



Rules for Kata Competition Tournaments

Competitors and Uniforms

- Uniform MUST be clean and tidy.
- Uniform must fit correctly so no adjustment needs to be made whilst competing, i.e having to stop the Kata to roll up pant leg(s).
- The first competitor will be considered as “red” and the second competitor will be “blue”.
- Competitors must not be under the influence of alcohol or any illicit substance.
- Competitors must not have any communicable diseases, infections or conditions.

Officials

- Consist of 3 seated Judges facing the competitors; the Senior Judge will be in the centre.
- Officials MUST wear the official uniform of their respective organisation consisting of a shirt, tie, trousers or slacks, black shoes and/or blazer. It must be clean and pressed.
- Judges will have a Red flag in their right hand, and a Blue flag in their left.
- Judges must be impartial and conduct themselves in a respectful way.
- Judges must be totally focussed on the match at hand.
- During the match Officials may only talk to each other - ONLY the Senior Judge may speak to the competitors or coaches.

The Match

All matches are run using the flag system.

Match Area

- The competition area will be a minimum of 6m², up to a maximum of 8m².
- The competition area will be flat and clear of any obstacles.
- The competition area will be either floor boards or covered in approved safety mats designed with the fighting arts in mind, such as tatami or jigsaw mats.

Running of the match

- The first competitor enters the competition area from their side to the prescribed starting position.
- The Senior Judge will ask for the name of the Kata the competitor will be performing.
- After the confirmation of the Kata, the Senior Judge, will say “Mokusu” (if required), the competitor gets into Musubi Dachi with their eyes closed, then “Kata name” then “Yoi”, at which time the competitor will perform an Ibuki, or their preparation move.
- The Senior Judge then says “Hajime” and the competitor performs the Kata.



- After the 'Red' competitor has completed their Kata, the Senior Judge will announce "Noarei", "Yasume" after which the competitor will bow off and return to their respective side and wait QUIETLY whilst the 'Blue' competitor completes their Kata.
- After the 'Blue' competitor has followed the same starting format as the 'Red' competitor, and has completed their chosen Kata, they will remain on the competition area while the senior Judge calls the 'Red' competitor back up, so they can render their decision.

Awarding the Match

- The winner is decided by a majority Judges' decision, the opponent failing to appear (Kiken), or the opponent getting disqualified (Shikkaku).
- The Senior Judge will call for a decision – "Hantai Torimasu", then announce "HANTEI!" The Judges will then make their decision by raising a flag.
- The Senior Judge then counts the flags and then announces the winner.
- If it's Red (Aka); The Senior Judge will announce "AKA NO KACHI",
- If it's Blue (Ao); The Senior Judge will announce "AO NO KACHI"
- A decision cannot be overturned unless the Judges made an error in coming to their decision. Example: forgetting to take into account the Grade of the competitor and Kata that they performed (see list).
- There will be NO draws.

Ending the Match

- The Senior Judge will announce "Shomen ni rei" (bow to the front), "Otagani rei" (bow to each other) – each of these commands will be followed by the competitors bowing and saying "OSU"! The competitors then shake each other's hands and leave the competition area from their respective sides.

Scoring

All Kata will be scored out of 10.

- **2 points maximum for correct pattern (embusen)**, this means the same Kata as the competitor announced, it ends where it began (except for Pinan sono Ni), all the right techniques and stances are performed at the prescribed steps.
- **2 points maximum for quality of stances**, balance and stability (no stumbling), correct length and width, no bobbing up and down per stance – head height should only change upon the changing of stance(s).
- **2 points maximum for quality of technique**, coordination, correct speed, power, body movement, recovery of technique and correct spare hand or "set" positions.
- **2 points maximum for timing and focus**, breathing (includes Ibuki), loud Kiai, rhythm and not distracted by outside stimuli.
- **2 points maximum for overall performance**, dramatic impact, etiquette, presentation (includes cleanliness/tidiness of competitor and Dogi), confidence and degree of difficulty. Using music is strictly forbidden and will not be permitted - KATA CANNOT LOOK LIKE A DANCE!



Kata Choices per Grade level

- To ensure an unbiased competition only traditional Kyokushin Kata may be performed according to the list below.
- Competitors may perform different Kata each round or they may choose to do the same Kata all tournament.
- Ura and Tate kata are invalid.

Taikyoku sono Ichi: 10th Kyu

Taikyoku sono Ni: 10th Kyu, 9th Kyu

Taikyoku sono San: 10th Kyu, 9th Kyu

Taikyoku sono Yon: 9th Kyu, 8th Kyu, 7th Kyu

Sokugi sono Ichi: 8th Kyu, 7th Kyu, 6th Kyu

Sokugi sono Ni: 8th Kyu, 7th Kyu, 6th Kyu

Sokugi sono San: 8th Kyu, 7th Kyu, 6th Kyu

Pinan sono Ichi: 8th Kyu, 7th Kyu, 6th Kyu

Juji sono Ichi: 7th Kyu, 6th Kyu, 5th Kyu

Pinan sono Ni: 6th Kyu, 5th Kyu, 4th Kyu

Sokugi sono Yon: 5th Kyu, 4th Kyu

Juji sono Ni: 5th Kyu, 4th Kyu, 3rd Kyu

Pinan sono San: 4th Kyu, 3rd Kyu, 2nd Kyu

Tsuki-no: 4th Kyu, 3rd Kyu, 2nd Kyu

Gekusai Dai: 4th Kyu, 3rd Kyu, 2nd Kyu

Pinan sono Yon: 3rd kyu, 2nd Kyu, 1st Kyu

Sanchin-no: 3rd kyu, 2nd Kyu, 1st Kyu

Gekusai Sho: 3rd kyu, 2nd Kyu, 1st Kyu

Pinan sono Go: 2nd Kyu, 1st Kyu, Shodan

Yantsu: 2nd Kyu, 1st Kyu, Shodan

Tensho: 2nd Kyu, 1st Kyu, Shodan

Saiha: Shodan, Nidan, Sandan

Garyu: Shodan, Nidan, Sandan

Chion: Nidan, Sandan, Yondan

Seienchin: Nidan, Sandan, Yondan

Seipai : Nidan, Sandan, Yondan

Sushi Ho: Sandan, Yondan

Kanku (Dai): Sandan, Yondan