

Traditional Karate North Central Region

Shiai Rules

Kumite judging

1. Kyu level – Three judges; *Hantei* - red/white decision flag system
2. Black belts adults - Standard AAKF free sparring rules and signals
3. Elite youth – Kogo rules; judges must know the kogo rules and signals
4. Principles judges look for: **Timing, technique, distance, target, pressure; rule violation**

Kata judging

1. Kyu level – Three judges; *Hantei* - red/white decision flag system
2. Black belt – Depending on number of contestants – flags or scorecard. Finals - use scorecards
3. Principles judges need to look for in kata – **Power, body dynamics, transition and form**

Adults				
Rank	Class	Kata Requirement	Kumite	Comments
Shodan and above Black belt	BB	Any advance kata	Jiyu kumite - Free sparring	AAKF rules
1st & 2nd Kyu Brown belt	A	Bassai Dai, Kanku dai, Empi, Jion	Kogo (<i>no overtime</i>)	Tie – flag decision
3rd & 4th Kyu Purple belt	B	Tekki Shodan	1st attack-any punch, 2nd attack-any kick	Free movement Any defense/counter
5th & 6th Kyu Green/Orange	C	Heian Yondan or Godan	3 exchanges, rev punch is attack, <i>designated attacker</i> .	Free movement Any defense/counter
8th & 7th Kyu White/Yellow	D	Heian Nidan or Heian Sandan	Step-in punch head Step-in punch body	Stationary attacker Any defense/counter
Youth under 18 years old				
Rank	Class	Kata Requirement	Kumite (jiyu ippon)	Comments
Shodan and above Black belt	Elite	Any advance kata	Kogo (<i>no overtime</i>)	Tie – flag decision
1st & 2nd Kyu Brown belt	A	Bassai Dai, Kanku dai, Empi, Jion	Kogo (<i>no overtime</i>)	Tie – flag decision
3rd & 4th Kyu Purple belt	B	Tekki Shodan	1st attack-any punch, 2nd attack-any kick	Free movement Any defense/counter
5th & 6th Kyu Green/Orange	C	Heian Yondan or Godan	3 exchanges, rev punch is attack, <i>designated attacker</i> .	Free movement Any defense/counter
8th & 7th Kyu White/Yellow	D	Heian Nidan or Heian Sandan	Step-in punch head Step-in punch body	Stationary attacker Any defense/counter
Other events – demonstration event with judge's feedback				
Enbu Man/man Man/women			Standard AAKF enbu requirements. Timing-technique- choreography-budo aspect	Min. – punch, 3 kicks (front, roundhouse,, back thrust); Todome - finishing blow; 60 sec +- 5 sec; Bowing before and after
Team kata		Standard AAKF team kata requirements	Synchronization is key Bunkai	

Note: NCR variance from AAKF rule

Kata: class D and C added sandan and godan, respectively. Contestant can pick one of two katas.

Elite: expanded to *any* kata rather than using Class A kata list

Kumite: kogo - *no overtime* to help speed things up for our shiai

5th and 6th kyu – Judge designate an attacker