

KYOKUSHIN-KAN INTERNATIONAL

KATA COMPETITIONS RULES

1 How to Proceed the Competition

(1) Elimination Bout

The competitors should decide the order of competition upon ballot before the competition and should perform the assigned Kata for the elimination bout. The winner will be determined in order of the points given from the highest of 10 points. Basically the winners for moving to the final bout are eight, but five is also possible depending on the tournament.

(2) Final Bout

The competitors for the final bout should select one Kata from the free style Kata for the final bout and will perform in order of competitor who achieved lower point from the elimination bout. The winner will be determined in order of the point given from the highest of 10 points.

2 Kata for Competition

Kyokushin-kan legislated Kata should be as follow:

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|------------------------------------|------------|-----------|
| (1) Elimination Bout Assigned Kata | Gekisaisho | |
| (2) Final Bout Free Style Kata | Saifa | Seienchin |
| | Kanku | Seipai |
| | Garyu | Sushiho |

3 Judges

- | | |
|----------------------|--|
| (1) Elimination Bout | Basically consists of five judges but three judges are allowed depending on the tournament |
| (2) Final Bout | Consists of five judges |

4 How to Determine the Winner

Five judges have 10 points each. Out of the five judges, the winner will be determined by the total points given from the three judges excluding the two judges who gave the highest point and the lowest point. In case there are only three judges, the winner will be determined by the total points of these three judges.

In case the points are tie, the winner will be determined by following order.

- ① The competitor whose Tameshiwari exceeds the other.
- ② The competitor whose lowest point is higher.
- ③ The competitor whose highest point is higher.
- ④ The competitor whose point given by the main judge (Shushin) is higher.
- ⑤ Two competitors will perform "Gekisaisho" at the same time and compete. (Judged by red and white flags)

5 Grading Standards

- (1) Start from the basic point 6 and you can add maximum of 4 points to make full point 10, or you can subtract.

The standards for adding or subtracting points will be as follow:

Accuracy of Movements	① Standing form and techniques such as Tsuki, Keri, Uchi, Uke should be performed with accuracy with the right eye points. ② Shifting movements should be done correctly without any extra movements. ③ Should be excellent in shifting the weight and maintaining good balance.
Speed Control of Techniques	① Fast movement should be done fast. ② Slow movement should be done slow. ③ Continuous movements should be done in appropriate rhythm.

Strengthening and Loosening	① Strengthen where you have to strengthen. ② Loosen where you have to loosen. ③ Expressing the effectiveness of the techniques.
Adjustment of Breath	① Ibuki or Kiai should be done in right timing. ② Not losing breath and should be matched with its movement.

- (2) Each element in the list above consists of 1 point each and each point consists 0.25 point $\times 4$.

The judges can either add or subtract (0. 25 0. 50 0. 75 1. 00) point in each element.

- (3) Beside the above elements, the following elements can effect on subtracting points (Genten) or lead to disqualification (Shikkaku).

① When performed different Kata from the one competitor applied. (Shikkaku)
② When performed different Kata from the one competitor announced before the competition. (Shikkaku)
③ When competitor's both feet went outside the competing area of the mat.(Shikkaku)
④ When competitor's foot went outside of the competing area of the mat. (Genten) (stepping the line $- 0. 25$, go outside the line $- 0. 5$)
⑤ When the competitor cannot complete the Kata. (Shikkaku) Temporary pause, if main judge decides upon meeting, can be continued by subtracting 1. 0 point or less.
⑥ When certain part was skipped. (subtracting 2. 0 point or less or Shikkaku)
⑦ On other cases when necessary, the main judge can make decision upon meeting.
⑧ If the decision is difficult to make, it will be handled by the head of Kata competition judge (Kata kyogi shinpancho).

6 Tameshiwari Regulations

- (1) Tameshiwari for Kata Competition will follow the same regulations as the Tameshiwari for Kumite Competition.
- (2) Except for women, the basic numbers of board will be; Seiken= 1 board, Sokuto= 2 boards, Enpi= 2 boards, Shuto= 2 boards.
- (3) If the competitor fails in Tameshiwari, 0. 5 point from each failed Tameshiwari will be subtracted from the total point.

7 Procedure of the Competition

- (1) The competitor will enter the mat with a bow and stand on the starting point when the name is being called.
- (2) The competitor will bow with the call of "Shomen ni rei" from the main judge.
- (3) The competitor will start the Kata when the main judge raises his right hand high above his head.
- (4) When the competitor starts the Kata, first start with "Mokuso" and say the name of Kata with loud voice slowly and accurately, then continue to "Ibuki" to move on. (Do not yell when giving the name of Kata. In case the judges cannot hear the name of Kata, the competitor will be Shikkaku.) No other words are allowed to be said.
- (5) When the competitor finishes the Kata, he/she should stand still and wait for the decision from the main judge.
- (6) From the order of the main judge "Hantei onegaishimasu. Hantei!" all the judges should raise their score boards at once with their whistle blowing as in Kumite competition.
- (7) The announcer will read the scores from the main judge to the corner judges and will announce the total points at the end.
- (8) The competitor will move out of the mat with a bow after the main judge say "Shomen ni rei".

8 Attention about the Competition

(1) When competing the Kata, it is very important that you perform with the imaginary enemies around you. Your eye points should be placed naturally towards the enemy※1 by feeling the reaction and not just stare at the enemy. In Kata, there would be more than one imaginary enemy, so if you place your eyes to one direction by turning your neck to this direction before moving, you are unconscious of the other enemies from different directions and this is not correct. No matter how good you perform your Kata, if your eye points are not correct, you might be given a Genten.

※1 There is a situation like; although your face (eyes) look forward, your mind (consciousness) is concentrating on your enemy behind you in the 20th motion of the Pinan Sono 3.

(2) The movements such as kicking too high, ignoring the enemy's existence, or the performance done to show off, might be given a Genten no matter how good the Kata seemed to be performed.

(3) Do not shift weight when not necessary or give extra movements which are not necessary. You might be given a Genten no matter how good the Kata seemed to be performed.

(4) It is important to perform in correct manner for the aspects of every movement, such as doing Uke, Keri or Tsuki at the same time when you finish the standing position. For example, when you have to do Tsuki at the same time you finish your standing position, you might be given a Genten if you do your Tsuki after you finish your standing position.