

# SYNOPSIS OF COMPETITION RULES

## AAKF ADULT KYU RANK COMPETITION

### Objective

To foster budo values (character development, honesty and integrity, spirit of hard work, respect and compassion for others, sportsmanship) through defined formats of traditional karate competition for adult students.

The ultimate goal is development of character through the experience of both winning and losing.

### Operational Overview

- Four levels of competition (Classes A, B, C, D) assigned by the rank of competitors;
- Separate Men's and Women's events if possible.
- Athletes will be required to participate in both kata and kumite events at his/her level of competition;
- Round-robin system for both kata and kumite events, giving each participant multiple chances to develop and improve their competition skills;
- Upon completion of both kata and kumite rounds, cumulative win-loss records are used to determine overall placement (1st, 2nd and 3<sup>rd</sup> places).
- Each ring consists of a Head Judge, 2 Assistant Judges, a Ring Manager, and a Scorekeeper, except for Synchronized Kata and Enbu which follow WTKF judging requirements.

### **Overall Winner determination**

- Judges will determine the match winner based on combined performances of both Kata and Kumite
- At the completion of Round Robin overall win-loss record is compared
- 1st, 2nd and 3rd place winners are determined

### **Tie Breaker**

- If there is a tie, then total number of flags will decide the winner.
- If still tied then the winner will be decided by winner of the individual match that took place between the two competitors.
- If still tied then the winner will be decided by winner of the individual kumite match that took place between the two competitors.
- If still tied, then rematch is performed with tied competitors
- If tied again, the winner is determined by majority decision of the judges

### Important Note

- Host with approval of the AAKF Technical Committee may ask competitors to perform any kata applicable to their rank or move the competitors to a lower category level class and change the above class format as necessary without notice due to number of competitors in each class levels.
- Host at its own discretion may add a class for ranks lower than 8<sup>th</sup> Kyu for athletes of host region only.
- Proper Budo etiquette must be displayed at all times by the competitors.
- All participating AAKF club directors and instructors should have a working knowledge of the Competition Rules and the Round Robin System.
- Club director/instructor is responsible for properly educating all the competing athletes.
- All protests must be lodged by the designated representative of the competitor (dojo director, chief instructor or assigned coach) to the Head Judge.

## **Protest**

- On behalf of the competitor, a designated individual as listed can file a protest: Dojo representative, Dojo chief instructor, or Selected individual of the dojo.
- A protest is based on the following: Mistake in operation, Mistake in Scorekeeping, and/or Mistake in recording.
- A protest must be lodged by the representative (as listed above), before the completion of the division.
- Procedure for lodging the protest is as follows:
  1. Approach the Head Judge.
  2. Explain the nature of the protest (see above).
  3. All matches will cease until the protest is reviewed and resolved

## Class Overview

### **Class D**

- Rank 8th Kyu & 7th Kyu; Age 18 & above
- Kata: Heian Nidan
- Kumite: Kihon Ippon Kumite Jodan & Chudan Oi-zuki attack/defend

### **Class C**

- Rank 6th Kyu & 5th Kyu; Age 18 & above
- Kata: Heian Yondan
- Kumite: Stage-1-Kumite (S-1-K)

### **Class B**

- Rank 4th Kyu & 3rd Kyu; Age 18 & above
- Kata: Tekki Shodan
- Kumite: Stage-2-Kumite (S-2-K)

### **Class A**

- Rank 2nd Kyu & 1st Kyu; Age 18 & above
- Kata Bassai Dai/Kanku Dai/Jion/Enpi (pick one)
- Kumite: Stage-3-Kumite (S-3-K)

### **Synchronized Kata**

- Three athletes (same or mixed gender) perform a Kata together. There is no bunkai requirement.
- There is no specific age or rank requirement for Synchronized Kata team members. The teams may include members of various ages, ranks and genders.
- WTKF rules will be applied without any penalties.
- 1st, 2nd and 3rd place winners are determined based on their scores.

### **Enbu**

- A pair of athletes (same or different genders) perform choreographed offense/defense techniques.
- There is no specific age or rank requirement for Synchronized Kata team members. The teams may include members of various ages, ranks and genders.
- WTKF rules will be applied without any penalties.
- 1st, 2nd and 3rd place winners are determined based on their scores.

## CLASS D (8<sup>th</sup> and 7<sup>th</sup> kyu)

### Kata: Heian Nidan

#### *Basic Points*

- Form—balance, stance, and posture ;
- Body Dynamics—basic fundamental body actions;
- Power—proper output/direction of body dynamics and mental spirit;
- Transition—body shifting, continuation and tempo.

#### *Penalty*

- Not bowing to judge at beginning or end of kata;
- Hesitation and loss of balance;
- Kata sequence and/or technique error;
- Deviation from starting position;
- Procedural error;
- Hansoku (disqualification) infractions include performing the wrong kata, receiving coaching during the match, talking during the match or displaying bad etiquette and/or attitude.

**Format:** Kata round-robin performing Heian Nidan. Overall performance is assessed according to basic points merits (see above). Majority decision by three judges (indicated by flags) determines the winner.

**Notes:** Contestant will complete his/her kata match and immediately start his/her kumite match.

### Kumite: Ippon kumite Jodan & Chudan Oi Zuki attack/defend

#### *Basic Points*

- Budo spirit (fighting spirit, etiquette, appearance)
- Todome-waza—proper technique, kime, balance and zanshin
- Timing—proper rhythm of attack or counter-strike
- Maai—technique applied at the appropriate distance

#### *Penalties*

- Wrong Attack Technique;
- Light or Moderate Contact to the Target;
- Hansoku (Disqualification) infractions include making moderate/heavy contact to opponent, ignoring repeated warnings for making light/moderate contact, kinshi with contact, and applicable Hansoku infractions listed under kata penalties.

#### **Procedure**

- Center judge calls in competitors into the ring
- Competitors bow to the judges, then to each other
- Center judge announces “Heian Nidan”, competitors repeat “Heian Nidan”, and the judge commands “Yoi—Hajime”
- After last competitor finishes, center judge commands “Yame”
- Center judge next runs Kihon Ippon Kumite, Jodan and Chudan attack/defense (NOTE:

only one Jodan and one Chudan is required from each competitor; but the judge may choose right or left lead-leg front-stance)

- Competitors bow to each other, then to the judges
- Center judge blows whistle for judgment, flags are raised simultaneously
- Center judge blows whistle again calling judges to lower their flags
- Center judge raises winner's side flag
- Center judge orders competitors to leave the ring

## CLASS C (6<sup>th</sup> and 5<sup>th</sup> kyu)

### Kata: Heian Yondan

#### **Basic Points**

- Form—balance, stance, and posture ;
- Body Dynamics—basic fundamental body actions;
- Power—proper output/direction of body dynamics and mental spirit;
- Transition—body shifting, continuation and tempo.

#### **Penalty**

- Not bowing to judge at beginning or end of kata;
- Hesitation and loss of balance;
- Kata sequence and/or technique error;
- Deviation from starting position;
- Procedural error;
- Hansoku (disqualification) infractions include performing the wrong kata, receiving coaching during the match, talking during the match or displaying bad etiquette and/or attitude.

**Format:** Kata round-robin performing Heian Yondan. Overall performance is assessed according to basic points merits (see above). Majority decision by three judges (indicated by flags) determines the winner.

**Notes:** Contestants will complete all kata round robin matches before proceeding into kumite

### Kumite: Stage 1 kumite (S-1-K)

#### **Basic Points**

- Budo spirit (fighting spirit, etiquette, appearance)
- Todome-waza—proper technique, kime, balance and zanshin
- Timing—proper rhythm of attack or counter-strike
- Maai—technique applied at the appropriate distance
- Point system – based on WTKF rules
- Wazari = 5 points; Ippon = 10 points

#### **Penalties**

- Wrong Attack Technique (one point);
- Light or Moderate Contact to the Target (one point);
- Jogai (stepping out of ring)(one point);
- Kinshi (forbidden targets) without contact; (kinshi due to incidental action may not be a penalty)(one point);
- Hansoku (Disqualification) infractions include making moderate/heavy contact to opponent, ignoring repeated warnings for making light/moderate contact, kinshi with contact, and applicable Hansoku infractions listed under kata penalties.

**Format:** Each match consists of three encounters. After Center Judge announces “First encounter, Yoi, Hajimae”, competitors execute chudan attack with gyaku-zuki or defends with uke-waza and gyaku-zuki. **Each competitor must wear a mouth guard.**

Each encounter is defined as one rhythmic cycle containing an initial attack, a counter by the defender, a response counter by the attacker and one last counter by the defender, i.e. 1-2-3 tempo. Encounter terminates the instant the rhythmic flow is interrupted; even with a slightest pause Procedure is repeated for second and third encounter.

Winner of each encounter is based on the three Judges’ majority decision (by flags).

#### **Notes:**

- Scorekeeper’s record is official;

- Only chudan attack with gyaku-zuki is recognized;
- Competitors must initiate attack/defense within an allotted time of 3 seconds;
- Each encounter is independent scored by Judges;
- Light gi contact (+/- 2 cm) is required to score a point. However, contact that pushes into the opponent's body is considered too much contact—a penalty.

## CLASS B (4<sup>th</sup> and 3<sup>rd</sup> kyu)

### Kata: Tekki Shodan

**Basic Points:** See basic points for Class C.

**Penalties:** See penalty points for Class C.

**Format:** Same operational format as Class C except that kata round-robin is based on Tekki Shodan.

### Kumite: Stage 2 kumite (S-2-K)

**Basic Points:** See Class C

**Penalties:** See Class C

**Format:** Stage-2- kumite (S-2-K) is a form of Jiyu-Ippon-Kumite. Each match consists of four encounters, one tsuki and one keru attack by each competitor. Aka and shiro take turn for tsuki attacks, then alternate for keru attack. ***Mouth guard is required for competitors during S-2-K.***

Encounter is defined as one rhythmic cycle containing an initial attack, a counter by the defender, a response counter by the attacker and one last counter by the defender, 1-2-3 tempo. Encounter terminates the instant the rhythmic flow is interrupted; even with a slightest pause

The total score of the four encounters are calculated to determine the match winner.

#### **Notes:**

- Each encounter is independent (similar to Kogo Kumite);
- Competitors must initiate attack/defense within 5 seconds in S-2-K;
- All tsuki can be jodan or chudan, but chudan kizami-zuki will not count;
- Four types of kicks are allowed: mae-geri, yoko-kekomi-geri, mawashi-geri, and ushiro-geri;
- Ippon can be awarded;
- All keru must be chudan;
- Balance breaking techniques (including sweeps) are **not** allowed;

**CLASS A (2<sup>nd</sup> and 1<sup>st</sup> kyu)**

**Kata: One of following: Bassai-Dai, Kanku-Dai, Jion and Empi**

**Basic Point:** See Class C.

**Penalties:** See Class C.

**Format:** Same operational format as Class C except kata round-robin is based on Competitor's performance of any one of the four advanced katas listed above.

**Kumite: Stage 3 kumite (S-3-K)**

**Basic Point:** According to WTKF rules

**Penalties:** According to WTKF rules.

**Format:** Each match consists of six back-and-forth shikake-waza (offense) vs. oji-waza (defense) encounters. See Notes for waza options.

Aka and shiro alternate in executing shikake-waza in the 6 encounters between two competitors (3 per side). Encounter is one rhythmic cycle comprising an initial attack, a counter-attack by the defender, a response counter by the attacker and one last counter by the defender, i.e. 1-2-3 tempo.

**Mouth guard is required for competitors during S-3-K**

**Notes:**

- Competitors must commence attack/defense within allotted time of 5 sec;
- Both jodan and chudan tsuki are allowed. Exception: chudan kizami-zuki is not a scoring technique;
- Four types of kicks are allowed: mae-, yoko-, kekomi-, mawashi-, and ushiro-geri;
- All keri-wazas can be jodan or chudan. Exception: only chudan target is allowed for ushiro-geri;
- Sweeps are allowed, as stipulated by standards outlined in WTKF Competition Rules