



Rules and Regulations for Trainers

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WORLD FEDERATION OF KICK BOXING

Rules and Regulations for Trainers

Form clothes in kickboxing

From white to black belts, can use White pants and the trainers can use black suits with the name of WFK kickboxing on them with white coat especial for kickboxing that on its back & front is written the arm of kickboxing federation.

Belt degrees in kickboxing:

- 1) White
- 2) Yellow
- 3) Orange
- 4) Green
- 5) Brown
- 6) Black (1 – 10) down.

Yellow belt:

It is granted to the trainees who have passed at least 3 months of their practice course.

Yellow belt techniques:

Techniques training:

Fight position, Forward punch; follow up punch, low kick, Middle kick, round hors kick, Block.

Mean while, the trainee's corporal preparedness and his / her Preliminary body – building would be considered with training the trained strikes.

Orange belt:

It is granted to the trainees who have passed at least 3 month after getting their yellow belt.

Orange belt techniques:

Techniques training:

Front kick, Axe kick, inside kick, outside kick and also the trainee s corporal preparedness would be considered.

Green belt:

It is granted to the trainees who have passed at least 6 months after getting their Orange belt.

Green belt techniques:

Fighting, Docking, Hook, Upper cut, back kick, Heel kick. And also the trainee's corporal preparedness and his/her more advanced bodybuilding would be considered.

Here, semi contact and light contact fighters are elected and the game will be held especially for semi contact green belt. In reality the license for entering in semi contact games would be green belt.

Brown belt:

It is granted to the trainees who have passed At least 6 months after getting their green belt.

Brown belt techniques:

Techniques training:

Counting, Back step, Front, step, Side step, Round back kick, Back ward kick, block. Here the mixed techniques and control fight are trained and the more advanced body – building would be considered. In this part semi contact and Light contact fighters are elected and the games are especial for light contact brown belt. In Reality the license for entering in Light contact games would be brown belt.

Granting yellow to brown belts:

Official kickboxing trainers hold the inner exams and then present the results to the council, and request for the official certificate for their trainees and finally grant them the yellow – brown belts.

Black belt:

It is granted to the trainees who have passed a least 1 year from getting their brown belt certificate.

Black belt techniques:

Back punch, Smash punch, Smash kick, Knee kick, Jump kick

In this part the mixed techniques of fight and fighting practice are trained and after this the trainee would gain the necessary abilities to Fight. And also, the more advanced body – building is considered.

All black belt owners should pass fighter Course after getting black belt (light contact fighter)

And this period would be especial for coaches in which ring strategies and the advanced techniques of fight are trained.

Granting black belts:

Granting the black belts will be done just after the exam held annually from the council and under the supervision of the world federation representative with technical committee, and if the trainee passes all courses successfully, he will be granted the black Belt.

Respecting in kickboxing:

The way to respect to the master and the seniors of the class is the same as European and American ways:

When the master enters the class, the senior of the class announces the other trainees with telling “ Ready “ and then all the trainees should line up in position and then the senior says “ready “ (that means attention position or standing to respect the master) . Then the trainees stand in attention position, and the senior of the class says” master bou”, so the trainees, with bending their heads down and saying “ “respect to the master and also the master will respect them by saying “bou“.

The names and terms of fighting strikes in kickboxing:

1- The names and terms of fighting strikes in kickboxing:

- In position (be in line to start practice)
- Fight position
- Guard position (for practice)

Punches in fighting:

- Straightforward punch
- Straight follow up punch
- Swing punch or hook (cutting punch)
- Back punch (the round strike with back of hand)
- Smash punch (the cutting punch from up to down)
- Elbow

Kicks in fighting:

- Straight Front Kick
- Side Kick (with the ridge of feet)
- Back kick (with the heel)
- Low Kick (Kick with on the feet to thigh)
- Middle Kick (Kick with on the feet to the side)
- Round house Kick (with on the feet to the head)
- Smash Kick (with on the feet to the head)
- Axe kick
- Out side kick
- In side kick
- Round back kick
- Jump kick
- Knee kick
- Hell kick
- Backward kick
- Push kick
- Block

Styles

1) Tatami sport

- a) Semi contact
- b) Light contact

2) Ring sport

- a) Full contact
- b) Low kick

1) Semi contact

As it's clear of its name, semi contact is the control strikes of contact fighting. There isn't any "knock out" in semi contact and only the strikes are exchanged and the control & correct strikes will gain points.

Tatami fights shape: in 2*2, 4 referees, the rules of control kicks and punches:

Clothes: pants, T- shirt, headgear, gloves, feet and shin guard, cup, teeth guard

Semi contact weight category:

Men: 57 , 60 , 63.5 , 67 , 71 , 75 , 81 , 86 , +86

Junior Men 13, 14 , 15, 16 : , 45 , 51 , 54 , 57 , 60 , 63.5 , +67

Junior Men 9 , 10 , 11 , 12 : -25 , -30 , 35 , 40 , 45 , 50 , 55 , +55

Women : 54 , 57 , 60 , 63.5 , +63.5

Junior Women 13 , 14 , 15, 16 : , 45 , 48 , 51 , 54 , 57 , 60 , +60

Junior Women 9 , 10 , 11 , 12 : 25 , 30 , 35 , 40 , 45 , 50 , 55 , +55

2) Light contact

In light contact fight (low & speed full contact) the strikes are exchanged with karate style in Kick and Boxing punches but pointing is related to the speed of exchanged strikes. In light Contact, there shouldn't be any stop and all the strikes should be acted after each other. In reality, in light Contact, the beauties of strikes are important and considered not their power.

Light contact fighting shape : in Tatami , 3 * 2 , in each round 1 minute rest , 4 referees , the rules of half – control and speed strikes of hands and legs : from the waist to the top and knock down the feet .

Clothes: shorts, head guard, foreleg guard, teeth guard, Boxing gloves

Semi contact weight category:

Men: 57 , 60 , 63.5 , 67 , 71 , 75 , 81 , 86 , +86

Junior Men 13 , 14 , 15, 16 : , 45 , 51 , 54 , 57 , 60 , 63.5 , +67

Junior Men 9 , 10 , 11 , 12 : -25 , -30 , 35 , 40 , 45 , 50 , 55 , +55

Women: 54 , 57 , 60 , 63.5 , +63.5

Junior Women 13 , 14 , 15, 16 : , 45 , 48 , 51 , 54 , 57 , 60 , +60

Junior Women 9 , 10 , 11 , 12 : 25 , 30 , 35 , 40 , 45 , 50 , 55 , +55

3) Full contact

All the punches and kicks from the waist to the top without using elbow and knee strikes are technically called full contact. Generally, the strikes with Karate style in kicks and boxing style in first Standard would punches get points. So it is a combination of kicks that pass the opponent guard and hurt part of the opponent's body.

Full contact fighting shape in ring: 3 * 2, 1 minute rest in each round, 4 referees, the rules of kicks and punches: from the waist to the top, knock down without any strikes.

Clothes: shorts, headgear, foreleg and shine guard, Cup, teeth guard, boxing gloves.

Full contact weight category:

Men: 54 , 57 , 60 , -63.5 , 67 , 71 , 75 , 81 , 86 , 91 , +91

Junior Men 13 , 14 , 15, 16 : 42 , 45 , 48 , 51 , 54 , 57 , 60 , 63.5 , +67 , -71 , +71

Junior Men 9 , 10 , 11 , 12 : -25 , -30 , 35 , 40 , 45 , 50 , 55 , +55

Women : -51 , 54 , 57 , 60 , 63.5 , 67 , +67

Junior Women 13 , 14 , 15, 16 : 40 , 45 , 48 , 51 , 54 , 57 , 60 , 63.5 , +63.5

Junior Women 9 , 10 , 11 , 12 : 25 , 30 , 35 , 40 , 45 , 50 , 55 , +55

4) Low kick

What is important in low kick, are low kicks on the opponent's thigh which distinguishes it from Full Contact. In reality, low kick is a kind of full contact in that all kicks on the opponent's thighs and shins are allowed. Pointing is stated in pointing part.

Fighting in ring: 3 * 2, 1 minute rest in each round.

4 referees, rules of kicks and punches to all parts of the body are allowed.

Clothes: shorts, headgear, foreleg and shin guard, cup, Teeth guard, boxing gloves.

Fouls: elbow & knee strikes, pushing.

Semi contact weight category:

Men: 54 , 57 , 60 , -63.5 , 67 , 71 , 75 , 81 , 86 , 91 , +91

Junior Men 13 , 14 , 15 , 16 : 42 , 45 , 48 , 51 , 54 , 57 , 60 , 63.5 , 67 , -71 , +71

Junior Men 9 , 10 , 11 , 12 : -25 , -30 , 35 , 40 , 45 , 50 , 55 , +55

Women : 51 , 54 , 57 , 60 , 63.5 , 67 , +67

Junior Women 13 , 14 , 15 , 16 : 40 , 45 , 48 , 51 , 54 , 57 , 60 , 63.5 , +63.5

Junior Women 9 , 10 , 11 , 12 : 25 , 30 , 35 , 40 , 45 , 50 , 55 , +55

The basis of categorizing the fighter in kickboxing

Rule (1):

The fighters who have not participated in national Games of semi contact and light contact are not allowed to enter in full contact and low kick games.

Rule (2):

An explanation about fighter course:

In this course all techniques are trained and tested by technical committee during fighting and then the fight test will be held. All accepted fighters will get world championships notebook. The ones who have passed this course are allowed to participate only in semi contact and light contact championships.

