



WAKO RULES



CHAPTER 10 K1 STYLE RULES



Chapter 10. K1 Style rules

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Article 1. Definition

K1 Style is a kickboxing discipline where the intention of a kickboxer is to defeat opponent using legal techniques with full power and strength. Strikes must be delivered to legal target areas with focus, speed and determination, creating solid contact. Strikes are allowed to the front and side of the head and to the front and side of the torso. Strikes (kicks and knees) are also allowed to opponent's leg (all part including joints). It is also allowed to hold opponents neck and shoulders with one or both hands in order to attack him with the knee.

Article 2. Safety equipment and clothes

Article 2.1. Personal safety equipment

- Head protection (top of the head must be covered).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Breast protection (for female kickboxers) (It is Mandatory to be worn under the top (bodice) or vest)
- Hand wraps (no stick with a tape).
- Gloves for contact sports (10 Oz).
- Groin protection (mandatory for male and female).
- Shin guards (must cover the shin and instep)
- Foot wraps (optional) (must be covered with the ankle support if used).
- Ankle support (optional, if foot wraps are not used)

Article 2.2. Personal clothes

- Bare torso and shorts for men,
- Sport top (vest) and shorts (no sport skirt) for women.

Article 3. Legal target areas

The following parts of the body may be attacked using authorized fighting techniques:

- **Head** - front, forehead and side
- **Torso** - front and side
- **Legs** (all parts including joints)

Article 4. Legal techniques

Hand, foot and knee techniques must be used equally during the entire fight. All techniques must be used with full power. Any technique which is partially deviated or blocked, or that simply touches, brushes or pushes an opponent will not be scored.

Article 4.1. Hand techniques (punches)

- Direct,
- Uppercut
- Hook
- Spinning back fist
- Clinching (active, for 5 seconds only)



Article 4.2. Foot techniques (kicks)

- Front kick to torso and head (not to thigh)
- Sidekick to torso and head (not to thigh)
- Roundhouse kick
- Heel kick
- Crescent kick
- Axe kick
- Jump kicks
- Spinning back kick to torso and head (not to thigh)
- It is allowed to attack using the shin

Article 4.3. Knee techniques

- Knee can be used to attack legs, body or head of the opponent
- It is allowed to hold opponent's neck with one or both hands in order to attack him with the knee immediately.
- Only one knee is allowed during one single attack if the kickboxer hold opponent's neck or shoulders with one or both hands

Article 4.4. Throwing techniques

Foot sweeps (ankle level only, from outside to inside and vice versa) to unbalance the opponent and following up with hand or foot technique or to bring the unbalanced opponent to the canvas. It is not allowed to throw opponent using only hands, and kickboxer cannot throw his opponent using torso, hips or shoulders.

Article 5. Illegal techniques

It is prohibited to:

- Attack the throat, kidneys, back, groin, neck, back of the head and top of the shoulders.
- To grab the opponent's leg for any reason even for a short time, and perform any technique whilst grabbing.
- To perform front and side kick to the front side of the thigh, knee or shin. This is valid also for the knee attacks.
- To perform more than one knee attack, while holding the opponent's neck or shoulders with two hands.
- To perform spinning back kick to the front or side of the thigh.
- To perform punches to the legs.
- To perform any somersault kicks.
- Screwing, lifting and turning the opponent from side to side.
- To attack with the elbow, head, thumb or shoulders.
- To turn one's back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling, throwing and ducking below the opponent's waist.
- To attack an opponent who is caught between the ropes.
- To attack an opponent who is falling to the floor or is already on the floor; that is, as soon as one hand or knee touches the floor.
- To leave the ring without the Central referee's order.
- Continue the fight after the command "stop" or "break" or the end of the round after the signal has been given.
- To oil the face or the body (Vaseline is allowed).
- To spit out or drop the mouth-guard voluntarily.
- Violations of the rules may, depending how grave they are, lead to warnings, minus points or even disqualification