

QUALIFICATION REQUIREMENTS
(BELT SYSTEM)

HSIF-2020

This Regulation establishes a common certification standard for the qualifying ranks in hand-to-hand fighting for all members of the International Hand-to-Hand Fighting Federation.

In the case of successful examination certification to a certain level is confirmed by the issuance of a certificate of the sample established by the HSIF. Certification for a black belt is confirmed by the issuance of the nominal belt and HSIF certificate.

The Certification Commission shall have the right to conduct certification and assign qualifying ranks, and should consist of at least three people. Assignment of the Master qualification is made only by the certification Commission of HSIF.

The register of qualifying levels «Student» is presented in Table 1.

Assignment of master qualifying rank based on the results of professional activities to athletes is presented in Table 2 and Table 4.

Assignment of master qualifying rank based on the results of professional activities to coaches and supervisors is presented in Table 3.





Duels cannot be held if the fighter is a current athlete and performed in competitions during the year preceding the certification exam. To obtain the master's qualification, it is necessary to fulfill the standards set out in the certification program.





In exceptional cases, the qualification «Master of hand-to-hand fighting" can be assigned without taking into account the requirements set out in tables №2, №3 and №4.

The standard for physical training is considered to be fulfilled if, after performing all the control exercises, the certified scored at least 28 points in total (Annex №2).

QUALIFICATION LEVELS

Table № 1

Level (Rank)	Distinguishing sign	Category Norms*	Self-defense technique (1st tour) Fighting activity	General standards
7 th student 	White belt with black stripe	After 6 months of regular training	Defense against blows/punches and kicks	Basic technique of hand-to-hand fighting, physical training, theoretical training
6 th student 	Yellow belt, yellow stripe on the sleeve	3 rd -2 nd junior category	Defense against blows/punches and kicks 3 fights	Basic technique of hand-to-hand fighting, physical training, theoretical training
5 th student 	Orange belt, orange stripe on the sleeve	2 nd -1 st junior category	80 points (4 sleights against unarmed opponent) 4 fights	Basic technique of hand-to-hand fighting, physical training, theoretical training
4 th student 	Red belt, red stripe on the sleeve	3 rd category	90 points 5 fights	Basic technique of hand-to-hand fighting, physical training, theoretical training, referee's practice

3 rd student 	Blue belt, blue stripe on the sleeve	2 nd category	100 points 6 fights	Basic technique of hand-to-hand fighting, physical training, theoretical training, referee's practice
2 nd student 	Green belt, green stripe on the sleeve	1 st category	110 points 7 fights	Basic technique of hand-to-hand fighting, physical training, theoretical training, referee's practice
1 st student 	Brown belt, brown stripe on the sleeve	Master Candidate	120 points 8 fights	Basic technique of hand-to-hand fighting, physical training, theoretical training, referee's practice
Master 	Black belt	Master of Sports	125 points 10 fights	Basic technique of hand-to-hand fighting, physical training, theoretical training, referee's practice

* To get a category is not strictly required.

FIGHTERS

Table № 2

Rank	Distinguishing sign	Sports title *	Conferment requirements
1 st rank National Master (NM)	Black belt with one gold stripe	Master of Sports	Medalist of the official national competitions.
2 nd rank National Master (NM)	Black belt with two gold stripes	Master of Sports	A national champion, medalist of the international competitions.
3 rd rank International Master (IM)	Black belt with three gold stripes	World-Class Athlete	A two-time national champion, European champion or Asian champion or Pan- American champion or World Cup winner.
4 th rank World Master (WM)	Black belt with four gold stripes	World-Class Athlete or Honored Master of Sports	A three-time national champion, World champion.
5 th rank World Master (WM)	Black belt with one broad gold stripe	Honored Master of Sports	A three-time and more national champion, three- time World champion.

* The countries, where the fighters get the title "Master of Sports" formally by the Government Agencies in charge of Physical Education and Sport, should submit a copy of the relevant document (certificate).

COACHES AND SUPERVISORS

Table № 3

Rank	Distinguishing sign	Conferment requirements
1 st rank National Master (NM)	Black belt with one red stripe	Instructor, coach, head of hand-to-hand fighting club, city/regional/national organization, who has not less than 15 trainees, not lower than the 1 st referee's category, and has trained not less than 5 medalists of the official national competitions. For special services.
2 nd rank National Master (NM)	Black belt with two red stripes	Coach, head of hand-to-hand fighting club, city/regional/national organization, who has not less than 30 trainees, not lower than the 1 st referee's category, and has trained not less than 5 champions of the official national competitions. For special services.
3 rd rank International Master (IM)	Black belt with three red stripes	Head of hand-to-hand fighting club, city/regional/national organization head with not less than 50 organization's members, who has not lower than the National referee's category, and has trained not less than 1 national team member, medalist of the official international competitions. For special services.
4 th rank International Master (IM)	Black belt with four red stripes	Head of city/regional/national organization with not less than 100 organization's members, who has not lower than the National referee's category, and has trained not less than 2 national team members, medalists of the official international competitions. For special services.
5 th rank International Master (IM)	Black belt with one wide red stripe	Head of regional/national organization which has not less than 3 departments in its lineup, who gets not lower than the 3 rd class International referee's category, and has trained one European champion or Asian champion or Pan-American champion or World Cup winner. For special services.

<p>6th rank World Master (WM)</p>	<p>Black belt with one wide and one narrow red stripes</p>	<p>Head of regional/national organization which has not less than 5 departments in its lineup, who gets not lower than the 2nd class International referee's category, and has trained European champions or Asian champions or Pan-American champions or World Cup winner and one World champion. For special services.</p>
<p>7th rank World Master (WM)</p>	<p>Black belt with one wide and two narrow red stripes</p>	<p>Head of national organization which has not less than 5 regional departments in its lineup, who gets not lower than the 1st class International referee's category, and has trained European champions or Asian champions or Pan-American champions or World Cup winners and several World champions. The Presidium member of the Hand-to-Hand Fighting Sport International Federation. For special services.</p>
<p>8th rank Grand Master (GM)</p>	<p>Black belt with one wide and three narrow red stripes</p>	<p>Head of the Hand-to-Hand Fighting Sport National Federation, the Presidium member of the Hand-to-Hand Fighting Sport International Federation, who has worked not less than 10 years in the Hand-to-Hand Fighting Sport International Federation. For special services.</p>
<p>9th rank Grand Master (GM)</p>	<p>Black belt with one wide and four narrow red stripes</p>	<p>Head of the Hand-to-Hand Fighting Sport National Federation, the Presidium member of the Hand-to-Hand Fighting Sport International Federation, who has worked not less than 15 years in the Hand-to-Hand Fighting Sport International Federation. For special services.</p>
<p>10th rank Grand Master (GM)</p>	<p>Black belt with two wide red stripes</p>	<p>Head of the Hand-to-Hand Fighting Sport National Federation, the Presidium member of the Hand-to-Hand Fighting Sport International Federation, who has worked not less than 20 years in the Hand-to-Hand Fighting Sport International Federation. For special services.</p>

SELF-DEFENCE MASTERS

Table № 4

Rank	Distinguishing sign	Sports title *	Conferment requirements
1 st rank National Master (NM)	Black belt with one silver stripe	Master of Sports	Medalist of the official national competitions
2 nd rank National Master (NM)	Black belt with two silver stripes	Master of Sports	A national champion, medalist of the international competitions
3 rd rank International Master (IM)	Black belt with three silver stripes	World-Class Athlete	A two-time national champion, European champion or Asian champion or Pan- American champion or World Cup winner
4 th rank World Master (WM)	Black belt with four silver stripes	World-Class Athlete or Honored Master of Sports	A three-time national champion, World champion
5 th rank World Master (WM)	Black belt with one broad silver stripe	Honored Master of Sports	A three-time and more national champion, three- time World champion

* The countries, where the fighters get the title "Master of Sports" formally by the Government Agencies in charge of Physical Education and Sport, should submit a copy of the relevant document (certificate).

CERTIFICATION REQUIREMENTS

for the assignment of qualifying student ranks

The 7th student level (the period of studies is not less than 6 months):

Basic technique:

Stances and movements:

- stand by position, front fighting position, and regular/opposite guard position;
- movements from the fighting position: by step forward, step backward, step to the left, step to the right, side step forward/backward, side step to the left/right.

Punches: straight (jab/cross), from below (uppercut), laterally (hook).

Kicks: straight front kick, straight round kick.

Spot and self-spot:

- tuck position;
- forward/backward roll;
- forward/backward shoulder roll;
- self-spot from the squat position with falling on the left/right side, on the back;
- self-spot when falling forward on the arms;
- self-spot with a somersault over the left/right shoulder, with falling on the back roll over the shoulder;
- through a partner standing on all fours (over the left/right shoulder), falling back;
- through partner's hand.

Physical training: see attachment №2.

The 6th student level (the period of studies is not less than 6 months):

Basic technique:

Stances and movements:

- stand by position, front fighting position, and regular/opposite guard position;
- movements in the fighting position: by step forward, step backward, step to the left, step to the right, side step forward/backward, side step to the left/right;
- slipping move forward left/right, backward left/right.

Punches: straight (jab/cross), from below (uppercut), laterally (hook).

Kicks: straight front kick, straight round kick, back kick.

Spot and self-spot:

- tuck position;
- forward/backward roll;
- forward/backward shoulder roll;
- self-spot from the squat position with falling on the left/right side, on the back;
- self-spot when falling forward on the arms;
- self-spot with a somersault over the left/right shoulder, with falling on the back roll over the shoulder;
- through a partner standing on all fours (over the left/right shoulder), falling back;
- through partner's hand.

Standing Stance fight:

- front double leg takedown / back double leg takedown;
- forward/rear trip from the standing position and from the knee.

Ground fight:

- pinning hold (side mount, across) and escape from it;
- arm locks (armbar through the shoulder/forearm/thigh; direct shoulder lock on the ground and in standing position).

Self-defense techniques:

- defense from the studied punches;
- defense from the studied kicks;
- a throw with holding and submission hold.

Combat training:

3 fights with different opponents in 2 minutes each (to show the ability to defend themselves in the fight).

Physical training: see attachment №2.

The 5th student level (the period of studies is not less than 9 months):***Basic technique:******Stances and movements:***

- stand by position, front fighting position, and regular/opposite guard position;
- movements in the fighting position: by step forward, step backward, step to the left, step to the right, side step forward/backward, side step to the left/right;
- slipping move forward left/right, backward left/right.

Punches: straight (jab/cross), from below (uppercut), laterally (hook) (run in regular guard stance in forward/backward motion).

Kicks: straight front kick, straight round kick, back kick, side kick.

Spot and self-spot:

- tuck position;
- forward/backward roll;
- forward/backward shoulder roll;
- self-spot from the squat position with falling on the left/right side, on the back;
- self-spot when falling forward on the arms;
- self-spot with a somersault over the left/right shoulder, with falling on the back roll over the shoulder;
- through a partner standing on all fours (over the left/right shoulder), falling back;
- through partner's hand.

Standing Stance fight:

- front double leg takedown / back double leg takedown;
- forward/rear trip from the standing position and from the knee;
- hip roll.

Ground fight:

- pinning hold (side mount, across, vertical four-quarter hold) and escape from it;
- arm locks (armbar through the shoulder/forearm/thigh; direct shoulder lock on the ground and in standing position);

- leglock (achilles' ankle lock, calf muscles lock).

Self-defense techniques:

- defense from the studied punches;
- defense from the studied kicks;
- breaking holds (front/back Bear Hugs (without hands), front/back Bear Hugs (with hands), of the clothes grab from the front).

Combat training:

4 fights with different opponents in 2 minutes each (to show the studied technique of attack and defense).

Physical training: see attachment №2.

The 4th student level (the period of studies is not less than 12 months):

Basic technique:

Stances and movements:

- stand by position, front fighting position, and regular/opposite guard position;
- movements in the fighting position: by step forward, step backward, step to the left, step to the right, side step forward/backward, side step to the left/right;
- slipping move forward left/right, backward left/right.

Punches: straight (jab/cross), from below (uppercut), laterally (hook) (run in regular guard stance in forward/backward motion), backhand.

Kicks: straight front kick, straight round kick, back kick, side kick, hook kick.

Spot and self-spot:

- tuck position;
- forward/backward roll;
- forward/backward shoulder roll;
- self-spot from the squat position with falling on the left/right side, on the back;
- self-spot when falling forward on the arms;
- self-spot with a somersault over the left/right shoulder, with falling on the back roll over the shoulder;
- through a partner standing on all fours (over the left/right shoulder), falling back;
- through partner's hand.

Standing Stance fight:

- front double leg takedown / back double leg takedown;
- forward/rear trip from the standing position and from the knee;
- hip roll;
- back throw, back drop;
- small outer hook, big inside hook.

Ground fight:

- pinning hold (side mount, across, vertical four-quarter hold, upper four quarter hold down) and escape from it;
- arm locks (armbar through the shoulder/forearm/thigh; direct/reverse shoulder lock on the ground and in standing position), wristlock outside;
- leglock (achilles' ankle lock, calf muscles lock);
- stranglehold (naked strangle, double naked strangle).

Self-defense techniques:

Perform 5 moves in situations from the application №1 on the choice of the examiner to assess not less than 90 points in accordance with the rules of the competition in hand-to-hand fighting.

Combat training:

5 fights with different opponents in 2 minutes each (1 fight – defense against punches and kicks, 1 fight – defense against opponent with the knife, 1 fight - breaking holds, 2 fights – free bout without weapons).

Physical training: see attachment №2.

The 3rd student level (the period of studies is not less than 18 months):**Basic technique:*****Stances and movements:***

- stand by position, front fighting position, and regular/opposite guard position;
- movements in the fighting position: by step forward, step backward, step to the left, step to the right, side step forward/backward, side step to the left/right;
- slipping move forward left/right, backward left/right.

Punches: straight (jab/cross), from below (uppercut), laterally (hook) (run in regular guard stance in forward/backward motion), backhand, backfist, elbow.

Kicks: straight front kick, straight round kick, back kick, side kick, hook kick, knee kick, inside round foot kick.

Combinations of punches and kicks: on the choice of the examiner.

Spot and self-spot:

- tuck position;
- forward/backward roll;
- forward/backward shoulder roll;
- self-spot from the squat position with falling on the left/right side, on the back;
- self-spot when falling forward on the arms;
- self-spot with a somersault over the left/right shoulder, with falling on the back roll over the shoulder;
- through a partner standing on all fours (over the left/right shoulder), falling back;
- through partner's hand.

Standing Stance fight:

- front double leg takedown / back double leg takedown;
- forward/rear trip from the standing position and from the knee;
- hip roll;
- back throw, back drop;
- small outer hook, big inside hook;
- forward rollover, hand wheel, rear roll;
- lateral sweep, forward sweep, rear sweep.

Ground fight:

- pinning hold (side mount, across, vertical four-quarter hold, upper four quarter hold down) and escape from it;

- arm locks (armbar through the shoulder/forearm/thigh; direct/reverse shoulder lock on the ground and in standing position), wristlock outside;
- leglock (achilles' ankle lock, calf muscles lock, kneebar);
- stranglehold (naked strangle, double naked strangle, normal cross strangle).

Self-defense techniques:

Perform 5 moves in situations from the application №1 on the choice of the examiner to assess not less than 100 points in accordance with the rules of the competition in hand-to-hand fighting.

Combat training:

6 fights with different opponents in 2 minutes each (1 fight – defense against punches and kicks, 1 fight – defense against opponent with the knife, 1 fight – defense against stick, 1 fight - breaking holds, 2 fights – free bout without weapons).

Physical training: see attachment №2.

The 2nd student level (the period of studies is not less than 24 months):

Basic technique:

Stances and movements:

- stand by position, front fighting position, and regular/opposite guard position;
- movements in the fighting position: by step forward, step backward, step to the left, step to the right, side step forward/backward, side step to the left/right;
- slipping move forward left/right, backward left/right.

Punches: straight (jab/cross), from below (uppercut), laterally (hook) (run in regular guard stance in forward/backward motion), backhand, backfist, elbow.

Kicks: straight front kick, straight round kick, back kick, side kick, hook kick, knee kick, inside round foot kick, outside round foot kick.

Combinations of punches and kicks: on the choice of the examiner.

Spot and self-spot:

- tuck position;
- forward/backward roll;
- forward/backward shoulder roll;
- self-spot from the squat position with falling on the left/right side, on the back;
- self-spot when falling forward on the arms;
- self-spot with a somersault over the left/right shoulder, with falling on the back roll over the shoulder;
- through a partner standing on all fours (over the left/right shoulder), falling back;
- through partner's hand.

Standing Stance fight:

- front double leg takedown / back double leg takedown;
- forward/rear trip from the standing position and from the knee;
- hip roll;
- back throw, back drop;
- small outer hook, big inside hook;
- forward rollover, hand wheel, rear roll;

- lateral sweep, forward sweep, rear sweep;
- leg wheel throw, major outer reap.

Ground fight:

- pinning hold (side mount, across, vertical four-quarter hold, upper four quarter hold down, on the part of legs) and escape from it;
- arm locks (armbar through the shoulder/forearm/thigh; direct/reverse shoulder lock on the ground and in standing position), wristlock outside, hammerlock from the front/back;
- leglock (achilles' ankle lock, calf muscles lock, kneebar);
- stranglehold (naked strangle, double naked strangle, normal cross strangle).

Self-defense techniques:

Perform 5 moves in situations from the application №1 on the choice of the examiner to assess not less than 110 points in accordance with the rules of the competition in hand-to-hand fighting.

Combat training:

7 fights with different opponents in 2 minutes each (1 fight – defense against punches and kicks, 1 fight – defense against opponent with the knife, 1 fight – defense against stick, 1 fight - breaking holds, 3 fights – free bout without weapons).

Physical training: see attachment №2.

The 1st student level (the period of studies is not less than 30 months):

Basic technique:

Stances and movements:

- stand by position, front fighting position, and regular/opposite guard position;
- movements in the fighting position: by step forward, step backward, step to the left, step to the right, side step forward/backward, side step to the left/right;
- slipping move forward left/right, backward left/right.

Punches: straight (jab/cross), from below (uppercut), laterally (hook) (run in regular guard stance in forward/backward motion), backhand, backfist, elbow.

Kicks: straight front kick, straight round kick, back kick, side kick, hook kick, knee kick, inside round foot kick, outside round foot kick.

Combinations of punches and kicks: on the choice of the examiner.

Spot and self-spot:

- tuck position;
- forward/backward roll;
- forward/backward shoulder roll;
- self-spot from the squat position with falling on the left/right side, on the back;
- self-spot when falling forward on the arms;
- self-spot with a somersault over the left/right shoulder, with falling on the back roll over the shoulder;
- through a partner standing on all fours (over the left/right shoulder), falling back;
- through partner's hand.

Standing Stance fight:

- front double leg takedown / back double leg takedown;
- forward/rear trip from the standing position and from the knee;
- hip roll;
- back throw, back drop;
- small outer hook, big inside hook;
- forward rollover, hand wheel, rear roll;
- lateral sweep, forward sweep, rear sweep;
- leg wheel throw, major outer reap;
- shoulder wheel (windmill).

Ground fight:

- pinning hold (side mount, across, vertical four-quarter hold, upper four quarter hold down, on the part of legs) and escape from it;
- arm locks (armbar through the shoulder/forearm/thigh; direct/reverse shoulder lock on the ground and in standing position), wristlock outside, hammerlock from the front/back in the motion;
- leglock (achilles' ankle lock, calf muscles lock, kneebar);
- stranglehold (naked strangle, double naked strangle, normal cross strangle).

Combinations of standing and ground fight: enforcement of throws with the transition to holding, submission holds or stranglehold.

Combinations of punches and kicks with throws: on the choice of the fighter.

Self-defense techniques:

Perform 5 moves in situations from the application №1 on the choice of the examiner to assess not less than 120 points in accordance with the rules of the competition in hand-to-hand fighting.

Combat training:

8 fights with different opponents in 2 minutes each (1 fight – defense against punches and kicks, 1 fight – defense against opponent with the knife, 1 fight – defense against stick, 1 fight - breaking holds, 4 fights – free bout without weapons).

Physical training: see attachment №2.

Master level (the period of studies is not less than 36 months):

Basic technique:

Stances and movements:

- stand by position, front fighting position, and regular/opposite guard position;
- movements in the fighting position: by step forward, step backward, step to the left, step to the right, side step forward/backward, side step to the left/right;
- slipping move forward left/right, backward left/right.

Punches: straight (jab/cross), from below (uppercut), laterally (hook), backhand, backfist, elbow (run in regular guard stance in forward/backward motion in combination with leaving the line of attack).

Kicks: straight front kick, straight round kick, back kick, side kick, hook kick, knee kick, inside round foot kick, outside round foot kick.

Combinations of punches and kicks: on the choice of the examiner.

Spot and self-spot:

- tuck position;
- forward/backward roll;
- forward/backward shoulder roll;
- self-spot from the squat position with falling on the left/right side, on the back;
- self-spot when falling forward on the arms;
- self-spot with a somersault over the left/right shoulder, with falling on the back roll over the shoulder;
- through a partner standing on all fours (over the left/right shoulder), falling back;
- through partner's hand.

Standing Stance fight:

- front double leg takedown / back double leg takedown;
- forward/rear trip from the standing position and from the knee;
- hip roll;
- back throw, back drop
- small outer hook, big inside hook;
- forward rollover, hand wheel, rear roll;
- lateral sweep, forward sweep, rear sweep.
- leg wheel throw, major outer reap;
- shoulder wheel (windmill);
- overhead throw

Ground fight:

- pinning hold (side mount, across, vertical four-quarter hold, upper four quarter hold down, on the part of legs) and escape from it;
- arm locks (armbar through the shoulder/forearm/thigh; direct/reverse shoulder lock on the ground and in standing position), wristlock outside, hammerlock from the front/back in the motion;
- leglock (achilles' ankle lock, calf muscles lock, kneebar);
- stranglehold (naked strangle, double naked strangle, normal cross strangle).

Combinations of standing and ground fight: enforcement of throws with the transition to holding, submission holds or stranglehold on the choice of the examiner.

Combinations of punches and kicks with throws: on the choice of the examiner.

Self-defense techniques:

Perform 5 moves in situations from the application №1 on the choice of the examiner to assess not less than 125 points in accordance with the rules of the competition in hand-to-hand fighting.

Combat training:

10 fights with different opponents in 2 minutes each (1 fight – defense against punches and kicks, 1 fight – defense against opponent with the knife, 1 fight – defense against stick, 1 fight - breaking holds, 6 fights – free bout without weapons).

Physical training: see attachment №2.