

## INDIVIDUAL KATA

Elimination kata will be Heian & Tekki Shodan through to the finals. The finals will be kata of competitors choice.

This event will use a flag system (3-5 judges) for elimination rounds and the final will be competitors choice using scorecards, judges will select Heian kata's or Tekki Shodan.

You will be scored on form, power, transition and the ability to return to your start point at the end of the kata (enbusen).

## TEAM KATA

Teams can be single or mixed gender. Just one kata is needed for eliminations and final. Teams are allowed to include one competitor only from a lower grade or age category. Competitors are only allowed to compete in one team kata category.

## INDIVIDUAL KUMITE

The result of a bout is determined by either competitor scoring Ippon (full point) or 2 Waza-ari (half points), or a majority score at the end of the bout.

A result may also be obtained via disqualification or renunciation.

To score Ippon a contestant must show good form, correct attitude, vigorous applications, zanshin (focus), proper timing and correct distance.

Waza-ari is given for a technique almost as good as that needed to score Ippon. Although its value is equal to half an Ippon, it is not half an Ippon in terms of technique - more like 90% of the technique needed to score an Ippon.

Utmost control in all techniques must be exercised against your opponent.

### Forbidden Techniques

Attacks to the groin or neck, attacks to the face with nukite (spear hand strike), or any other open hand technique excluding haito (ridge hand strike).

Repeated direct attacks to arm or legs or any attacks to the hip, knee or instep.

Techniques which make excessive contact or which cannot be controlled (stamp kick, etc).

Grabbing, pushing or wrestling with the opponent.

Repeated exits from the fighting area (Jogi) or feigning injury.

NOTE: Any competitor who behaves discourteously towards any member of the refereeing panel may be disqualified immediately. Spectators who cannot behave themselves in a manner appropriate for a TSKUK karate tournament will be ejected from the arena with no refund of fees paid.

### Penalties

Keikoku (warning) may be imposed for minor infractions of the rules as seen fit by the referee.

Hansoku (warning leading to disqualification) may be imposed for major or repeated minor infractions of the rules as seen fit by the referee.

Mubobi (defencelessness) may be imposed whereby the competitor puts themselves in a position of self-danger. (Examples could be turning away at the point of an attack, dropping the head down at the point of attack etc).

Shikkaku (expulsion) may be imposed for gross infractions of the rules with the opponent being awarded the bout. Competitors receiving Shikkaku may take no further part in the tournament.

### Protective equipment

**BOTH** White & Red PU Hand mitts and gum shields are compulsory. **\*\*Please note Red PU Pads ONLY can be borrowed on the day\*\*** Groin protectors (males only) and chest guards (female only) are advised. Shin pads, body armour and head guards are NOT permitted.

In principle, the duration of each bout will be 1½ minutes with 2 minutes for the finals.

### System

Kumite will use a main and mirror (1 judge / 1 mirror judge) or flag system (4 judges and 1 referee) for all events right through to the finals.

The events will run to an immediate conclusion with all the finals commencing straight after the elimination rounds.

### Team Kumite

Teams are made up from 3 competitors of the same gender. Teams are allowed to include one competitor only from a lower grade or height category. Competitors can only compete in one team kumite category.