



KEMPO KICK

HOME / KEMPO KICK

Kempo Kick

Article 14 :**KEMPO KICK** (to be organized **just optional** depending by each organizer country specific)

*Small resume : **just stand-up fighting** / full-contact punches , kicks ad knees .

TECHNIQUES PERMITTED

- Punches to the head and to the body
- Kicks to the head (just circulars) , to the body (any kind) , and to the legs (just circulars).
- Knees to the body and to the legs (only circulars and frontals , but not inside of the legs).
- Sweepings (grabbing the opponent just 1 sec or without grabbing)

**any techniques which are not specified in the „Techniques Permitted ” are illegal .*

FIGHTING TIME

1 round x 3 minutes (running time) . In case of a draw there will be an extra round of 2 minute The extraround will start from 0-0 and after this extraround all referees must decide the winner.

POINTS

- Punches : 1 point
- Kicks to the legs and to the body : 1 point
- Kicks to the head : 2 points
- Jumping kicks to the body : 2 points
- Jumping kicks to the head : 3 points
- Sweepings : 1 point

PENALTIES and SCORE

- In case of repeted intentioned fouls the ring referee will give : warning , -1 , -3 points , disqualification.
- Depending by the intensity of the foul the central referee can disqualify the sportive directly or after the first/second warning for the competitor , with the approval of chairman of referees.
- Just the penalties and points given by the central referee will be scored on the scorettable .
- The tables referees will count just the strikes and throws and , at the end of the game , they will add the the points from the scorettable and after will declare the winner . Points counted by the table referees and points from the scorettable will be written in separate squares on each table referees registry .

HOW TO WIN

- By decision
- By K.O.
- By T.K.O.
- By abandon
- By 3 K.D.'s .

EQUIPMENT

- White Gi pants next to the ankle , Black Gi jacket , Red/Blue belts depending by the corner .
- Boxing gloves 8-10 oz , Red/Blue depending by the corner .
- groin protection for men and chest protection for women , **just under the clothes**
- any model of shinguard (NO plastic insertion inside) , not necessary to cover the entire foot.
- mouthguard (gum-shield) .
- headgear with plastic mask under 16 y.o. , in the color of the respective corner .

** in case of using headgear with plastic mask the mouth-guard is optional*

REFEREEING and JUDGEMENT

-**Central Referee** will give points as follows :

- a) **KD** : 2 points
- b) **3 KD** (cumulative in all the rounds) = KO

-**Table Judges** will give points just for the stand-up fighting (punches , kicks , takedowns and throws).