

Traditional Karate North Central Region  
Kitei Seminar Agenda  
October 15, 2011

**Estimated time allotment**

- Review Kitei rules and procedures – 15-20+ minutes (provide handouts to the students)
- Kitei kata training – 40+ minutes
- Kitei judging training session – 20+ minutes

**Seminar activities**

**1. Review Fuku-go**

- a. Combination of alternating between kumite and kata (Kitei) with paired off competitors
- b. Follows standard ITKF rules for kumite and kata rules

**2. Review Kitei Rules and procedures – 15 minutes**

- a. Review key points what judges are looking for
  - i. Follows ITKF kata rules
    - 1. Power, body dynamics, form, transition, mastery impression
- b. Review Penalties
  - i. Use the penalty points stated in Kata Rules Article I-4-E-(4) and the following additional **Kitei penalty points**:
    - 1. Mistake in sequence, including misplacement of "Kiai" -0.2 each instance.
    - 2. Skipping technique, including omission of "Kiai" -0.2 each instance.
- c. Review Kitei scoring form
  - i. Use Kata Rules Article I-4-E-(1) and (2) as Basic and Skill Points together for Kata Scoring.
- d. Han-soku
  - i. Use Kata Rules Article 1-5, except in the following additions: **competitor does not demonstrate Kitei**
- e. Review Kitei kata procedures
  - i. Both competitors bow in, enter the ring together, and go to their starting position
  - ii. Both competitors bow to Shu-Shin and then to each other
  - iii. Shu-shin starts them with *hajime*
  - iv. At the end, the competitors bow to each other and then to the Shu-shin
  - v. Competitors wait for the judge's decision

**3. Kitei kata training**

- a. Walkthrough Kitei kata with everyone

**4. Kitei judging training session**

- a. Small Group or large group-model match activities
  - i. Pair off contestants and have them run through Kitei like they would in a tournament
  - ii. Have judges review their score and penalties with each other
  - iii. Provide feedback to the competitors
  - iv. Select a winner
  - v. Call up another pair of contestants and repeat the process

**XIV. KI-TEI (COMPULSORY) SCORING RECORD**

**KI-TEI (COMPULSORY) SCORING FORM**

Elimination (1, 2, 3, 4, 5) \_\_\_ Men's \_\_\_ Women's

Judge's No. \_\_\_\_\_

**AKA (RED) Athlete's Team No.**

**SHIRO (WHITE) Athlete's Team No.**

OVERVIEW	POOR	BELOW AVG.	AVG.	ABOVE AVG.	GOOD	VERY GOOD	SCORE
	4.0 .1 2.3 .4 5.6 .7 8.9	5.0 .1 2.3 .4 5.6 .7 8.9	6.0 .1 2.3 .4 5.6 .7 8.9	7.0 .1 2.3 .4 5.6 .7 8.9	8.0 .1 2.3 .4 5.6 .7 8.9	9.0 .1 2.3 .4 5.6 .7 8.9	
<b>FROM OVERVIEW</b>	<b>SLIGHTLY WORSE</b>	<b>SAME</b>	<b>SLIGHTLY BETTER</b>	<b>GOOD</b>			
BODY DYNAMICS	-0.1	0	+0.1	+0.2			
POWER	-0.1	0	+0.1	+0.2			
FORM	-0.1	0	+0.1	+0.2			
TRANSITION	-0.1	0	+0.1	+0.2			
MASTERY	-0.1	0	+0.1	+0.2			

OVERVIEW	POOR	BELOW AVG.	AVG.	ABOVE AVG.	GOOD	VERY GOOD	SCORE
	4.0 .1 2.3 .4 5.6 .7 8.9	5.0 .1 2.3 .4 5.6 .7 8.9	6.0 .1 2.3 .4 5.6 .7 8.9	7.0 .1 2.3 .4 5.6 .7 8.9	8.0 .1 2.3 .4 5.6 .7 8.9	9.0 .1 2.3 .4 5.6 .7 8.9	
<b>FROM OVERVIEW</b>	<b>SLIGHTLY WORSE</b>	<b>SAME</b>	<b>SLIGHTLY BETTER</b>	<b>GOOD</b>			
BODY DYNAMICS	-0.1	0	+0.1	+0.2			
POWER	-0.1	0	+0.1	+0.2			
FORM	-0.1	0	+0.1	+0.2			
TRANSITION	-0.1	0	+0.1	+0.2			
MASTERY	-0.1	0	+0.1	+0.2			

SUB-TOTAL OF ADJUSTMENT (+/-) (2)

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SUB-TOTAL OF BASIC POINTS (1)+(2) (3)

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MISTAKE	HESITATION	LOSS OF BALANCE	POSITION	ETIQUETTE	SCORE (-)
<input type="checkbox"/> X 0.2	<input type="checkbox"/> X 0.1	<input type="checkbox"/> X 0.1 <input type="checkbox"/> X 0.3 <input type="checkbox"/> X 0.5 <input type="checkbox"/> X 1.0	<input type="checkbox"/> X 0.1	<input type="checkbox"/> X 0.2 <input type="checkbox"/> X 0.3 <input type="checkbox"/> X 0.5	
=	=	=	=	=	(4)

MISTAKE	HESITATION	LOSS OF BALANCE	POSITION	ETIQUETTE	SCORE (-)
<input type="checkbox"/> X 0.2	<input type="checkbox"/> X 0.1	<input type="checkbox"/> X 0.1 <input type="checkbox"/> X 0.3 <input type="checkbox"/> X 0.5 <input type="checkbox"/> X 1.0	<input type="checkbox"/> X 0.1	<input type="checkbox"/> X 0.2 <input type="checkbox"/> X 0.3 <input type="checkbox"/> X 0.5	
=	=	=	=	=	(4)

FINAL SCORE (3)-(4) (4)

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AKA (RED)

WINNER

SHIRO (WHITE)

SIGNATURE OF JUDGE