# Dyota's **30**th birthday gauntlet

## In Brief...

|  |  |
| --- | --- |
| **What:** | Dyota's birthday (30-round gauntlet) |
| **When:** | Sunday 24th July, 2022 Challenges start at 10am. If you'd like to take part, arrive before then so you can warm up and get ready. |
| **Where:** | 29A Etwell St, East Victoria Park |

## Can I make it to 30?

I am turning 30 years old this year, and as a trial to cross the threshold and leave my 20s behind, I would like to invite all of you, my honoured and esteemed friends, to put me through a gauntlet of 30 physical challenges.

I invite everyone to come: you may challenge me, spectate while I get beat up and humiliated, or just come and hang out!

Collectively, your aim is to break my body and will to make sure I don't reach the 30th round.

The gauntlet will be 30 rounds of 3 minutes each, with a one minute break in between. Anyone is allowed to challenge me to any game, of any rules, as long as: it fits on my mats at home; is a physical challenge; that you do it with me, and it meets the rules below.

If you want to challenge me, read on. If not, hope to see you for a fun morning!

## Rules

### Ordering

There will be a whiteboard where challengers can write down their name and the name of their challenge. Order of challenges will follow the order as written on the whiteboard.

### Judging and punishments

Each round needs to be judged by three judges, who will decide whether I (Dyota) pass the challenge or not.

If I fail a challenge (majority of judges give thumbs-down), I have to do a punishment. Default is five burpees, but the challenger may put forth their own punishment.

Challengers do not have to do punishments.

### Forbidden!

These are stipulations that must be observed. Some may look odd, but I would not have put it on here if someone hasn't already forced me to specify (you all know who you are).

Punishments also must also obey this list.

* One-on-one only; no ganging up
* One-on-one only for the whole round only; no tagging-in/-out
* Nothing involving things going into or out of my body
  + No food challenges
    - However a non-debilitating amount of alcohol consumption is permissible
  + No sexual stuff
  + No stabbings
* Don't actually kill or maim me
* Weapons need to be fake and no bigger than 30cm in any dimension
* No small joint manipulations
* No nut shots

### Equipment available

I have some equipment at my house which may be used in challenges. Challengers may bring their own equipment.

* You may request to wear gis
* You may request to wear kickboxing gear (any/all of gloves, shinpads, headgear)
* Kettlebells (2x 20kg, 12kg, 8kg)
* Dumbbells (2x 4kg, 2x 2kg, 2x 1.5kg, 2x 1kg)
* 4kg slam ball
* Rope
* Hula hoop
* A set resistance bands
* Punching bag
* Agility ladder

### Safety

* My mats have no outside boundaries; beyond the edge lie hard bricks. Take care when pressuring edgewards or taking dynamic actions like shooting takedowns.
* If one person gets near the edge, allow them space to come back to the center