

Inner Strength Martial Arts

TIGER CHALLENGE 2019

Saturday, August 24th, 2019

Registration Deadline: August 10th, 2019



ISMA's 16th annual exclusive school tournament, the Tiger Challenge, will be held on August 24th, 2019 at **Carpenter Park Rec Center, 6701 Coit Road (between Legacy and Spring Creek) in Plano**. The Center is air-conditioned, has plenty of parking, water fountains and restrooms, plus vending machines. **The Tiger Challenge can be a full-day event (dependent on the number of competitors)**. The Tiger Challenge **starts promptly at 10:00 a.m.** and ends after all the competition groups have been completed (the rec center closes at 6:30 p.m.).

All students, regardless of age, rank, or length of training **are qualified** to compete in the Tiger Challenge. The event divisions allow for even the youngest white belts to have a chance to have fun and compete against those of similar age, size, and/or skill level (based on those who registered). All ISMA students are *encouraged* to participate in the Tiger Challenge, but if for some reason you elect not to compete this year – it's recommended that you join us as a spectator and cheer on your classmates. All competitors are ISMA students.

The Tiger Challenge is a school tournament - fun and educational. Students will have a chance to learn about tournaments without the pressure and expense of going to an open tournament, (which usually range from \$75 to \$95 for one event and from experience, are biased). Students will gain knowledge of how a tournament is conducted, the proper conduct and sportsmanship of a competitor, how scoring and judging takes place, and how to mentally and physically prepare for competition – all in a fun, fair, and friendly environment.

- ❖ Tiger Challenge center referees and judges are ISMA instructors and assistants who will promote a fair competition.
- ❖ Tiger Challenge competition utilizes and challenges a student's skills as learned during ISMA classes.
- ❖ Tiger Challenge division groups are small to heighten the chance of earning a medal, but attempt to be not too limited so that a student automatically receives a medal for just being present.
- ❖ All registered students at the Tiger Challenge will earn a competition certificate.
- ❖ Gold, Silver, and Bronze Medals will be awarded to the top three competitors in each event group division.

Like ISMA curriculum which changes as necessary for evolving times, Tiger Challenge rules have been adapted over the years as requested by the judges and competitors:

In 2005, ISMA students agreed that even though they could be the only one in their group to not win a medal, they preferred to have groups of 4-5 instead of larger competition groups. The students also agreed that rank and age weren't always primary factors in determining the event groups - weight and height sometimes played a more important role. The Tiger Challenge has successfully followed this group format, especially within the lower rank divisions, for fair, but challenging competition.

In 2010 an "underdog" clause was put into effect. In some groups, where a group may not be ideal, due to varied circumstances, the person who placed last in one group is given an additional option to compete in another group within the same event. This may have been done to add a 4th competitor to a group of 3 or to give an "underdog" competitor, who may have been difficult to place in a group, a second opportunity to compete.

In 2012, a "minute to win it" approach in Staff, Sword, and Shuai Chiao was adopted. Instead of these categories being best two out of three rounds; they are became one round one minute in length. Staff is a race to 7 points, sword to 7 or -3 points, and shuai chiao is determined by the first competitor to complete 2 throws.

New For 2019, all open hand and weapon form entries will be videoed by Sifu Bales during classes prior to August 18th. The judges will review them the following week and the winner's will be announced at the Tiger Challenge.

Spectators are welcome at the Tiger Challenge... and unlike other martial arts tournaments that charge spectator fees and video or camera fees... We have no fees for spectators, but require they use good sportsmanlike conduct when cheering on their favorite competitor.

Enter Today!

Competitors will receive all their event group information the week before the tournament.

Come have fun and challenge your skills!

There will be no regular ISMA Carpenter Park classes on August 24th –
That day's curriculum will be learned through assisting, observing, or competing at the Tiger Challenge

Inner Strength Martial Arts

TIGER CHALLENGE

2019



Tournament Site: Carpenter Park Rec Center, 6701 Coit Road in Plano
Climate controlled location with ample parking, restrooms, fountains, and snack machines

Saturday, August 24th, 2019
Tournament Starts... 10:00 am

*All competitors should arrive at 9:55 a.m.
 Events will be conducted in group order until all are completed. Room is booked until 1pm. End time subject to number of competitors. (CP closes at 6:30 p.m.)*

\$65 for up to 4 EVENTS
 (\$5 each additional event)

*Please make checks to "ISMA"
 Registration due by 8-10-19*

Name: _____ Age on 8/24/19: _____

Height: _____ Weight: _____ Rank Color: _____ # of Stripes: _____

EVENTS...

All tournament competitors must select one event from each of the 3 categories below. 4th event can be optional and from any category. All students are qualified to compete in the first 5 events – additional events over 4 are \$5 each.

** Students may only enter "Open Hand (OH) Sparring" if they have sparred within ISMA classes and have their own gear.

Mark your selections – There are **No Refunds** and events cannot be altered once registered.

Student registration must include accurate height and weight. All forms will be videoed prior to August 18th during class times – spectators are welcome. Please ask Sifu Bales if you have any questions.

I
PERFORMANCE FORMS
 (Sparrow's Way, Staff Form, etc)

_____ Open Hand

_____ Weapon

II
WEAPON SPARRING
 (Foam Weapons, Protective Gear)

_____ Staff

_____ Sword

III
APPLICATION EVENTS

_____ Shuai Chiao

_____ OH Sparring **

RELEASE:

I, _____ further acknowledge that by my/my minor child entering the prescribed event that I will be exposing myself/my child to the risk of personal injury arising out of possible negligence and/or an unavoidable accident due the nature of the physical art herein prescribed. By entering said event, it is the competitor's parent or guardian's intention to knowingly and voluntarily assume such risk, and to hold Inner Strength Martial Arts (ISMA), the City of Plano, Carpenter Park Rec Center, its landlord, its agents, volunteers, athletes, and employees, free from liability for any and all injuries sustained as a result of said event.

Student (Parent/Guardian): _____ Date _____

Events will be divided into small groups by age, rank, or height/weight as needed for challenging competition.
 Medals will be awarded for 1st, 2nd, and 3rd place in all divisions with 3 or more competitors.
 ISMA uniform required for competition. ISMA shirts may be worn in lieu of formal jackets.
 All Shuai Chiao and Weapon Sparring competitors, age 6 and older, are required to wear a mouthpiece.
 All male competitors are encouraged to wear groin protection in application events. Required for OH Sparring.





2019 ISMA Tiger Challenge Tournament Rules

7/17/19

OFFICIAL DRESS

1. Competitors must wear an official clean ISMA martial arts uniform appropriate for their rank.
2. ISMA T-shirts may be worn in lieu of a jacket; however, jackets will add to "presentation" during forms events
3. Competitors will have clean short fingernails and toenails.
4. Sweatbands, metal/plastic decorations, and jewelry are prohibited.
5. All bandages, wraps, and other such materials must be approved by the Chief Official.

PROHIBITED BEHAVIOR

- A. Strikes which make contact to any part of the neck, throat, face, or spine.
- B. Strikes of excessive force as viewed by the Referee. Control to scoring areas must be reasonable.
- C. Attacking the limbs or joints by means of pulling or locking.
- D. Open-palm or fingertip attacks directed to the face.
- E. Strikes which, by their nature, cannot be controlled for safety of the opponent.
- F. Repeated exits from the competition area.
- G. Displaying lack of regard for one's own safety or opponent's safety.
- H. Feigning injury to gain advantage.
- I. Speaking to the opponent or to any official during the round, in effort to gain advantage or match
- J. Any discourteous or unsportsmanlike conduct.
Any spectator or competitor who behaves in such manner towards any official or other competitor can earn immediate disqualification for themselves or the competitor from the event or the entire tournament. The Referee makes such determination and disqualification from an event; the Chief Official, from the entire tournament.
- K. Coaching is not allowed from ring side and may get a competitor disqualified.
- L. Intentionally skipping an event a student is registered to compete in during the tournament.
- M. Leaving the tournament site before all events a student is registered for are completed

EVENTS

Form - Open Hand
Form - Weapon
Shuai Chiao

Sparring - Staff
Sparring - Sword
Sparring - Open Hand *

* must have own gear and sparred within ISMA classes

AGE DIVISIONS & EXPERIENCE LEVELS

Events will be divided into smaller divisions based on registered competitor's age, rank, height, and/or weight for the sake of fair competition as determined by the Chief Official. Teen/Adult competitors will be divided in larger groups based mainly on rank and/or weight.

AWARDS

1st, 2nd, and 3rd place (Gold, Silver, and Bronze medals) will be awarded for each division level within each event - No ties.

No Medals will be awarded to students not completing their division event. (i.e. incomplete forms, stage fright, etc.)

A Certificate of Participation will be presented to all registered competitors.

FORMS - OPEN HAND

EVENT OPERATION:

Open Hand forms will be videoed by Sifu Bales, during classes, between registration and the Saturday prior to tournament date.

Judging will take place the week of the Tiger Challenge tournament date.

SCORING: Scoring range will be determined by the highest rank in the bracket.

White – Yellow	7.00 – 8.00	(7.50 average)
Green - Blue	8.00 - 9.00	(8.50 average)

FOULS: The following rules and fouls apply:

RULE 1: Time Limit

- In all divisions a competitor's form must be a minimum of one (1:00) minute.
- No form may exceed one and a half (1:30) minutes.

FOUL - Any competitor not adhering to the time requirements will receive the lowest possible score.

In cases of hesitations, stage fright, and/or restarts, the judges will deducted points as deemed fair for the student's rank level.

TIES: If there is a tie, the judges will be asked to review the tied competitor's videos again, weighing one against the other.

PERFORMANCE: In assessing the performance of a competitor the following criteria are adopted:

- A. The form must be performed with competence and must demonstrate a clear understanding of the principle(s) it contains.
- B. The Forms Division is considered "open" and not "traditional" unless verbal direction is required. In Open forms, a competitor may create their own sequence.
- C. The competitor must demonstrate:
 1. Focus of attention
 2. Use of power
 3. Balance and root
 4. Breathing
 5. Coordination of body parts between upper and lower body
 6. Synchronization of timing, and rhythm of form.
 7. Spirit
 8. Presentation and Completion of Form

FORMS - WEAPON

EVENT OPERATION:

Same as "Forms - Open Hand"

SCORING: Scoring range will be determined by the highest rank in the bracket.

White – Yellow	7.00 – 8.00	(7.50 average)
Green - Blue	8.00 - 9.00	(8.50 average)

FOULS: The following rules and fouls apply:

RULE 1: Time Limit

- In all divisions a competitor's form must be a minimum of one (1:00) minute.
- No form may exceed one and a half (1:30) minutes.

FOUL - Any competitor not adhering to the time requirements will receive the lowest possible score.

RULE 2: Dropping Weapon ***

- In all divisions a competitor may not drop their weapon, either on accident or purpose.

FOUL - Any competitor not adhering to the dropping weapon rule will have points deducted based on the severity of the foul as deemed by the judges.

In cases of hesitations, stage fright, and/or restarts, the judges will deducted points as deemed fair for the student's rank level.

TIES: If there is a tie, the judges will be asked to review the tied competitor's videos again, weighing one against the other.

PERFORMANCE: In assessing the performance of a competitor the following criteria are adopted:

- A. The form must be performed with competence and must demonstrate a clear understanding of the principle(s) it contains.
- B. The Forms – Weapon Division is considered “open” and not “traditional”. In Open forms, a competitor may create their own sequence.
- C. The competitor must demonstrate:
 1. Focus of attention
 2. Use of power
 3. Balance and root
 4. Breathing
 5. Coordination of body parts between upper and lower body
 6. Synchronization of timing, and rhythm of form.
 7. Spirit
 8. Presentation and Completion of Form

SAFETY & WEAPONS: Weapons deemed unsafe will not be permitted. Plastic and/or wood swords and staffs will be provided.

1. All weapons will be classified under one event and are not divided by type
2. All weapons will be inspected to ensure their structural safety.
3. All weapons will be inspected to ensure safety of competitors, officials, and spectators.
4. Students electing to use a weapon other than a sword, staff, or sai must first have it pre-approved before registration.
5. Sword, Staff, and Sai weapons must meet class requirements of ISMA.
 - Swords may be made of wood, or plastic (unsharpened metal swords may be used by green belts and above).
 - Staffs may be made of wood or pvc
 - Sai may be made of pvc. (unsharpened metal sai may be used by green belts and above).
6. Weapons that are too long for the competitor to use safely or could result in damage to site will be disallowed.

SHUAI CHIAO

DURATION:

Each match shall consist of a maximum of one (1) “*minute to win it*” round.
Each round will last a maximum of one (1) minute in length.

EVENT OPERATION:

1. Two competitors are called to the ring. They bow first to the Referee, then to each other on command.
2. Competitors take up beginning positions and begin upon Referee's signal.
3. When the Referee stops the round, competitors go back to their starting positions to await the call.
4. At the end of the match, the Referee announces the victor to the Scorekeeper.
5. Upon leaving the mat at the end of the match, competitors bow to each other and to the Referee.

SCORING : The result of the match is determined by one competitor scoring the first two (2) throws on their opponent, completing the most throws at the end of time, judge's decision, by disqualification, or by a foul imposed upon one competitor.

A throw is awarded on the basis of the following criteria:

- A. When the opponent's torso or full limb touches the mat.
- B. When four (4) parts of his body touch the mat (i.e. 2 hands and 2 feet, both knees and hands, both knees and both feet, etc.)
- C. When the Judge sees what he believes would be a good throw, but stops it before completion to avoid injury.

PROHIBITED BEHAVIOR: The following may result in a penalty or foul being imposed upon the offender

- A. Evading or stalling
- B. Executing any kind of impact strike, or attempting to do the same.
- C. Gouging to any part of the body
- D. Grabbing belt tails to swing opponent
- E. Hair-grabbing.
- F. Use of chokes.
- G. Attacking the limbs or joints by means of pulling or locking.
- H. Any other condition for which the Referee believes a penalty should be imposed.
- I. Technical “Superman” throws by students under Teen/Adult Yellow belt level.
- J. Technical “Double legged shoots” by students under Teen/Adult Green belt level.
- K. “Double legged take-down without unbalancing opponent first.
- L. Not displacing the opponent's weight off their leg before “lifting” it.

PENALTIES - The scale of penalties shall be the same as that used in Open Hand Sparring, Rule #2

SAFETY PRECAUTIONS

1. All competitors, age 6 and older, must wear a mouthpiece.
2. All male competitors, age 6 and older, should wear groin protection.
3. It is recommended that competitors remove contacts or eye glasses before their match.

SPARRING - STAFF & SWORD

DURATION:

Each match shall consist of a maximum of one (1) “*minute to win it*” round.
Each round will last a maximum of one (1) minute in length.

EVENT OPERATION:

1. Two competitors are called to the ring and place their eye protection and/or headgear on.
2. On command they will pick up their weapons, bow to the Referees, and bow to each other.
3. Competitors take up beginning positions and begin to weapon spar upon the Lead Referee's signal.
4. At the end of the match, the Lead Referee announces the victor to the Scorekeeper.
5. At the end of the match, upon command, the competitors will place their weapons and headgear down, bow to each other, bow to the Referees, and leave the competition area.

SCORING : The result of a match is determined by (a) one competitor reaching seven (7) points, (b) the opposing competitor reaching negative 3 (-3) points, or (c) one competitor obtaining a higher score than the other, through judge's decision, disqualification of the opponent, or a foul being imposed on the opponent within the designated time.

A point is awarded on the basis of the following criteria for a legal technique executed to a valid target area:

- A. One (1) point is given for any technique initiated against the extremities of an opponent.
- B. Two (2) points are awarded to any technique initiated against the head or torso of the opponent.

Scoring of awarded points and penalty (negative) points are independent of each other during the round. If there is no determined winner (+7 or -3) at the end of the match duration, at that time, awarded and penalty points are calculated to determine the match winner. In the match ends in a tie, after calculation, the match resumes until the tied score is broken, determined either by an awarded point or a penalty (negative) point.

Valid techniques are those that the intrinsic nature of the weapon should be shown so as to demonstrate the practitioner's knowledge of the handling of the particular weapon being used. In the event of Sword Sparring, the attack must be clean and without “dulling” the blade by initially striking the opponent's sword. The only time sword to sword contact is permitted, is if the competitor blocks the opponent's sword and then delivers an immediate counter strike which makes contact, before the referee calls break. If the competitor is under the age of 6, the initially striking the opponent's weapon will result in a “warning” and not a negative point.

In Staff Sparring a competitor must start with one hand on each side of the center point of the staff. They may slide the staff, but it must be controlled and return to the starting position immediately after the slide.

Simultaneous scoring techniques delivered by both competitors are not scored.

CRITERIA FOR DECISION

To win the match, the competitor

- A. Must have the most points within one (1) minute
- B. Must be the first to score seven (7) points within one (1) minute.
- C. Shall win by default from opponent's fouls, penalties, or disqualification.
- D. Shall win by default from the opponent reaching a score of negative three (-3) points within one (1) minute

PROHIBITED BEHAVIOR:

Touching the weapons before requested by the Referee
Intentionally dropping the weapon or headgear
Intentionally striking the sword against the opponent's sword
Repeated exits from the competition area.
Disregarding safety - such as turning one's back to his opponent or placing one's head down
Swinging the weapon blindly
Holding the weapon over your shoulder (i.e. baseball bat)
Dragging the weapon on the ground (i.e. hockey stick, golf club).
Swinging the weapon with excessive force as deemed by the Center Referee
Hand and foot strikes will not be scored.

PENALTIES:

1. A strike which makes contact to the face, neck, or throat will result in loss of round.
2. A strike which dislocates the opponent's eye protection will result in a loss of round.
3. Dropping one's weapon will result in loss of round.
4. In sword sparring, initially striking the opponent's sword results in a negative point (competitors over age 5)

SAFETY EQUIPMENT

- A. Padded headgear with caged facemask or goggles must be worn
- B. All competitors, age 6 and older, must wear a mouthpiece
- C. All Male competitors, age 6 and older, should wear groin protection.

SPARRING - OPEN HAND

SPARRING COMPETITORS: Sparring competitors must provide their own approved ISMA sparring gear for this event and have sparred within ISMA classes.

ADDITIONAL GEAR: Each competitor must wear:

- A. Mouth guard
- B. Groin Protector (all males)
- C. Hand Pads (vinyl-dipped foam)
- D. Foot Pads (vinyl-dipped foam)
- E. Head Protector (vinyl-dipped foam) without face guard or mask

DURATION:

Each match shall consist of a maximum of three (3) rounds; Each round will last a maximum of thirty (:30) seconds.

SCORING

The result of a round is determined by one competitor obtaining a higher percentage of clean techniques landed than the other, disqualification of the opponent, or a foul being imposed on the opponent.

A valid technique is one that displays:

- A. Good Form: Correct posture and stable positioning such that balance and body control are strong and the technique is performed with technical correctness and proper body mechanics.
- B. Good Power: The technique is properly controlled so as not to make excessive contact or cause injury, but enough extension is left in the technique to make such contact if desired.
- C. Good Attitude: Competitor must NOT display an attitude indicating that he intends to harm his opponent. Anger must be controlled.

An "exchange" shall consist of no more than five (5) techniques being executed by one competitor. Following an exchange of up to five (5) techniques each, the Referee will separate the competitors unless they do so by themselves.

PENALTIES

RULE 1: FACE STRIKES

One strike to the opponent's face, determined by intention and/or force, will result in a loss of round. In the event the same competitor repeats the face strike in any round against the same opponent, determined as intentional or by force, a complete loss of match will result.

RULE 2: PLACING ONESELF IN DANGER

Turning back on opponent, charging, jumping on or attacking opponent with lack of concern for safety, etc are all considered placing oneself in danger. First offense will result in a loss of round. In the event the same competitor repeatedly places oneself in danger against the same opponent a complete elimination from the EVENT (open hand sparring or shuai chiao) will result.

Warnings may be imposed for minor infractions. A second infraction will result in a loss of point. A third infraction will result in loss of round. Each type of minor infraction will result in escalating penalties throughout the entire match (i.e. competitor exits the ring boundary in round one, turns back on opponent in round three is equal to two infractions within the match time.)

OPERATION OF MATCHES

When the Referee stops the round, competitors go back to their original starting positions. Judges remain in their positions. The Referee stops the round when:

- A. A penalty should be imposed.
- B. An item of equipment or uniform becomes loose and interferes with the round.
- C. One competitor is defenseless or deliberately exposing illegal targets.
- D. A competitor steps one foot out of bounds (the LINE of the competition area is considered out of bounds).
- E. There is an injury.
- F. The round has ended.
- G. He deems it necessary for any other reason.



2019 ISMA Tiger Challenge Spectator's Guide

7/17/19

This is a condensed version of the Tiger Challenge rules. For a complete set of rules, log on to the student page of www.isma.us. The Tournament Chief Official reserves the right to make changes to the tournament (structure and rules) as deemed necessary for safe and fair competition.

The Basics –

Safety and Good Sportsmanship are foremost. Every judge, competitor, and spectator is part of the ISMA family – please be respectful to all. No coaching from the sidelines is allowed. Judges have the final say – respect their decisions. No spectators, food, or drink in the competition area. Please keep the designated row(s) of spectator seats open for families of student's competing in the immediate competition group.

The Groups –

Students are divided into smaller competition groups to give them a challenging, but fair opportunity, and better chance of winning a medal. Rank is not necessarily a determining element in being a successful competitor. Some events are divided by age and rank while others are divided by height and weight as primary factors. Current event and competition group numbers will be posted – a competitor, who is not present at the time of their groups “bow in” will forfeit their competition in that event. Because of the variety of ranks, ages, and sizes sometimes a group can be a little off balance and so in 2010 the “Underdog Clause” was created as needed to fill some groups. This allowed for the last place competitor, in one group, the opportunity of competing again in another group within the same event. 1st, 2nd, and 3rd place (Gold, Silver, and Bronze medals) will be awarded for each division level within each event - No ties. A Certificate of Participation will be presented to all registered competitors.

The Events (In competition order) –

Open Hand Forms – a form is defined as *a series of blocks and strikes against imaginary multiple attackers*. Open hand means there is *no weapon involved*. The competitor is not judged on the accuracy of the sequence of the form, but the movement within the form. Competitors are scored on a 10-increment scale. Time requirements must be met (minimum 1 minute up to 1.5 minutes) for a form to be scored above minimum. Forms are judged based on elements such as focus, power, balance, breathing, coordination, spirit, presentation, and synchronization of timing. Forms are videoed and judged prior to the tournament date with winners announced the day of the tournament. If possible a compilation video will show at the tournament all of competitor's forms.

Weapon Forms – Executed exactly as open hand forms, but the competitor must choose to incorporate a staff, sword, sai, or other pre-approved martial arts weapon in their routine. Weapon forms are judged based on the practical use of the weapon selected as well as the elements of open hand forms.

Staff Sparring – The staff is a blunt double-ended weapon and the competitor must reasonably “thump” or “jab” his opponent to get points. The competitor's goal is to be the first to accumulate 7 points at the end of the round. Points are awarded as 2 points for body and head strikes, 1 point for limbs. The first valid strike receives the point. Besides being out-pointed, a competitor can lose a round by striking to the face, throat, or neck or dropping their weapon. Competitors who leave the competition area will receive fouls that range from warnings to loss of match as determined by the severity of the foul. Each round lasts one minute or 7 points whichever comes first.

Sword Sparring – Just like staff sparring except the sword is to be viewed as a sharp double-edged weapon held on one end only. The competitor must, without “dulling” the sword, “slice” or “stab” to get points. An attack must be clean; or a counter attack, after a block, must be an immediate action in order to score points. Negative points are accumulated for “dulling” the sword. Each round lasts one minute maximum, 7 points to win, or –3 points for a loss, whichever comes first.

Shuai Chiao – The competitor's goal is to unbalance their opponent and make them fall so that at least 4 points of their body touch the mat. This can be done through sweeps, throws, etc. No strikes, attacks on joints, chokes, etc. can be used. The center judge can call a throw before it is fully completed for safety purposes. Competitors who put themselves in danger, will receive fouls that range from loss of round to loss of event. Each round lasts one minute maximum, race to two throws. In the event of a 0-0 or 1-1 tie at the end of the minute, judges make the winning call based on performance.

Open Hand Sparring – Competitors spar using hands and feet strikes only. Judging is based on power, form, attitude, and control of match. To control the match, a competitor should be able to engage with several strikes then willingly disengage as a defensive maneuver. Strikes to the neck, face, throat, and spine are fouls and depending on the severity can end in a loss of round or match. Competitors who put themselves in danger, will receive fouls that range from loss of round to loss of event. Each round is 30 seconds and the match is determined by the first 2 out of 3 rounds won.