

# Traditional Karate North Central Region

Shiai Rules V2.0 - 2020

## **Kumite judging** – *all levels using jiyu dachi (free movement)*

1. Kyu level – *Hantei* - red/white decision flag system
2. Black belts adults - Standard AAKF free sparring or kogo 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 – *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

## **What are Kumite Kyu Levels (Sparring Level 1-3)?**

This is a modified type of sparring event for color belts. It is designed to allow participants to gradually improve their experience in a free sparring-like environment, while still being able to pay attention to karate fundamentals. At the same time, this event provides an opportunity for the development of judging experience, as the criteria are the same as for Jiyu Kumite (free sparring)

## **Main points of consideration**

- Budo spirit (fighting spirit, etiquette, appearance)
- Form and transition — posture, eye vector, balance
- Todome-waza — proper technique, kime, and zanshin
- Timing — proper rhythm of attack or counter
- Ma-ai — technique applied at the appropriate distance

## **Format of Competition**

There is an attacker and defender designation for each exchange. Red (Aka) side attacks first, then when all attacks are finished, White (Shiro) side becomes the attacker

Adults				
Rank	Class	Kata Requirement	Kumite (jiyu dachi)	Comments
Shodan+ Black belt	BB	Any advance kata	Jiyu kumite - Free sparring or Kogo	AAKF kumite rules
1 <sup>st</sup> - 3 <sup>rd</sup> Kyu Brown belt	A	Tekki, Bassai Dai, Kanku dai, Empi, Jion	Kogo ( <i>no overtime</i> ) or Jiyu kumite	Tie – flag decision
5th & 4th Kyu Purple belt	Level 3	Heian Godan, Tekki Shodan	1. Any 2 punches 2. 1 punch/1 kick 3. Any 2 combination techniques	<ul style="list-style-type: none"> <li>Go-no-sen timing</li> <li>Any counter defense</li> <li>Attacker must evade or defend and <b>can counter-attack</b></li> </ul> <i>Keikoku</i> if defender is to far away for counter
6th & 7th Kyu Green/Orange	Level 2	Heian Sandan, Heian Yondan or Godan	1. Jab or rev punch jodan 2. Rev. punch chudan 3. Front kick chudan	<ul style="list-style-type: none"> <li>Go-no-sen timing</li> <li>Any counter defense</li> <li>Attacker must evade or defend against the counter (<i>no counter attack</i>)</li> <li><i>Keikoku</i> if defender is to far away for counter</li> </ul>
8th & 9th Kyu White/Yellow	Level 1	Heian Shodan Heian Nidan or Heian Sandan	1. Jab jodan, 2. Rev. punch chudan	Attacker holds pstn Go-no-sen timing Any counter defense
Youth under 18 years old				
Rank	Class	Kata Requirement	Kumite (jiyu dachi)	Comments
Shodan+ Black belt	Elite	Any advance kata	13 and under – kogo 14 or older – kogo or jiyu	Tie – flag decision
1 <sup>st</sup> - 3 <sup>rd</sup> Kyu Brown belt	A	Tekki, Bassai Dai, Kanku dai, Empi, Jion	Kogo ( <i>no overtime</i> )	Tie – flag decision
5th & 4th Kyu Purple belt	Level 3	Heian Godan, Tekki Shodan	1. Any 2 punches 2. 1 punch/1 kick 3. Any 2 combination techniques	<ul style="list-style-type: none"> <li>Go-no-sen timing</li> <li>Any counter defense</li> <li>Attacker must evade or defend and <b>can counter-attack</b></li> </ul> <i>Keikoku</i> if defender is to far away for counter
6th & 7th Kyu Green/Orange	Level 2	Heian Sandan, Heian Yondan or Godan	1. Jab or rev punch jodan 2. Rev. punch chudan 3. Front kick chudan	<ul style="list-style-type: none"> <li>Go-no-sen timing</li> <li>Any counter defense</li> <li>Attacker must evade or defend against the counter (<i>no counter attack</i>)</li> <li><i>Keikoku</i> if defender is to far away for counter</li> </ul>
8th & 9th Kyu White/Yellow	Level 1	Heian Shodan Heian Nidan or Heian Sandan	1. Jab jodan, 2. Rev. punch chudan	Attacker holds pstn Go-no-sen timing Any counter defense
Other events – demonstration event with judge’s feedback				
Enbu Man/man Man/women			Standard AAKF enbu requirements. Timing-technique-choreography-budo aspect	<b>Min.</b> – punch, 3 kicks (front, roundhouse, back thrust); <b>Todome</b> -finishing blow; 60 sec +- 5 sec; <b>Bowing</b> before and after
Team kata		Standard AAKF team kata requirements	Synchronization is key Bunkai	