

Règlements de kata de IKO Kyokushinkaikan Union

Adapté pour le Canada

(anglais)

KATA RULES

1. Dogi (Gi)

Each competitor must wear white clean Dogi.

- Female competitors must wear a white t-shirt under the Dogi.
- Male competitors are not allowed to wear any t-shirt under the Dogi.
- Any competitors who have long hair must tie hair up.
- Accessories are not allowed.

2. Shiaijo (match area)

The competing area must be smooth and devoid of hazard for the safety of competitors. Size of "Shiaijo" shall be same as for Kumite which is 9 meters square and 1.8 meters wide around as "Jogai " (out of bounce).

3. Judging

There will be 4 corner judges and a centre referee who use a **score-board** and one white & one red flag each, or could be 2 judges and a centre referee (3 judge system).

4. Divisions

There are usually several divisions - age, Kyu or Dan, male or female, however may be subject to change depending on which type of tournament is taking place and/or tournament circumstances. This will be decided by the tournament officials.

5. Rounds

Kata tournament will consist of 3 rounds. If there were less than 12 competitors, it will be 2 rounds only.

- Performance order for the preliminary round will be decided by drawing lots.

Kata for the preliminary round will be chosen by the tournament officials and all competitors will perform the same kata.

- The highest score is 10 and all competitors will be ranked by their score and generally the top half of the competitors will proceed to the next round, however, the number of the competitors who will proceed may be subject to change depending on tournament size and/or total number of competitors.

- Kata for 2nd round will be chosen by the competitor and it will be different Kata from the competitor performed at 1st round.
- Each competitor is to choose a Kata for 3rd round, however, it must be a different Kata from 1st and 2nd rounds.
 - Score will be carried on to the following round. The final score will be total scores of 1st, 2nd and 3rd rounds.
 - Each competitor is to declare their Kata at the official table before 2nd and 3rd round starts.
- Each competitor is to choose a Kata from the selection list for the final round. The competitor who has the lowest score from the preliminary round will perform first.
- The highest score is 10 and all competitors will be ranked by their score.

6. Procedure

- When the competitor's name was called, he/she enters Shiaijo, bows.
In the 1st round the centre referee calls the Kata, the competitor confirms the name of the Kata and then the competitor performs the Kata.
- When finished, the competitor bows, leaves Shiaijo and waits for his/her score revealed.
- The centre referee calls "Hantei" (decision) and then all corner judges and the centre referee hold the score board up immediately and simultaneously.
- The centre referee then reads all scores for the official table. The highest and the lowest score for the performance will be deleted and total of the rest of three scores will be accumulated and announced.
-
- When the competitor's name was called, he/she enters Shiaijo, bows.
In the 2nd round the competitor tells the name of Kata to the judges and the centre referee, the centre referee confirms the Kata and then the competitor performs the Kata. When finished, the competitor bows, leaves Shiaijo and waits for his/her score revealed.
- The centre referee calls "Hantei" (decision) and then all corner judges and the centre referee hold the score board up immediately and simultaneously.
- The centre referee then reads all scores for the official table. The highest and the lowest score for the performance will be deleted and total of the rest of three scores will be accumulated and announced. *For 2nd and 3rd rounds, total scores carried on from the previous round/s will be announced.
- In case of 3 judge system, total of three scores will be used for the ranking.

7. Hikiwake (draw)

- If more than one competitor's total scores were the same, each competitor's lowest score will be compared for the decision.

- If the lowest scores were also the same, each competitor's highest score will be compared for the decision.

- If the lowest and highest scores were still the same, the centre referee's score for each competitor will be compared for the decision.

- If any decision was not be able to be made after above the process, the competitors will perform a Kata which was chosen by the centre referee and the judges and the centre referee are to use the flags for the final decision.

8. Criteria for Awarding Scores

Score of 7 is the standard point and then extra points (0.25 each) will be added on or deducted from it. The highest score is 10. The following are the criteria that the judges and the centre referee consider to determine their scores;

Accuracy of Movement

- 1) Accuracy of stances and techniques of punches, kicks and blocks.
- 2) Adequate movement between techniques and no wasted motion.
- 3) Balance is kept and stability during the movement.

Waza no Kankyu – Tempo of Technique

- 1) Finding of points of speed in movement
- 2) Finding of points of slow tension in movement
- 3) Controlled smooth flow of movement and constantly fluctuating rhythm

Chikara no Kyojaku – Points of Power Stress

- 1) Finding of points of stress – rapid movement
- 2) Finding of points of stress – smooth flow of movement
- 3) Being able to express strength of techniques

Ikino Chosei – Breach Control

- 1) Adequate performance of Ibuki and Kiai
- 2) Calm, deep and smooth breathing coordinated with movement

9. Genten (minus points) and Shikkaku (disqualification)

- 1) A competitor who did Kata which was different from Kata chosen by the competitor –
Shikkaku

2) A competitor who did Kata which was different from Kata called by the competitor – **Shikkaku**

3) A competitor stepped both feet out from Shiaijo – **Shikkaku**

4) A competitor stepped one foot out from Shiaijo – **Genten** (0.5 for stepping on the line, 1.0 for stepping out)

5) A competitor stopped during performance – **Shikkaku**

*If the competitor continued the Kata, depends on the centre referee's interpretation, it will be **Genten** of 1.5 points and under.

6) A competitor missed a part of Kata – **Shikkaku** or **Genten** of 2.0 points and under

7) Other issues – the centre referee is to call the judges for decision.

8) The final decision rests with the chief referee of the Kata Tournament.