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## Kata Seminar

# Welcome!



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# **WKF Competition Rules**

## **KATA**

**Version 9.0 - January 2015**

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## KATA



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## Karate Gi & belts



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## Jacket ties must be tied



**Yes!**



**No!**

**Jackets without ties may not be used**

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## GI jacket



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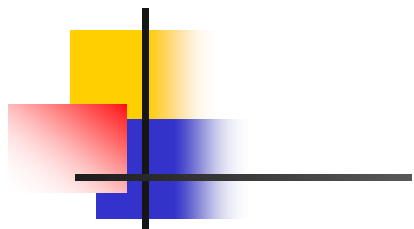


## GI jacket



## Sponsors





ADVERTISING SPACE FOR WKF, size 20 x 10 cm.



ADVERTISING SPACE FOR N.F., size 15 x 10 cm.



BACK RESERVED FOR ORGANISING FEDERATION, size 30 x 30 cm.



EMBLEM OF THE NATIONAL FEDERATION, size 12 x 8 cm.



SPACES FOR THE MANUFACTURERS TRADEMARK, size 5 x 4 cm.



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## DECORATIONS



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**Discreet pony tail retainer is permitted**



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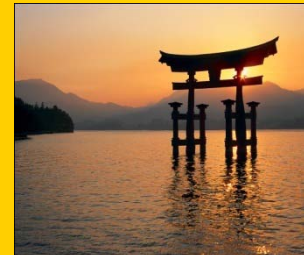
## TAPE IS DECORATION



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**The wearing of certain items because of religious basis are not allowed...**



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## EXCEPTION

### WKF homologated black head scarf

Female competitors

Referees/judges



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**The Judges must not have the nationality of the participants**



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**Five judges will be used**



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**Ao + Aka**

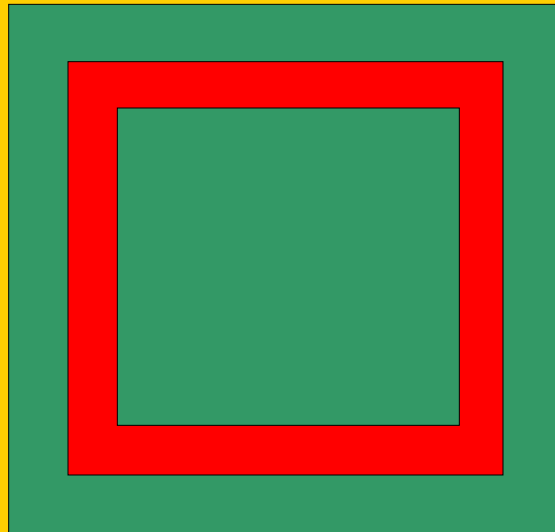
Fukushin 3

Fukushin 4

Fukushin 2

Fukushin 5

Fukushin 1





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## Individual & team competition



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**The use of traditional weapons  
or other equipment is not allowed**



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**If Kiken** the opponent does not need to perform the previously notified kata





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**If a competitor withdraws after the opponent has started his performance the competitor may re-use the kata**

**This situation is considered  
as won by **Kiken****

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bouts for medals in team competition... **BUNKAI**



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**It is the responsibility of the coach  
or the competitor(s)**



**to ensure that the Kata as notified to the score table  
is appropriate for that particular round!**

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**In Team Kata, all 3 members  
must start and finish the Kata facing in the  
same direction and towards the Chief Judge**



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**Once performed a kata may not be repeated**





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Only kata from the **official kata** list may be performed

Slight variations as taught by the contestant's **style (Ryu-ha)** of Karate will be permitted



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95

Anan	Jion	Papuren
Anan Dai	Jitte	Passai
Annanko	Jyuroku	Pinan 1-5
Aoyagi	Kanchin	Rohai
Bassai Dai	Kanku Dai	Saifa (Saiha)
Bassai Sho	Kanku Sho	Sanchin
Chatanyara Kushanku	Kanshu	Sanseiru
Chinte	Kosokun (Kushanku)	Sanseru
Chinto	Kosokun (Kushanku) Dai	Seichin
Enpi	Kosokun (Kushanku) Sho	Seienchin
Fukyugata 1-2	Kosokun Shiho	Seipai
Gankaku	Kururunfa	Seirui
Garyu	Kusanku	Seisan (Seishan)
Gekisai (Geksai) 1-2	Matsumura Rohai	Shinpa
Gojushiho	Mattskaze	Shinsei
Gojushiho Dai	Matusumura Bassai	Shisochin
Gojushiho Sho	Meikyo	Sochin
Hakucho	Myojo	Suparinpei
Hangetsu	Naifanchin (Naihanshin) 1-3	Tekki 1-3
Haufa	Nijushiho	Tensho
Heian 1-5	Nipaipo	Tomari Bassai
Heiku	Niseishi	Useishi (Gojushiho)
Ishimine Bassai	Ohan	Unsu (Unshu)
Itosu Rohai 1-3	Pachu	Wankan
Jiin	Paiku	Wanshu



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## Guideline 1

Any traditional kata traceable to traditional styles of karate which is named on the list should be allowed regardless of style.

Unsu (Shotokan) & Unsu (Shorinryu) are completely different kata, but both should be allowed.



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## Guideline 2

**In cases where it is obvious that the kata is the same**

Tekki (Shotokan) **vs.** Naihachin (wado)

Hangetsu (Shotokan) **vs.** Seisan (Shito & Goju) or Seishan (wado)

Gankakau (Shotokan) **vs.** Shinto (Wado & Shito)

The Kata should be allowed but must be announced by the name on the list

Hyakuhashiho (Shotokan) would have to be announced as Suparinpei

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## Competitors or Teams

## Kata Required

**65 - 128**

**7**

**33 - 64**

**6**

**17 - 32**

**5**

**9 - 16**

**4**

**5 - 8**

**3**

**4**

**2**



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The total time allowed for the KATA & BUNKAI demonstration **six (6) minutes**



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**The countdown clock will start** when the team bow upon starting the kata



**The countdown clock will stop** at the final bow after the Bunkai performance

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**A team which does not perform the bows  
will be disqualified**



**A team which exceeds the six minute  
period allowed will be disqualified**



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**At Hantei keep flags up  
approximately five (5) seconds**



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**Double  
disqualification  
match for medal**

**HANTEI**





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## **Before beginning (outside the Tatami)**

**Bow first to the Judges and then to each other**

## **After moving in to the starting position**

**Bow, announce the Kata and begin**

## **When finishing the kata**

**Bow again and go back**

## **After Hantei**

**Bow first to each other and then to the Judges**

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## Disqualification

Chief Judge will cross and uncross the flags



Raise the flag indicating the winner



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## **CRITERIA FOR EVALUATION**

**The Kata must be performed with competence**



**Must demonstrate a clear understanding  
of the traditional principles it contains**



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## CRITERIA FOR EVALUATION



**ASSESSMENT**

**FOULS**



**DISQUALIFICATION**

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## What to look for when judging Kata and Bunkai



- 1. Conformance**
- 2. Technical performance**
- 3. Athletic performance**

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## CONFORMANCE



### KATA PERFORMANCE

Correct form of the style (Ryu-ha) being demonstrated

### BUNKAI PERFORMANCE

- a. will be given equal importance as the kata itself
- b. using the actual movements as performed in the kata



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## TECHNICAL PERFORMANCE

### Kata & Bunkai



**Stances**

**Techniques**

**Transitional movements**

**Timing & synchronization**

**Correct breathing**

**Focus/Kime**

**Control (Bunkai)**

**Technical difficulty**



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## ATHLETIC PERFORMANCE

### Kata & Bunkai

Strength

Speed

Balance

Rhythm

Timing (**Bunkai**)



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## FOULS

Balance

Movements

Synchronization

Audible cues

Belt coming loose

Time wasting

Injury





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## **FOULS**

### **Balance**

Minor loss of balance

### **Movements**

Performing a movement in an incorrect or incomplete manner

Failure to fully execute a block or technique

Punching off target



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## FOULS

### Synchronization

Asynchronous movement

(delivering a technique before the body transition is completed)

Team Kata; failing to do a movement in unison



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## FOULS

### **Audible cues**

Use of audible cues such as  
stamping the feet - slapping the chest - arms - karate gi  
inappropriate exhalation

**will automatically be penalized by the judges deducting the total portion of the score for the technical performance of the kata, losing one third of the total score for the performance**



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## **FOULS**

### **Time wasting**

Including prolonged marching & excessive bowing  
Prolonged pause before starting the performance

### **Injury**

Causing injury by lack of controlled technique during Bunkai

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## FOUL

Belt coming loose



## DISQUALIFICATION

Belt falling off







## **DISQUALIFICATION**

**Performing/announcing the wrong kata**

**Failing to bow at the beginning and completion of the performance**

**A distinct pause or stop in the performance for several seconds**

**Interference with the function of the judges**



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## **DISQUALIFICATION**

**Belt falling off during the performance**

**Exceeding the time limit of 6 min. duration for Kata and Bunkai**

**Failure to follow the instructions of the Chief Judge/misconduct**



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**Our future... Please handle with care!**





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THANK YOU VERY MUCH



**GOOD  
LUCK!**