

A SNEAK PREVIEW IN MONACO!
AT THE 2nd MONACO PÀIJEDA EXHIBITION,
MONEGASQUE MARTIAL ART
SATURDAY 6 APRIL 2024



F.P.A.M.

PÀIJEDA MONEGASQUE MARTIAL ART FEDERATION

PRESS KIT



THE "PÀIJEDA ASSAULT"

DEFENCE/COMBAT COMPETITION, FOR
EVERYONE AGED 8 AND OVER,
THE MONEGASQUE MARTIAL ART PÀIJEDA

THE COMBAT SPORTS QUADRATHLON
or **FORCE 4**

- 1/ DEFENCE/COMBAT
- 2/ PERCUSSION/SEIZURES, HAND-
- 3/ STAND-UP/HAND-TO-HANDGROUND
- 4/ WITH OR WITHOUT DUMMY OBJECTS

- APRIL 2024 -

**MORAL CODE**

Pàijeda, a Monegasque martial art, integrates respect for ethical values and its moral code at the heart of its sporting practice, whether for leisure or competition:

Kindness**Respect****Courage****Sincerity****Honour****Modesty****Self-control****Politeness****INTRODUCTION**

The Federation of Pàijeda, a Monegasque martial art, is pleased to give you a brief introduction to Pàijeda Assaut, the Pàijeda defence/combat competition, for everyone aged 8 and over!

PAIJEDA, A MONEGASQUE MARTIAL ART**SIGNIFICANCE OF ITS NAME: "ART OF DEFENDING PEACE"**

The term Pàijeda is composed of "Pàije", meaning "Peace" in the Monegasque language, and the initials of "Defense Art".

DEFINITION: A REGULATED, MODERN, MULTIDIMENSIONAL DEFENCE AND COMBAT SPORT THAT EMBODIES THE TRADITIONAL ETHICAL VALUES OF THE MARTIAL ARTS AND IS A VEHICLE FOR MONEGASQUE CULTURE.

Pàijeda, a Monegasque martial art, is a defence sport (sport d'a defesa) and combat sport (sport di cumbatimentu), created¹ on 11 June 2020 by Mr Claude POUGET, advocating respect for educational values (for the youngest), ethics (moral code), technical and sporting rules and the law (in particular self-defence).

This discipline is made up of referenced and authorised defensive and offensive percussion or striking techniques (with the upper and lower limbs), gripping or seizing (bringing to the ground, projections, immobilisations, keys, strangulations, pressure points), standing and on the ground, with or without objects (dummy foam sticks, etc.), practised in a safe environment.

Pàijeda, a Monegasque martial art that allows progression by level (grades), is accessible to a wide range of people, from the very young to the elderly, for leisure or other purposes (physical and mental maintenance, self-defence, competition, etc.) and offers a host of benefits.

Pàijeda, a Monegasque martial art and a vehicle for national culture, is an open, inclusive and individualised sport that incorporates the Monegasque language (more than a hundred words in its vocabulary).

¹ Originally "Muneguda"

**PAIJEDA ASSAUT: THE COMBAT COMPETITION :****THE "COMBAT SPORTS QUADRATHLON" OR "FORCE 4":**

- 1/ DEFENCE/COMBAT**
- 2/ PERCUSSION/SEIZURES, BODY TO BODY**
- 3/ STANDING/SOL**
- 4/ WITH OR WITHOUT DUMMY OBJECTS**

Pàijeda Assaut" competitions are open to a wide range of competitors, from under-age (8/9 years old) to veterans, divided into weight categories, in compliance with the law, the moral code and the federal technical and sporting rules applicable to the different categories of competitors.

For example:

- Percussion techniques (such as fist or foot techniques) are only authorised (with or without objects or dummy sticks) when "TOUCH", without power on impact and controlled, and not when " " (o t o combat is forbidden).
- From the Under-18 categories onwards, a 10-second immobilisation on the back is enough to win, before the limit of the restart, and 10 points are awarded.
- Arm locks are only authorised for cadets and chokes for juniors.

Pàijeda Assaut competitions involve two competitors (one wearing a red belt and the other a white belt) facing each other in defence and combat, over a total duration of 2 to 5 minutes, divided into three rounds (two defence rounds and one combat round).

During the first 15-second restart, one of the two competitors must demonstrate their ability to defend themselves against an attacker using a technique with a specific theme (e.g. frit or foam stick);

In the second 15-second restart, the roles of defender and attacker are reversed;

In the 3rd round, w h i c h lasts between 1 minute 30 seconds and 3 minutes 30 seconds, depending on the category, the two competitors face each other using their fighting techniques: percussion ("touch" without power or disqualification), upper/lower limbs, wrestling/seizing, standing or on the ground.

During the three rounds, the defending competitor (for the first 2 rounds) and both competitors (for the 3rd round) may use a foam dummy object, which is counted as a bonus (10 points) for each winning round.

During the three rounds and at the end of each round, the three judges intervene by gesture, waving either the red or white flag (upwards: points or advantage or downwards: penalties). The central referee intervenes gesturally and vocally to record the point or penalty in favour of one of the two competitors.

At the end of each restart, the referee indicates by gesture and voice the winner of the restart and the total points scored by the two competitors. The same applies at the end of the bout (the decision is based on the sum of the points at the end of each restart).

Each restart can be won before the time limit. (e.g. during the 3rd restart, from Under-18s to Cadets: hold the opponent flat on his back for 10 seconds).

Competitions are based on elimination with or without repechage depending on the number of entries.

Competitors must wear Pàijeda (Monegasque martial art) clothing and the required protection, either personal or provided by the organiser. Foam defence objects are made available by the organiser.

GENERAL COMPETITION RULES

Federal Authority / Officials (Supervisor, Referee, 3 judges, timekeeper) / Doctor/ Coaches

CLOTHING, PROTECTIVE GEAR, FAKE DEFENSIVE OBJECTS (FOAM)**1. Dress**

Competitors must wear Pàijeda, a Monegasque martial art:

- a) White trousers only;
- b) A red t-shirt
- c) Barefoot ;
- d) One Pàijedal will wear a red belt and the other a white one, to distinguish them from the officials during the confrontation.



Red belt



White belt

2. Protection: Helmet, Mouthguard, Breastplate, Curved mitts (Gloves), Shin/foot protectors, Shells and (if necessary) chest protection**3. Dummy foam defence objects: Ball, Cushion, Pool noodles...**



DURATION AND NUMBER OF ASSAULTS ALLOWED

Duration of assaults

AGE CATEGORIES	NUMBER OF REPEATS	DURATION OF RECOVERIES		REST PERIOD AFTER THE FIRST TWO REPEAT (minutes)
		By trade-in (minutes/seconds)	Total (minutes)	
Poussins 8/9 years	3	1st repeat: 15" 2nd repeat: 15" 3rd repeat: 1'30	2'	1'
Benjamins 10/11 years	3	1st repeat: 15" 2nd repeat: 15" 3rd repeat: 2'30	3'	30"
Minimes 12/13 years	3	1st repeat: 15" 2nd repeat: 15" 3rd repeat: 2'30	3'	30"
Cadets 14/15 years	3	1st restart: 15" 2nd restart: 15" 3rd restart: 3'30"	4'	30"
Juniors 16/17 years	3	1st repeat: 15" 2nd repeat: 15" 3rd repeat: 3'30	4'	30"
Seniors + 18 years/40 years	3	1st repeat: 15" 2nd repeat: 15" 3rd repeat: 4'30	5'	1'
Veterans Assaults + Over 40s/50s	3	1st repeat: 15" 2nd repeat: 15" 3rd repeat: 4'30	5'	1'



AGE AND WEIGHT CATEGORIES

	MINI CHICKS	PRE-KIDS	KIDS	BENJAMIN(ES)	MINIMES	CADET(TE)S	JUNIORS	SENIORS	VETERANS
	4 - 5 years	6 - 7 years	8 - 9 years	10 - 11 years	12 - 13 years	14 - 15 years	16 - 17 years old	18 - 40 years inclusive	41-50 years inclusive
	Born after 2018 - 2019	2016 - 2017	2014- 2015	2012 - /2013	2010 - 2011	2008 - 2009	2006 - 2007	1983 - 2005	1973 - 1982
CAT. WOMEN'S WEIGHT	-20 kg	-18 kg	-18 kg	-23 kg	-28 kg	-37 kg	-42 kg	-50 kg	-50 kg
	-25 kg	-23 kg	-23 kg	-28 kg	-32 kg	-42 kg	-46 kg	-55 kg	-55 kg
	-30 kg	-28 kg	-28 kg	-32 kg	-37 kg	-46 kg	-50 kg	-60 kg	-60 kg
	-35 kg	-32 kg	-32 kg	-37 kg	-42 kg	-50 kg	-55 kg	-65 kg	-65 kg
	35 kg and over	-37 kg	-37 kg	-42 kg	-46 kg	-55 kg	-60 kg	-70 kg	-70 kg
		-42 kg	-42 kg	-47 kg	-50 kg	-60 kg	-65 kg	+70 kg	+70 kg
		-47 kg	-47 kg	-52 kg	-55 kg	-65 kg	-70 kg		
		+47 kg	+47 kg	+52 kg	-60 kg	+65 kg	+70 kg		
CAT. MEN'S WEIGHT	-20 kg	-18 kg	-18 kg	-23 kg	-28 kg	-37 kg	-47 kg	-57 kg	-57 kg
	-25 kg	-23 kg	-23 kg	-28 kg	-32 kg	-42 kg	-52 kg	-63 kg	-63 kg
	-30 kg	-28 kg	-28 kg	-32 kg	-37 kg	-47 kg	-57 kg	-69 kg	-69 kg
	-35 kg	-32 kg	-32 kg	-37 kg	-42 kg	-52 kg	-63 kg	-74 kg	-74 kg
	-40 kg	-37 kg	-37 kg	-42 kg	-47 kg	-57 kg	-69 kg	-79 kg	-79 kg
	40 kg and over	-42 kg	-42 kg	-47 kg	-52 kg	-63 kg	-74 kg	-84 kg	-84 kg
		-47 kg	-47 kg	-52 kg	-57 kg	-69 kg	-79 kg	-89 kg	-89 kg
		+47 kg	+47 kg	+52 kg	-63 kg	-74 kg	-84 kg	-94 kg	-94 kg
					-69 kg	+74 kg	-89 kg	+94 kg	+94 kg

+94 kg

**ASSAULT AREA (TATAMIS OR RING)****JUDGES' FLAG DECISIONS****THE REFEREE'S COMMANDS**

The confrontation starts/stops on the referee's command:

	
Salùtè!	Salute ! / Shake hands !
Assàutu!	Assault!
Daghe!	Action!
Basta!	Stop!
Separè-ve!	Split up!
Pàusa!	At ease!

TARGET AREAS AUTHORISED TO BE "TOUCHED"**A. For kicks and shins**

1. The front and sides of the head and torso;
2. Legs, thighs and under the ankle (sweeping);

B. Knee strikes (with or without grappling)

1. The front and sides of the chest ;
2. The outside of the thighs.

It should be noted that these authorisations are only envisaged here as a general principle, as the applicable rules may envisage a more restricted use for different categories of participants: leisure or competition, age criteria, level, etc.

C. For "classic" punches (see below) and backhands :

1. The anterior and lateral sides of the head ;
2. The front and sides of the body (above the waist).

It should be noted that other punches or blows to the upper limbs known as "hammer blows", "open hands", "elbow blows" or "forearm blows" are not authorised in interpersonal contact percussion but are authorised to be practised with a punching bag or empty in "shadow".

**TARGET CONTACT SURFACES NOT ALLOWED TO BE "TOUCHED"****A. For kicks/shins and knees**

1. The genital triangle ;
2. Breasts for women;
3. The back;
4. Eyes, throat, nape of the neck and back of the head.

B. For "classic" punches (see below) and backhands, or when extended with dummy objects or weapons (foam sticks or knives with rounded edges);

1. Lower limbs;
2. The back;
3. The bust for women ;
4. Nape of the neck, neck, eyes, throat, top and back of the head.

Other punches and blows to the upper limbs are known as "hammer blows", "Open hands", "elbow strikes" and "forearm strikes" are not permitted in interpersonal contact, but only when practising with a punching bag or "shadow".

PROHIBITED TECHNIQUES AND PROCEDURES**A Techniques prohibited for all categories of practitioners**

1. The "touches" with the techniques percussions on the ground or as soon as a part of the body of the adversary other than its two feet touches the ground;
2. Hitting with the elbows (However, this is authorised for Minimes and above, when hitting with the bag or solo ("shadow") training);
3. Knee-to-head hits are made as soon as any part of the opponent's body other than his feet touches the ground;
4. Knee strikes to the head with traction of the head (desire to bring the head to the knee);
 - . Touching (standing or on the ground) with "hammer" punches, "open hand" punches or the forearm. However, from the Minimes upwards, these techniques are authorised in training for striking/touching the training bag or techniques used solo ("shadow");
6. Kicks/shin kicks: on the back of the head; on the top of the shoulders and the knee;
7. Kicks/knee kicks that are turned, spun around and delivered below the belt;
8. All forms of projection designed to make the opponent fall on his neck or skull;
9. Any deliberate throw intended to cause the opponent to fall outside the assault area;
10. In general, all techniques eliminated from the technical codification of the FFKMDA Pàijeda Commission due to their dangerousness.



B. Prohibited acts for all categories of practitioners

In PAIJEDA, a Monegasque martial art, the prohibited acts common to each category are as follows:

1. Move forward in a dangerous manner by putting your head forward.
2. Putting your fingers or fake foam objects or weapons into your opponent's nose, eyes or mouth,
3. Grabbing the ear or putting your fingers in your opponent's ear,
4. Finger or toe spanners and twists,
5. Twisting the back of the neck,
6. Spinal column keys,
7. Scratching, tickling, biting, spitting at or insulting an opponent.

In general, any behaviour contrary to morality, sportsmanship and the code of ethics of the practice of PAIJEDA, the Monegasque martial art, may result, after disciplinary proceedings, in the Pàijedal being temporarily or permanently banned from taking part in any competition of PAIJEDA, the Monegasque martial art, on national territory.

The absorption of any doping product is strictly forbidden. The FFKMDA has full powers to carry out, or have carried out, any tests, samples or medical examinations intended to discover the possible use of a prohibited substance, to set in motion the legal procedures and then to pronounce the sanctions in accordance with the sporting legislation in force.





TECHNIQUES PERMITTED IN PAIJEDA, THE MONEGASQUE MARTIAL ART IN ASSAUT COMPETITION

A BASIC TECHNIQUES

1. Salute
2. Guarding, positioning and basic movements (standing and on the ground)
3. Rolls and falls
4. Sequences and technical links

PERCUSSION TECHNIQUES

1. Upper limb blows ;
 - a) Classic punches (Direct, Hook, Up, Down, Sauté)
 - b) Backhand punches (backhand, spinning backhand)
2. Objects and foam sticks that extend the upper limbs by percussion
3. Lower limb blows
 - a) Kicks/shin kicks (direct, side, back, round, backhand, round back, up, down)
 - b) Sweeping (inside, outside, hook mowing)
 - c) Knee strikes (direct, circular)

E E TECHNIQUES

1. Seizures-projections or Ground Support
 - a) Belts
 - b) Single leg takedowns
 - c) Leg technique
 - d) Arm technique
 - e) Hip technique
2. Seizures-submission-immobilisation (control & keys)
3. Seizures-submissions-strangling, standing and on the ground
4. Seizures-submissions-pressure points
 - a) Pressure on head points
 - b) Pressure on body points
 - c) Pressure on upper limb points
 - d) Pressure on points on the lower limbs

DEFENCE TECHNIQUES AGAINST PERCUSSION TECHNIQUES

1. Dodge (with or without movement)
2. Parries (chase, block, protect)
3. Neutralisation
4. Counter-attack, counter, stoppage move

E DEFENCE TECHNIQUES AGAINST SEIZURE TECHNIQUES

1. Standing defences (bringing to the ground, throws, grabs or embraces, keys) ;
2. Ground defence

PRINCIPLE OF DEFENCE AGAINST OBJECTS IN THE ENVIRONMENT

TECHNIQUES FOR DEFENDING AGAINST THREATS OR ATTACKS WITH A FOAM BATON

TECHNICAL RULES FOR ASSAULT APPLICABLE TO THE DIFFERENT CATEGORIES

NB: legend: the "X": authorises with a possible mandatory prescription.

REFERENCED TECHNIQUES	8/9 YEAR OLDS	10/11 YEAR OLDS	MINIMES 12/13 YEARS	CADETS AGED 14/15	JUNIORS 16/17	SENIORS/ VETERANS +41 YEARS
GREETING, GUARDING, FLOOR/STANDING MOVEMENTS	X	X	X	X	X	X
ROULADES/ FALLS (provided there are no medical contraindications)	X	X	X	X	X	X
PUNCHING CLASSIC (standing keys)	X to the body	X to the body	X	X	X	X
REVERSE & TURNING BACKHAND (standing keys)	X to the body	X to the body	X	X	X	X
THREATS/ ATTACKS TANKS (foam chips/foam sticks, depending on age)	X Pool noodle - circular trajectory)	X Pool noodle - circular trajectory	X Pool noodle - circular trajectory	X Pool noodle - circular trajectory	X Foam stick	X Foam stick
KICKS/SHIN SPLINTS (standing touch)	X	X	X	X	X	X
INDOOR/OUTDOOR SWEEPING, MOWING/HOOKING	X Practised with seizures	X Practised with seizures	X	X	X	X
KNEE BANGS (STAND UP KEY)	Not authorised			X (to the body)	X (to the body)	X (to the body)
INPUT-PROJECTIONS	X	X	X	X	X	X
GROUND SEIZURES	X 10 seconds on your back	X 10 seconds on your back	X 10 seconds on your back	X 10 seconds on your back	X	X
KEY ARM GRABS	Not authorised			X	X	X
KEY LEG GRABS IN LINE	Not authorised			X	X	X
SEIZURES - STRANGULATION	Not authorised				X	X
PRESSURE POINTS	Not authorised				X	X
TECHNIQUES FOR DEFENDING AGAINST PERCUSSION	X	X	X	X	X	X
TECHNIQUES FOR DEFENDING AGAINST VARIOUS GRABS	X	X	X	X	X	X
DEFENCES AGAINST THREATS/ ATTACKS	- Threat / Attack Pool noodle				- Threat/Attack Pool noodle stick	



CLOTHING AND EQUIPMENT ACCORDING TO AGE AND LEVEL

	UNDER-18S BENJAMINS MINIMES & CADETS		JUNIORS,		SENIORS VETERAN +41 YEARS	
	WOMAN	MAN	WOMAN	MEN	WOMAN	MAN
Short de Pàijeda	X	X	X	X	X	X
Rashgard T-shirt	X	X	X	Optional	X	Optional
Helmet	X	X	X	X	X	X
Mouthguards	X	X	X	X	X	X
Shin guards (socks)	X	X	X	X	X	X
Genital shells	X	X	X	X	X	X
Chest protector	X		X		X	
Plastrons Trunk protection and costal angles	X	X	X	X	X	X
Bandages	Optional	Optional	Optional	Optional	Optional	Optional
Approved mittens	Sparring mitts (domed)	Sparring mitts (domed)	Sparring mitts (domed)	Sparring mitts (domed)	Sparring mitts (domed)	Sparring mitts (domed)
Pool noodle or dummy stick,	Pool noodle	Pool noodle	Foam stick	Foam stick	Foam stick	Foam stick
Object of defence Varies according to category	- Foam ball (under-18s), - Foam brick (junior to cadet)		- Foam cushion			



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