

Kata Judging Overview

Basic kata points are based on **four** factors:

1. Body Dynamics
2. Power
3. Form
4. Transition

1. Body Dynamics

- a. Degree or rate of power generated by the **body dynamics and muscle action** with proper **breathing**, defined as:
 - i. **Smooth body movement** (timing) throughout entire execution of technique beginning from **floor and ending at contact point**.
 - ii. Degree of **increasing energy** through **speed** combined with smoothness of technique.

2. Power

- a. Efficiency and **focus** of power with respect to the objective of the technique, including:
 - At final stage of technique, produce **maximum energy** through maximum energy/pressure directed to floor;
 - Degree of **transmission** of total energy to target (what percentage). Total is based on combination of **body movement** and **pressure to floor**
 - Degree of total **body contraction** focused on target.
- b. Degree of power and speed control appropriately matching the objective of the technique;
- c. Degree of strength of will ("Spirit") or mental power focused on target

3. Form

- a. Degree of proper matching intended purpose of technique
- b. Degree of balance (stance, posture, and coherence)
- c. Degree of emotional stability and mental concentration.

4. Transition

- a. Quality of skill performance in body shifting
- b. Quality of continuity from technique to technique
- c. Appropriate tempo to match the technique objective

5. Skill points (finals only)

- a. **Mastery** of fine details of technique
 - i. Degree of techniques' quality based on depth of training experience.
 - ii. Degree of body movement combined with skill of technique
- b. **Impression**
 - i. This refers to the level of impression the demonstrator makes on the observer as a result of both the demonstrator's understanding of application and display of high level of technical skill with grace and strong spirit

Kata Penalties Overview

1. Hesitation
 - a. bewildered,
 - b. confused or
 - c. stopping
2. Loss of balance
 - a. Imbalance in place,
 - b. Moving
 - c. Falling
3. Deviation from original position and angle
 - a. Position - Beginning and ending position deviation
 - b. Facing wrong direction at the end
4. Etiquette
 - a. Forgetting to bow
 - b. Poor attitude
- 5. Synchronized kata only:**
 - a. Loss of synchronization
 - b. Error in application
 - c. Unrealistic technique
6. Han-suko – foul (for individual kata)
 - a. Performed different kata than registered
 - b. 5 second delay or lapse during the kata execution
 - c. Speaking while executing the kata
 - d. Competitor receiving coaching or prompting in the competition area during the kata performance
 - e. Bad attitude or etiquette
 - f. Ignore Shu-shins instructions
 - g. Gi removal or gi malfunction