



S.F.K.O. P R A V I L A TAMESHIWARI (TOBI MAE GERI JODAN)

**SLOVENSKA FULLCONTACT
KARATE ORGANIZACIJA**

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PRAVILA DISCIPLINE: TAMESHIWARI – TOBI MAE GERI JODAN

1. Splošno

- Vsak tekmovalec ima 3 poskuse na določeni višini.
- Tretji neuspešen poskus pomeni diskvalifikacijo (izločitev iz nadaljnega tekmovanja).
- Tekmovanje poteka na izpadanje.
- Moški in ženske nastopajo ločeno.

2. Namen in izvedba tehnike

- Tekmovalec mora v skoku (TOBI) izvesti brco MAE GERI JODAN v tarčo (fokuser).
- Cilj je dotakniti se fokuserja z nogo.
- Brce se prizna samo, če se tekmovalec dotakne tarče z nogo, s katero se je odrinil od tal.
- Tekmovalec mora pri tem:
 - biti v zraku ob trenutku dotika fokuserja,
 - izvesti odziv in brco z isto nogo,
 - pristati na obeh stopalih po zaključku skoka.

2

3. Uspešen in neuspešen poskus

Uspešen poskus:

- Tekmovalec v zraku zadane fokuser z nogo, s katero se je odrinil.
- Po brci pristane varno na obe nogi.
- Tak poskus omogoča napredovanje na višjo višino.

Neuspešen poskus:

- Tekmovalec ne zadane fokuserja ali ga zadane z nogo, ki ni odrivna.
- Ob pristanku:
 - pade (na hrbet, trebuh ipd.),
 - se dotakne tal z roko, kolenom ali komolcem,
 - ni v zraku ob brci,
 - ne pristane na obeh nogah.

Vsak tak poskus se ne prizna in šteje kot neuspešen.

4. Napredovanje


- Ob uspešnem dotiku fokuserja (z odrivno nogo) in pravilnem pristanku tekmovalec napreduje na višjo višino.

5. Varnost in vedenje

- Tekmovanje zahteva natančno tehniko in kontrolo gibanja.
- Cilj ni “metanje” po tleh, ampak varno in tehnično pravilno izvajanje skoka.
- Trenerji naj opozorijo svoje varovance, da se izognejo nevarnim skokom in poškodbam.

6. Povzetek ključnih pravil

- 3 poskusi na višino.
- Tretji neuspešen = izpad.
- Tekmovalec mora biti v zraku ob brci.
- Fokuser mora biti zadet z nogo, s katero se je odrinil.
- Pristanek na obe nogi.
- Brez dotika tal z rokami, koleni ali trupom.
- Napredovanje do najvišje uspešno zadete višine.

 *Cilj discipline je tehnična dovršenost, natančnost in varnost – ne tveganje poškodb.*

RULES OF THE DISCIPLINE: TAMESHIWARI – TOBI MAE GERI JODAN

1. General Information

- Each competitor has 3 attempts at a given height.
- The third unsuccessful attempt results in disqualification (elimination from further rounds).
- The competition is conducted in a knockout format.
- Men and women compete separately.

3

2. Purpose and Technique Execution

- The competitor must perform a jumping front kick (TOBI MAE GERI JODAN) aimed at a target pad (focus mitt).
- The goal is to make contact with the target using the foot.
- The attempt is valid only if the competitor touches the target with the same leg used for take-off.
- During the technique, the competitor must:
 - be in the air at the moment of contact,
 - kick with the take-off leg,
 - land safely on both feet after the kick.

3. Successful vs. Unsuccessful Attempt

Successful Attempt:

- The competitor touches the target in the air with the take-off leg.
- The competitor lands safely on both feet.
- A successful attempt allows progression to the next (higher) height.

Unsuccessful Attempt:

- The competitor misses the target or touches it with the non-take-off leg.
- The competitor:
 - falls (on the back, stomach, etc.),
 - touches the ground with one or both hands, knees, or elbows,
 - is not airborne at the moment of the kick,
 - fails to land on both feet.

Such an attempt is not recognized and counts as unsuccessful.

4. Progression

- If the competitor successfully touches the target with the take-off leg and performs a proper landing, they advance to the next height.
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5. Safety and Conduct

- The competition emphasizes precision, control, and proper technique.
 - The goal is not reckless jumping or falling, but safe and technically correct execution.
 - Coaches are asked to remind their athletes to avoid unnecessary risks and prevent injuries.
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6. Key Rule Summary

- 3 attempts per height.
 - 3rd failed attempt = elimination.
 - The kick must be executed in the air.
 - The target must be hit with the take-off leg.
 - Landing on both feet is required.
 - No touching the ground with hands, knees, or torso.
 - Advancement continues to the highest successfully reached height.
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 *The goal of this discipline is technical excellence, precision, and safety — not risking injury.*

4

