

# TSKUK Competition Rules

## Individual Kata

Competitors will perform a Kata of their own choice from the approved list and receive scores from 3 judges.

In categories with 4 or more competitors there will be 2 rounds. The top 4 scores will progress to the Final.

In categories with less than 4 entries, competitors will be required to perform two Kata. The scores of which will be added together to determine medal positions.

Competitors below Brown belt may repeat their Kata.

Competitors Brown belt or above will have to perform a different Kata to any previous round or tie.

In the case of a draw, competitors will perform again. Competitors in the tie may perform a Kata previously used in that same round but not in a previous round.

Competitors can only enter categories suitable for their age and grade.

### Kata List

Round 1 – Shitei Kata (Kihon Kata + Heian 1 – 5 + Tekki Shodan) + Sentei Kata (Bassai Dai, Jion, Kanku Dai, Empi) Only.

Final – Shitei Kata + Sentei Kata + Tokui Kata (Competitors Choice of all Shotokan Kata)

## Team Kata

Team kata will be 1 round

Teams will perform a Kata of their own choice and receive scores from 3 judges.

In the case of a draw, tied Teams will perform again. Teams can perform the same Kata.

Teams can be made up from competitors from different categories, however they will be entered into the category of the Highest Grade Competitor.

Competitors can only be part of 1 Team.