

# Aikido Rules & Divisions (92000-92060)

## Tomiki Style Aikido Tournament

### List of Events

A typical Tomiki or shodokan aikido tournament will have three main categories of competition:

#### EMBU (kata)

Pairs are judged on performance of required or free style sets.

#### RANDORI

Free play competitions: tanto (knife) and toshu (open hand). Competitors attempt to apply the basic seventeen techniques in two different free play scenarios: armed and unarmed.

#### KON GO DAN TAI SEN

Mixed team, mixed event competition combines embu and randori competition in a mixed gender, team format.

### Embu (kata) events –

Requirement: standard mat area for embu competition is 30x30 feet, table and chairs for judges/officials to sit

#### Junanahon/Randori no Kata:

Divisions: Adult and Youth coed U17.

Competitors: student rank only; two person teams are rated on their demonstration of the basic seventeen techniques of Tomiki Aikido displaying the principals of balance breaking, set up of technique and body movement power.

Judging: Panel of five or three judge's assign scores based on a ten point system.

#### San no Kata:

Division: Adult, coed

Competitors: black belt ranks only; two person teams perform the sixteen techniques used as the basis of the shodan examination. Performance is scored by judging both tori (thrower) and uke (attacker) on their performance as a pair, the efficacy with which the individual techniques were performed and the overall image of their performance.

Judging: Panel of five or three judges assigns scores based on a ten point system.

#### Free Style Kata:

Divisions: Adult and Youth coed U17

Competitors: open to any rank; two person teams, 2 ½ minute time limit per team; up to 30% of moves may include weapons; teams have freedom to select any technique from classical aikido repertoire or blend other martial arts to demonstrate aiki principals and practice. Performance is scored by judging both tori (thrower) and uke (attacker) on their performance as a pair, the

efficacy with which the individual techniques were performed and the overall image of their performance.

Judging: Panel of five or three judges assigns scores based on a ten point system.

### Jo 21 Move Kata:

Division: Youth Coed 16 U17

Competitors: student rank; competitors perform the 21 move Jo kata. Performance is judged on flow, power, and control of Jo and accurate completion of the form.

Judging: Panel of five or three judges assigns scores based on a ten point system.

## Randori

Divisions: Youth and Adult

Competitors: two per match

Judges: one center, two corner

Officials: scorer, timer

## Randori Rules:

### Youth Tanto Randori (Vandalia Style)

Duration: two thirty second halves

Judges: once center judge

Format - each competitor gets one turn per match as tanto and as toshu, thirty seconds per turn. During each turn tanto attempts to strike with effective stabs to score one point per stab; toshu attempts proper tai-sabaki to avoid the stabs and avoid penalties for improper Tai sabaki. Competitor with most points at end wins. In case of a tie, two more 15 second periods are played. If still tied, judge decides the winner.

### Toshu (Open Hand) Randori

Toshu randori

a) Duration - 2 minutes per match

b) Judges- one judge per match

c) Format – Any of the 17 techniques from the 'randori kihon no kata' can be used in offense or defense.

### Judgement of Toshu techniques:

The following three kinds of Toshu techniques are effective:

- 1) Ippon — Atemiwaza
  - i) When the competitor throws his opponent cleanly to the mat on his back or side, using an atemi technique.
- 2) Ippon — Kansetsuwaza
  - i) When the competitor breaks his opponent's balance and maintains this hold completely.
- 3) Ippon — Ukiwaza
  - i) When the competitor throws his opponent cleanly using one of the 'floating' techniques.

4) Wazaari

- i) When the competitor applies a technique which is almost an ippon.

5) Yuko

When the competitor applies a technique which is almost a wazaari

d) Breaches of the Regulations

Shido

Where a player does not make a positive attack.

Where techniques are executed with irregular posture.

Chui - Where techniques are dangerous

## Tanto (Knife) Randori

### Individual Tournament

A match consists of a contest between registered competitors.

Duration: the contest is divided into two halves of 1 minute 30 seconds each; a tanto is exchanged at half-time.

### Judgement of Toshi techniques:

The following three kinds of Toshi techniques are effective:

- 6) Ippon — Atemiwaza
  - i) When the competitor throws his opponent cleanly to the mat on his back or side, using an atemi technique.
- 7) Ippon — Kansetsuwaza
  - i) When the competitor breaks his opponent's balance and maintains this hold completely.
- 8) Ippon — Ukiwaza
  - i) When the competitor throws his opponent cleanly using one of the 'floating' techniques.
- 9) Wazaari
  - i) When the competitor applies a technique which is almost an ippon.
- 10) Yuko
  - i) When the competitor applies a technique which is almost a wazaari.

### Judgement of tsuki techniques and kaeshiwaza:

When Tanto strikes his opponent within the target area he will get tsukiari. Tanto can score points by using kaeshiwaza when he is grasped by Toshi. The judgement of kaeshiwaza are the same as those of Toshi techniques.

The points scored are of three types:

- 1) Toshi points: without a tanto
- 2) Tanto points: with a tanto
- 3) Foul points: awarded against fouls

The points are counted as follows:

- 1) Toshi / Kaeshiwaza Ippon 4 points
- 2) Toshi / Kaeshiwaza Wazaari 2 points
- 3) Toshi / Kaeshiwaza Yuko 1 point
- 4) Tanto Tsukiari 1 point
- 5) Chui 1 point (awarded to the other competitor)
- 6) Shido 0 point
  - i) (2 Shido = Chui)

In the case of Hansoku Make, or defeat by foul points, eight points will be awarded to the other competitor.

#### Issue of Contest:

The competitor scoring the highest number of points during both halves of the match is declared the winner. When both competitors score the same number of points, the issue will be decided in the following way:

- 1) The number of Toshi / Kaeshiwaza Ippon
- 2) The number of Toshi / Kaeshiwaza Wazaari
- 3) The number of Toshi / Kaeshiwaza Yuko
- 4) The number of Tsukiari
- 5) The number of Chui

In the case of an equal score, the issue will be decided according to superiority (Kinsa) in the following way:

- 6) The number of near-Yuko techniques
- 7) The number of Shido

#### Skill of techniques, attitude, etc.

However, in the finals, and the consolation match for third and fourth places, if a decision without using Kinsa cannot be reached within the regular match time period, one extension of the match is permitted. The time for this extended match is one minute in each half, and the winner must be declared according to one of the above-mentioned judgements, including Kinsa.

When a contest cannot be continued due to Itami Wake, or draw by injury, the judge gives the right of play to the competitor able to continue. If both competitors are injured and unable to continue, the opponent in the next match is the winner by Fusen Kachi, or victory without fighting.

When a competitor who has won a match by Hansoku Kachi, or victory by foul points, is unable to continue due to injury, the opponent in the next match is the winner by Fusen Kachi, or victory without fighting. The loser by Hansoku Make making his opponent injured is not allowed to take part in any competitions of the tournament concerned.

When the margin score between the competitors reaches eight points, the first half is over. When the total margin score between them reaches 12 points, the match is over.

### Judges

There will be one judge and two referees present, and each of them has the same right to judge victory, defeat, techniques, or fouls, etc. However, when a mutual decision cannot be reached, the judge decides the issue.

When the judge and referees doubt one another's decision, they have a meeting to come to a conclusion.

The decision of the judge and referees is final and no one is allowed to protest it.

Notice: When the competitors do a prohibited action, the judgement is as follows:

- 1) Shido 0 points
- 2) Chui 1 point (2 Shido)
- 3) Foul equal to Wazaari 2 points
- 4) Foul equal to Ippon 4 points
- 5) Hansoku Make 8 points

Foul points are given to the opponent of the competitor who commits the foul.

### Judgement of Tsukiari:

- 1) When the judge decides Tsukiari has been scored, he raises his hand with his palm toward the competitor.
- 2) When Tanto strikes, he must be in good posture with his back straight and with his hips stable, and the tanto must be approximately at 90 degrees to the target area at the moment of impact. He does not always have to strike from the optimal attack distance at the outer edge of his opponent's defense zone (i.e. one step/thrust from Toshi); tanto attacks from nearer are permitted.
- 3) The Tsukiari target area is the front, side, and back of the body between the armpit line and the belt. When Toshi covers the Tsukiari target area with his arms and does not defend with his Togatana, Tanto can still get Tsukiari by striking on the target area.

When a Toshi technique and a Tanto Tsukiari technique are applied at the same time, the judgement is as follows:

- 1) When a Toshi technique is performed, Toshi can score points.
- 2) When Tanto breaks off his posture in some degree, Tanto can score a point.
- 3) When Toshi falls down, Tanto can get Tsukiari if he strikes the target area immediately with the first action.

### Prevention of Injury:

- 1) When either competitor applies techniques in a dangerous position, the judge must break off the match by saying "Matte".
- 2) When either competitor is given Shido or Chui repeatedly, but still continues a dangerous action that may lead to injury, the judge declares him Hansoku Make, and he loses the match.
- 3) When the competitors are injured, the judge should not decide Itami Wake easily, but he and the referees should have a meeting and search for a reason for a better decision.

- 4) The judge must pay attention to the method of Tanto's attack, and the area at which the attacks are aimed, in order to prevent injury. Violent thrusts must be warned against severely.

### Prohibitions

The following actions are prohibited:

- 1) The use of techniques other than the 17 techniques (Randori no Kata).
- 2) The use of techniques in a desperate way.
- 3) The use of Kaeshiwaza before being grasped.
- 4) When a competitor continues to apply force after the technique has been effective.
- 5) If a competitor uses a technique in a position which makes it difficult for his opponent to do ukemi.
- 6) If a competitor tries to seize the other competitor's dogi.
- 7) If Toshi tries to get near Tanto blindly without correct Taisabaki.
- 8) If when using Atemi Waza or Tsuki Waza a competitor tries techniques of impact intentionally.
- 9) If Tanto defends himself from Toshi's attack by means other than Tegatana. However, even when Tanto uses Tegatana, he must not use it in a dangerous way, such as in the face or on the head, etc.
- 10) When Tanto drops the knife during the match.
- 11) If a competitor deliberately tries to go outside the competition area.
- 12) If a competitor makes meaningless sounds or tries to make his opponent look foolish by taunting him.

### Notes concerning Technique

- 1) Tanto can use either hand to perform Kaeshiwaza
- 2) When Toshi grasps Tanto's hand holding a knife, Tanto can use either hand to perform Kaeshiwaza. However, when Toshi grasps the other hand, which does not hold a knife, Tanto can apply Kaeshiwaza only with the grasped hand (ie. in this case Tanto is not allowed to use the hand holding the knife as Kaeshiwaza).
- 3) Kaeshiwaza can be applied only on the condition that Tanto's arm (Hand, elbow) is grasped by Toshi with fingers (ie. Kaeshiwaza is not permitted before Toshi touches Tanto's arm). In the event that Toshi lets go of Tanto's arm the moment Tanto applies Kaeshiwaza, the techniques are considered to be effective.
- 4) Any sacrifice techniques are not permitted.
- 5) In the case of Gedan-ate, a competitor is not permitted to hold up the opponent using a hand and fingers. He must throw the opponent down either by twisting or foot movement.
- 6) Any techniques other than the 17 techniques (Randori no Kata) are not permitted. We used to see some techniques of judo or wrestling, but non-Aikido techniques are not permitted.
- 7) Maeotoshi is permitted, however, when a competitor applies this technique, he has to keep a standing posture. Kneeling postures are not permitted.
- 8) In the case of Wakigatame, a competitor has to keep a standing posture. Kneeling postures are not permitted.
- 9) In the case of Shomen-ate, competitors are not allowed to touch an opponent's leg before aiming at his upper body. The competitor's subsidiary hand must not be under his opponent's hip. The competitor must not hold up his opponent's leg.
- 10) When a competitor defends himself, he is not allowed to hold an opponent, to put Tegatana into an opponent's armpit, or to bend down on the mats.

- 11) Hanza Handachi (kneeling posture with one knee down) is effective. However, two knees are not permitted to be put down at the same time.
- 12) If a competitor goes outside the competition area, he or she will be given Shido.
- 13) In the case that the tanto thrust is not good enough for Tsukiari (1 point) but effective (nearly Tsukiari), Toshu is given Shido as Taisabaki Shido.

## Kon go dan tai sen

### (Mixed team, mixed event competition)

Mixed event team contests are composed of matches of different events whose characteristic skills are from the training system taught by the JAA's first president, Tomiki Kenji Shihan. He thought long and hard about improving the training system and explained the need to practice both randori and kata in parallel. Nariyama Shihan and Shishida Shihan have introduced the training system internationally and created the mixed event team contests. These regulations are the minimum requirements for such contests.

#### Event/Contest Area

1. Enbu - koryu goshin no kata, 8 techniques (suwari waza + hanza handachi waza) 25 mat area
2. Enbu - koryu goshin no kata, 8 techniques (toshu tachi waza)/25 mat area
3. Tanto tai sabaki (women)/ 32 mat area
4. Toshu randori (men)/32 mat area
5. Tanto randori (men)/32 mat area

#### Contest Procedure

1. Koryu goshin no kata, 8 techniques  
(suwari waza + hanza handachi waza)

Two teams (red and white) each with one tori and one uke, demonstrate 8 techniques from the koryu goshin no kata (suwari waza + hanza handachi waza) after 'hajime' is called.

2. Koryu goshin no kata, 8 techniques (toshu tachi waza)

Two teams (red and white), each with one tori and one uke, demonstrate 8 techniques from the koryu goshin no kata (toshu tachi waza) after 'hajime' is called.

3. Tanto tai sabaki

a) Duration - Two halves, each 30 seconds in duration, excluding stoppages.

b) Format

One player holds a soft tanto; the other is empty-handed. The player with the tanto tries to score with a 'tanto tsuki': the other tries to avoid the knife using 'tai sabaki'. The tanto is exchanged at the end of the first half of the match. Up to 5 'tanto tsuki' are allowed. If 5 'tanto tsuki' occur before the 30 seconds has elapsed, the tanto is exchanged. Points are awarded for 'tanto tsuki' and defense using 'tai sabaki'. The judgment for 'tanto tsuki' is 'tsuki ari'. The definition of 'tsuki ari' conforms with clause 6 in 'Regulations for Refereeing Sport Aikido'. In the case of toshu using tai sabaki to avoid a valid tanto tsuki, 1 'bogyo point' is awarded.

c) Refereeing Procedure

Victory or defeat is decided according to the total scores accumulated in both halves of the match. Where the scores are equal, the decision is dependent on the following order of priority:

- i) the number of 'tsuki ari' points scored.
- ii) The number of penalty points scored.

Where the scores are calculated as above but are still equal, a decision is made on marginal differences: the posture during offense and defense, and the degree of skill of tai sabaki.

#### d) Breaches of the Regulations

Shido (2 shido equal 1 chui, which is worth 1 point)

Where the 'dogi' is grasped, where the opponent's body is encircled by both arms, etc. (In tanto randori, tai sabaki shido is a penalty) The types of Shido include:

Maai

Where toshu closes the distance not allowing tanto a valid tsuki.

Where tanto closes the distance not allowing a valid tsuki.

Jogai

Where a player puts either foot outside of the contest area.

Shisei

Where tanto stabs with a forward leaning posture.

Where tanto stabs with 'hanmi' posture.

Where tanto stabs too high, too low, or too deep.

Tai sabaki

Where toshu does not have correct posture during tai sabaki.

Chui (the opponent is awarded 1 point)

Where the tanto tsuki seems too dangerous.

Hansoku make (the opponent is awarded 6 points)

Where one player injures the other.

#### 4. Toshu randori

a) Duration - 2 minutes

b) Format - Any of the 17 techniques from the 'randori kihon no kata' can be used in offense or defense.

c) Breaches of the Regulations

Shido

Where a player does not make a positive attack.

Where techniques are executed with irregular posture.

Chui - Where techniques are dangerous.

#### 5. Tanto randori

a) Duration

Two halves, each of 60 seconds duration excluding stoppages.

b) Refereeing Procedure

As contained in 'Regulations for Refereeing Sport Aikido'.

c) Breaches of the Regulations:

Shido

Where a player puts either foot outside of the contest area.

Where toshu grabs both of tanto's arms or wraps the arms around tanto's arm.

Where tanto uses the empty hand tegatana for anything other than sabaki or atemi waza counterattack, or grabs toshu's arm or wraps around toshu's arm.

Other things mentioned in 'Regulations for Refereeing Sport Aikido'.

Judging System

1. Enbu - koryu goshin no kata, 8 techniques (suwari waza + hanza handachi waza)

There are 3 judges (1 chief judge and 2 secondary judges) who each raise a flag at the same time, the majority deciding the outcome of the match.

2. Enbu - koryu goshin no kata, 8 techniques (toshu tachi waza) - As above.

3. Tanto tai sabaki

As above with the winner being the player with the highest total score or, where the scores are equal, the decision being based on marginal differences.

4. Toshi randori

As above with the winner being the player with the highest total score or, where the scores are equal, the decision being based on marginal differences.

5. Tanto randori

As above with the winner being the player with the highest total score or, where the scores are equal, the decision being based on marginal differences.