



KICK PUNCH FU SELF DEFENCE RULES

KICK PUNCH FU Creative Self Defence

The competition of “Creative Self Defence” had to be take from 2/5 athletes, independently of his sex.

The demonstration can be made in Martial Arts uniform or casual clothes. It can be made with music and fake weapons, who don't are dangerous for the athlete.

The exhibition had to have a duration between 1 and 3 minutes.

The scoring criteria reward the most spectacular and creative technicques who had the most bearing to the real self defence and who will stay into the 3 minutes.