



OMEGA WHITE TIGER
Rules for GoShin-Jitsu

- Each team shall consist of two adults [two males, two females or one male and one female] or two competitors under 18 years of age [two males, two females or one male and one female].
- Each team shall be recognized by the first names of each competitor. Example “Joe and Pat”.
- The attacks can be executed from front, back or side depending on the competitor’s choice.
- Teams shall compete on a single elimination bracket with each level following the patterns below in the order presented from left to right;
- The winning teams shall be advanced on the bracket until a winner is determined.
- All scoring shall will be based upon the practical application of the motions
- All team members will wear a grappling top.
- All team members will wear a mouth guard and men groin protection.
- Team members are responsible for wearing the appropriate protection if they are being thrown.
- Score shall be determined by the following:
 1. The intensity of the attack.
 2. The true result of the defense.
 3. If falling, the application of their slap falls.
 4. Whether or not the defensive strikes make contact [they must to be considered valid]
 5. How well the team works together.
 6. Protocol
 7. Creativity
 8. Presentation
- All judges must understand the systems of defense being presented, and preferably be of high rank.

First round of competition the attacks shall be the following;



Two hand grab



Bear hug, arms free



High punch



Downward knife attack

Second round of competition the attacks shall be the following;



Lapel grab



bear hug, arms trapped



middle punch



straight knife thrust

Third round of competition the attacks shall be the following;



Two hand choke
[from front]



head lock
[both forward]



knifehand strike
[to outside of neck]



outward knife attack

Forth round of competition the attacks shall be the following;



Two hand choke
[from side or back]



head lock
[facing opposite]



front kick
[any target]



downward stick attack
[head only]

Fifth round of competition the attacks shall be the following;



Shoulder grab



arm choke



roundhouse



side strike with stick