant continues to infringe the rules.

Time keeper - rules

The time keeper shall:

- begin timing at the referee's call of *hajime*
- pause timing at the referee's call of *break*

For example

When there is a submission.

When the combatants needs re-centring after a bout falls off the mat.

- once a bout maximum time limit has elapsed, give a loud and clear call of *time* to the referee to indicate the end of a bout.

Grading Panel - rules

A decision of a Grading Panel at the conclusion of deliberation is final.

The Grading Panel will not make a decision after an event by the use of any recording method.

As a panel member may not see all action that takes place on the mat, a panel member will relate significant details to other panel members for consideration.

The Grading Panel will:

- make a decision on observed live events only
- take into account all calls made by the referee such as submissions, neutralising holds and calls relating to good technique
- observe a bout from different angles around the mat to ensure the best account of the bout
- assess how well the defender executed their defence and control of the situation against the boxer

For example

In the face of an aggressive attack, clear thinking and changing defensive strategies is good, but turning the face away and getting struck repeatedly or trying to use strength to force a failing line of defence is bad.

Grader - guidelines

A submission is classified as any hold, lock, pressure point, allowable strikes, or other technique that gains a submission or effectively neutralises the attack of the boxer.

If the defender does not achieve the required number of submissions from the boxer then all aspects of a bout should be weighed up and considered towards a pass mark

The positives for competency are:

- a compact and efficient defensive structure and posture
- good technique is either observed directly or called by the referee.

For example

How many times did the defender lock up the boxer?

How did the defender demonstrate good technique against the boxer when the boxer tried used the defender as a punching bag?

The negatives are if the defender:

- allowed themselves to be a punching bag
- repeatedly exposes the back of their head or other vulnerable areas to the boxer
- repeatedly turns their head away from the boxer's punches
- tried to use too much strength without any form of technique
- appeared to be out of control which resulted in an injury or a near miss injury to the boxer.

Grading - rules

Grading are examinations and all unnecessary talk both on and off the mat is not allowed.

To ensure calls by the referee and time keeper are heard, there shall be silence from all spectators during the *Defence Against a Boxer* section of a grading.

Re-grade - rules

A defender deemed not yet competent in the boxing section of a grading may attempt a boxing re-grade after a minimum time period has elapsed. The minimum time period between grading attempts for:

- Shodan – 3 months
- 1st Kyu – 3 months or at the next scheduled senior grading, whichever comes first.

Shodan - requirements

Maximum bout time period – 1 minute 30 seconds

Minimum submissions from the boxer – 2 (bout ends at the maximum bout time limit or if a second submission is gained)

Control – Must demonstrate control of themselves and of the situation

Senior 1st Kyu - requirements

Maximum bout time period – 1 minute

Minimum submissions from the boxer – 1 (bout ends at the maximum bout time limit or if a submission is gained)

Control – Must demonstrate control of themselves and of the situation

Coach - guidelines

A coach should endeavour to prepare a student with several defence strategies from all positions such as:

- long range defence
- breaking through a boxer's defence
- standing grappling (a defender does not have to take a boxer to ground to get a submission)
- floor grappling
- throws and takedowns
- neutralising holds
- other submission techniques.

Note

These strategies can include any number of techniques such as hold-downs, locks, strangles, vulnerable points, blocks, kicks, judo throws, etc.

A coach should:

- allow sufficient time in class for a student to become proficient in their defence strategy
- gradually increase the level of stress conditioning during training to ensure a student demonstrates competency in exercising control in the execution of their skill and technique

For example

Their ability to pull up strikes so that in reality it would be effective when executed to full capacity

Arm bars and chokes applied swiftly with controlled pressure, no hard snapping action

- identify strengths and weaknesses in a student
- personalise defence strategies to cater for differences in mental processes, body build, strength, agility
- ensure the safety of both boxer and defender during the training process
- ensure that a participant wears head gear, gloves, mouth guard and other protective gear as necessary
- utilise a referee in training to ensure everyone becomes familiar with the rules, guidelines and the calls/instructions made by a referee.