



NAK OFFICIAL CREATIVE OPEN HAND/CREATIVE WEAPONS FORMS

Revised January 2025

Definition - Creative Open Hand

1. A creative form is a pattern of original martial arts movements and techniques put together to create a unique individual routine. THIS ROUTINE CAN NOT BE PERFORMED TO MUSIC.

Introduction and length of the form

1. Introduction –

• The competitor will declare to the judges their Name, Nationality and/or the name of their Association/club. After this, the execution of the form can begin.

2. The form CAN NOT last more than 2 minutes (introduction included).

3. Breach of any of these rules, will result in the lowest score being awarded by each judge (7.0).

Movements

1. NO upside down movements (an upside down movement is when the head goes below the waist)

2. NO spins allowed more than 360° (One full spin horizontal or vertical).

3. Competitors CANNOT perform purely Traditional Katas/Moves.

4. NO dance moves are accepted, tolerated or permitted.

5. Spinning kicks, jump spinning kicks (no more than 360°), flying kicks, multiple kicks, splits are permitted.

6. Breach of any these rules, will result in the lowest score being awarded by each judge (7.0).

Definition - Creative Weapons

1. A Creative Weapons form is a pattern of original martial arts movements and techniques using martial arts Weapons, put together to create a unique individual routine. THIS ROUTINE CAN NOT BE PERFORMED TO MUSIC.

Introduction and length of the form

1. During the introduction –

• The competitor will declare to the judges their Name, Nationality and/or the name of their Association/club. After this, the execution of the form can begin.

2. The form CAN NOT last more than 2 minutes(introduction included).

3. Breach of any these rules, will result in the lowest score being awarded by each judge (7.0).

Movements

1. MAXIMUM OF 3 weapon releases.

A Release of a Weapon is loss of contact with the body. (Body rolls, hand rolls, neck rolls etc are permitted

and are not defined as a release as the weapon remains in contact with the body.)

• 'A' Novice Division releases and rolls; Weapon releases should not take more than 2 rotations before

catching. Releases should be caught without a full body spin. Releases should be caught in the same stance in which it is released, without movement in between. Single body rolls are allowed and can be linked as long as each movement can be seen and caught in between. No double sword or bow permitted.

2. NO upside down movements (an upside down movement is when the head goes below the waist)

3. Your body is NOT permitted to spin more than 360° (One full spin, vertical or horizontal).

4. Competitors CANNOT perform purely Traditional Katas/Moves.

5. NO dance moves are accepted, tolerated or permitted.

6. You MUST perform blocks, and strikes with your weapon within your form.

7. Spinning kicks, jump spinning kicks (no more than 360°), flying kicks, multiple kicks, splits are permitted.

8. Breach of any these rules, will result in the lowest score being awarded by each judge (7.0).

Loss of Control of the Weapon

1. If you lose control of your weapon and it leaves your body fully and the weapon lies flat on the floor, this would constitute as a dropped weapon and therefore the lowest score would be awarded

by all judges (7.0)

2. If you lose control of the weapon but are able to regain control without both ends of the weapon

touching the floor, would constitute a loss of control and would therefore constitute in 0.2 Being deducted from each judge.

Weapon condition

1. Each athlete is responsible for the perfect state of his or her weapon, which is individual and which

cannot be exchanged during the competition. The chief judge can ask to inspect the competitor's weapon if he wishes to do so. No cutting blades can be used.

2. Any Martial art approved weapons can be used.