



## NAK OFFICIAL EXTREME MUSICAL OPEN HAND FORMS

Revised January 2025

### Equipment

All competitors must wear the correct uniform that is representative of their style and club. Uniforms must be clean and in good repair.

All competitors must wear a belt or sash denoting their rank.

### Divisions

Competitors can compete in their own age division and/or the division above their own if they wish.

In team events, the team must compete in the category in which the eldest team members age falls.

### Definition

1. An Extreme/musical open hand form is a pattern of original martial arts movements, kicks and tricks put

together to create a unique, high impact, Explosive, individual routine.

Music

1. Music is OPTIONAL in Extreme/Musical forms but is not compulsory.

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).

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

### Movements

1. NO MAXIMUM of Upside down movements ( an upside down movement is when the head goes below

the waist) can be performed.

2. Spins of 360° (One full spin horizontal or vertical) or More of the body can be performed.

3. Competitors CAN NOT perform purely Traditional Katas/Moves.

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

5. An Extreme form should contain martial arts movements including hand techniques, Kicks, tricks, spins

Blocks and combinations.

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

Judgement standards

Every judge must consider, before giving the score:

1. That ALL compulsory elements have been completed.

2. That there has been NO breaches of rules.

3. Stances, hand techniques, kicks, Tricks, spins and all other movement in accordance with Martial Arts styles.

4. Balance, Control, Timing, Energy, movement done with the right power.

5. The level of difficulty executed in all combinations, kicks, tricks and spins.

6. Flowing continuity of movements between combinations and tricks.

## **NAK OFFICIAL EXTREME/MUSICAL WEAPONS FORMS**

### **Equipment**

All competitors must wear the correct uniform that is representative of their style and club. Uniforms must be clean and in good repair.

All competitors must wear a belt or sash denoting their rank.

### **Divisions**

Competitors can compete in their own age division and/or the division above their own if they wish.

In team events, the team must compete in the category in which the eldest team members age falls.

### **Definition**

1. An Extreme/Musical Weapons form is a pattern of original martial arts movements and techniques

using martial arts Weapons, put together to create a unique, high impact, Explosive individual routine.

Music

1. Music is OPTIONAL in Extreme/Musical forms but not compulsory.

### **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).

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

Movements

1. Weapon release are unlimited.

A Release of a Weapon is loss of contact with the body. ( Body rolls, hand rolls, neck rolls are not defined as a release.)

2. YOUR BODY CAN spin more than 360° (360° spin is One full spin, vertical or horizontal) ONCE or more.

3. NO MAXIMUM OF Upside down movements (an upside down movement is when the head intentionally goes below the waist) are permitted. (NOT Compulsory).

4. Competitors CAN NOT perform purely Traditional Kata.

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

6. You must perform martial arts blocks, and strikes with your weapon within your form.

7. 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.

Judgement standards

Every judge must consider, before giving the score:

1. That ALL compulsory elements have been completed.

2. That there has been NO breaches of rules.

3. Strikes, Blocks, stances, kicks, tricks and fluidity of weapon techniques around the body done with

Balance, power, Timing and control.

4. The amount of Martial arts content.

5. The level of difficulty executed with the weapon, combinations, kicks and tricks.