

Illegal Techniques

Techniques not allowed include:

1. Axe Kick
2. Head Butts
3. Hair pulling
4. Biting & Scratching
5. Open hand techniques using the sawing motion i.e.: Spear hand, finger pokes.
6. Elbow Strikes
7. Knee Strikes
8. Throws & Take Downs
9. Attacking the head of a downed opponent
10. Jumping of a downed opponent.

Penalty

A competitor using an illegal technique shall be subject to all penalties.