

Totally Karate. On 13th May 2017, during the 15th Open West Brabant Championships, an experimental competitive form of karate will be trialled with the authorization of the K.B.N. (Dutch Karate Association). This experiment will be in the form of an Men's Open Class (>21 years) and minimally holding a brown belt: **Soogoo Shobu** (*Soogoo = Totally in Japanese*)

Reasons for this experiment

In Tokyo 2020, karate will be an Olympic sport and the European Seniors' Championships of 2021 will be held in the Netherlands. **Why?** To enable fighters to step outside of their own comfort zone. TSUKIs and GERIs CHUDAN will have to become more effective. JODAN GERIs and sweep/throw combinations will become more decisive. In other words, the winner is determined by the **HIGHEST SCORE** rather than the most number of points scored.

Example 1: AO has scored 7 YUKOs yet AKA makes a JODAN GERI in the last seconds. AKA will now win because an IPPON is a higher score than the YUKO.

Example 2: AKA has 3 IPPONS yet AO scores a NIHON in the last second. AO wins.

This experiment should result in fighting until the very last second of the match. The fighter will have to become more versatile and more effective in order to win. More effective refers to the NIHON and SANBON scores in this case. In addition, the fighter will experience more mental pressure (COPING) which should stand him/her in good stead during "regular" WKF matches.

Points to Consider:

- **Totally** is NOT FULL CONTACT but a stricter form of WKF!
- The driving principle behind it is *Shobu* Sanbon with the *Shobu* Ippon mindset!
- Self-control equal to WKF with the exception of CHUDAN (**front side of the chest and stomach**), since a more effective (without causing harm or injury) point may be scored (NIHON or SANBON) here!
- **Effective Score**: correct timing and impact! This used to be the IPPON in the old SANBON and IPPON SHOBU system. The opponent needs to catch his/her breath for a moment!
- It is strictly forbidden to inflict bodily harm! In case of MUBOBI, the recipient is personally responsible.
- Contact on the face is an immediate HANSOKU CHUI.
- Exaggeration equals HANSOKU! When hit, STAND! The referee and doctor decide.
- Grabbing with both hands is allowed but a technique must follow immediately.
- Leaning into each other without the intention to fight is not allowed.
 - *The following Chudan Tsukis are allowed to prevent this from occurring:*
 - Mawashi Tsuki (not on the back)
 - Ura Tsuki
 - Tate Tsuki
 - *When you are hit while pushing without the intention of fighting (with your chest and hands to the side), it is MUBOBI! Equal to the WKF rules!*
- There are no category 2 punishments; only category 1 (Ch, Kei, HC, Hansoku)
- Scoring is equal to that of the WKF rules with the exception of:
 - Sweep or throw without follow-up: YUKO
 - Sweep or throw with a non-scoring technique: WAZARI
 - Sweep or throw with a scoring technique: IPPON
 - NIHON: effective technique (without harm)
 - SANBON: effective technique lasting 3 seconds or longer (without harm)
- Match duration is 3 minutes.
 - It is possible that scores (YUKO, WAZARI, or IPPON) are awarded even though no YAME was called. In case of NIHON and SANBON, YAME will always be called.
 - Scores without YAME, so-called "**running scores**" are supervised by the 2nd head referee who is outside the TATAMI.
 - Unlimited number of scores with the exception of:
 - 2x NIHON or 1x SANBON means end of match!

Totally, TO= Direction in Japanese.

Con Voermans Karate-do SAN

For information about **Totally** DAN programme and Soogoo Shobu

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