

THE COMPETITION RULES OF AIKIDO TOSHU-RANDORI  
(Essential Points)

August 20th, 2018

Introduction :

These rules are the minimum necessary items to materialize the "Philosophy of Competition" and the "Spirit of Competition Rules" stated below.

● The Philosophy of Competition:

Aikido Competition was borne from the research on reorganization of Aikido from educational viewpoint made by Professor Kenji Tomiki who was the initial Chairperson of our Association. Tomiki Shihan preached the necessity of practicing "Randori" in parallel with the practice of "Kata(Form)," in order to make Aikido to serve modern education and to develop as a valuable national culture. "Randori" is the practice with which the players can compete mutually with their free intention. By studying "Kata" and "Randori" in combination, technical principles of Budo such as Shizen-tai (natural posture), Kuzushi (posture-collapsing technique), Yawara (flexibility in movement), Sen (way of taking priority in movement), Ma-ai (distance keeping), Metsuke (way of eye-focusing), and Tou-ho (sword method) can be internalized in oneself for the first time.

The competition (game) was set as a material for further improvement reflecting and objectively reviewing the real capacity cultivated through Randori practice. In competition (game), one can find the special elements such as overcoming oneself (to keep oneself calm), self-reliance, fighting spirit (courage), fostering thoughtfulness to the heart of opponent. Therefore, when bringing those elements into practice in competition (game), your closest attention is required to make sufficient use of those features and not to fall into the harm of supremacy of victory.

● The Spirit of Competition Rules :

These rules are based on the following considerations which must be complied firmly by all competitors and judges.

- Secure the safety of players as the first priority.
- Make full use of the technical principles on which Budo is based.
- Train both mind and body and improve Aikido techniques through the battle.

Article 1: (Duration of Game)

Competition time is 3 minutes.

Article 2: (The Techniques in Competition)

1. The game is decided by 17 Katas of Randori and its applied techniques.
2. The 17-hon techniques are divided into the categories of "Atemi-waza", "Kansetsu-waza" and "Uki-waza".

- (1) Atemi-waza is the technique with which a player makes the opponent fall down by pushing one point flexibly and continuously taking advantage of the collapse of posture of the opponent. Falling down means the situation that any parts of the body except the sole touch Tatami with the body unstable.
- (2) Kansetsu-waza (joint techniques) are the skills with which the player holds the hand of the opponent and twist or turn it to collapse the opponent's posture in order to make him fall down or suppress his movement. Suppressing means the situation that the player controls the opponent and makes him/her irresistible without injury to him/her.
- (3) Uki-waza are the skills with which the player holds the hand of the opponent and twist or turn it to collapse the opponent's posture in order to make him fall down.

### Article 3: (Judgement of Game)

The game is determined by Ippon (award of Ippon decides the winner and ends the match). Determination of Toshiu-techniques (Hand-against-hand techniques) with which the player could gain a point is done by the following three criteria, "Ippon", "Waza-Ari" and "Yukoh". In case the player try "Sutemi-waza" which means to throw him/herself down on his/her back or fall his/her face down on Tatami, it is judged as ineffective.

#### Ippon:

- \* Atemi-waza / Uki-waza: When a player made the opponent fell down on one's back with a considerable momentum, or lied down on one's belly.
- \* Kansetsu-waza:
  - (1) When a player made the opponent almost fell down on one's back, or down on one's belly.
  - (2) When the player restricted the movement of opponent for more than 2 seconds in incapable position to make a counterattack.
  - (3) When the opponent showed the give-up sign.
- \* When the attacker gained 2 Waza-ari.

#### Waza-ari

The waza which scarcely was admitted as "Ippon" although the quality of it was almost "Ippon".

#### YuKoh

When the player threw down the opponent with waza which could almost be admitted as "Waza-ari" but not really judged so.

2. It will be decided as Yuhsei Kachi in following sequences whenever the game could not be determined by "Ippon."

- (1) When there was "Waza-ari."
- (2) When there were many "Yukoh."
- (3) When there were not many "Chyui".
- (4) When there were not many "Shido."
- (5) When there was even a little difference generally observed in the level of attitude in competition, skillfulness and effectiveness in techniques.



#### Article 4: (Foul Matters)

There are 3 classifications in "Breach of Regulation" depending on the degree of breach which are "Shidoh (Instruction)," "Chyui (Attention)," and "Hansoku-make (Losing by Foul)." In addition, the chief referee can urge a correction with a verbal instruction.

Shidoh: Is given when minor foul is committed.

Chyui: To be given against little heavier foul as equivalent to double Shidoh..

Losing by Foul: In case of committing an extremely heavy foul.

In case of receiving "Shidoh" four times

#### 1. When "Shidoh" is applied in principal.

- (1) When the player receives the opponents' Atemi-waza without trying Te-sabaki or Tai-sabaki.
- (2) When a player does not attack because of lack of positive intention in fighting.
- (3) When both the player and the opponent are in face to face and in state of stuck continuously.
- (4) To attack joints other than shoulders, elbows and wrists (except for "Hiza-Kujiki").
- (5) To use techniques other than those prescribed in Article 2, such as Judo and wrestling skills.
- (6) Scooping up the leg(s) of the opponent.
- (7) Tangling one's leg(s) to the leg(s) of opponent.
- (8) When a player does not make effort of fighting within the area of competition and step outside.
- (9) When the player takes extremely anomalous posture continuously.
- (10) Grabbing opponent's uniform intentionally.
- (11) Fake attack.
- (12) Other similar acts.

#### 2. The cases to be judged as "Chyui" principally.

- (1) When the player is applying the technique on the opponent who is doubted to have injury on the joint.
- (2) To make a shocking strike in application of "Atemi-waza."
- (3) Applying direct and sudden burden on the critical area or joint.
- (4) When the player does not obey the restraining or instruction given by the judge.
- (5) When the player takes attitudes lacking in dignity
- (6) Other similar acts.

#### 3. In case to be judged as "Defeat by Foul" in principal.

- (1) When one applied a technique risking human life, such as smashing the competitor's head, in particular.
- (2) In case of giving the opponent by infringement the injury which makes impossible to continue the competition.
- (3) Applying joint technique by throwing out one's body.
- (4) Other similar acts.
- (5) When "Shidoh" was given four times.

#### Article 5: (Judgement Rule)

1. To apply three referees way in principle, consisting of one chief referee and two assistant referees.
2. According to the three referees way, two assistant referees take their places at the outside of each corner of the area of competition, facing the chief referee and holding a white flag with right hand and a red with left.
3. In judging "Waza", the chief referee equally treats the judges of the assistant referees in the same way as his own and decides by majority. However, when the chief referee has a question on the decision of assistant referees, he/she can call them and talk about it. If referees don't agree after the talking, decision by majority is applied, in the process of applying decision of chief referee in case of tie by assistant referees.

#### Article 6: (Management of Competition)

1. The chief referee pronounces "Mate" without delay, and makes the players return to the places of the starting lines, if necessary to interrupt the game.
2. The chief referee pronounces "Mate", and makes the players return to the places of the starting lines, when it is in the state that the players can touch each other's body.
3. The assistant referees can interrupt the competition by way of giving the predetermined signal of action and express their opinions to the chief referee, when it is deemed necessary.

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