



# Rules for Cane Masters Competition

## Self-Defense Category

1. Each competitor must perform 5 self-defense techniques:
  - a. one being attacked while seated
  - b. one being attacked with a knife
  - c. three defensive techniques of your choice; versus a punch, kick, etc.
2. Each technique must be performed 2 times: slowly and once at 3/4 speed.
3. You must supply your own partner/uke for your techniques.
4. SAFETY FIRST!

## Kata/Form Category

1. Minimum of 90 seconds and maximum of 3 minutes from bow in.
2. One or two hands must be on the cane at all times.
3. Any accessory, such as a rubber tip, must be securely attached to the cane.
3. One foot must be on the ground at all times; no acrobatics allowed.
4. Music is optional.

## General Information

1. We reserve the right to combine age divisions if necessary.
2. Awards will be given for 1st, 2nd, and 3rd place in each age division.