

*TRADITIONAL
KARATE NORTH
CENTRAL REGION
TOURNAMENT
RULES*

V 3.1 July 19, 2021 for Kyu Rank Competitors – Summary Table

North Central Region | AAKF

Summary of Kyu level competition rules for kata and Kumite V3.1

Stance: jiyu dachi – fighting stance for all levels		
Exchanges: 6 total; each side attacks 3 times and defends 3 times; no contact		
kata	Attacker	Defender
Level 1: 8th kyu, 9th kyu - white belt – form, timing; distance not important - single technique attack		
Kata: Heian Shodan, or Heian Nidan	<ol style="list-style-type: none"> 1. Jodan (face) slide in jab (kizami-tsuki jodan). 2. Chudan (body) slide in reverse punch (gyaku tsuki chudan). 3. Chudan (body) back leg front kick (mae geri chudan), 	<p>Defender - Reverse punch (gyaku tsuki) – go-no-sen timing</p> <p>Attacker holds position at this level only</p>
Level 2: 7th kyu and 6th kyu - Orange-green belt – form, timing and distance; no faking gestures – single technique attack		
Kata: Heian Sandan or Heian Yondan	<p><i>5 sec. to attack; within 4"; no contact</i></p> <ol style="list-style-type: none"> 1. Jodan (face), select 1: <ol style="list-style-type: none"> a. jab (kizami-tsuki jodan), or b. stepping in punch (oi-tsuki jodan), or c. reverse punch (gyaku tsuki jodan). 2. Chudan (body) kicking attack (<i>back leg</i>) select 1 <ol style="list-style-type: none"> a. front kick (mae geri chudan), or b. roundhouse kick (mawashi geri) 3. Chudan (body) any attacking technique select 1 <ol style="list-style-type: none"> a. stepping in punch (oi tsuki), or b. reverse punch (gyaku tsuki chudan), or c. Kick - front kick or roundhouse kick 	<p>Defender - Reverse punch (gyaku tsuki) - go-no-sen timing</p> <p>Attacker - Can block/evade the defense counterattack. Attacker can execute a counter-attack against the defender. The defender can block the counterattack of the attacker.</p>
Level 3: 5th kyu and 4th kyu – Purple belt – timing and distanced – two technique attack		
Kata: Heian Godan or Tekki Shodan	<p><i>5 sec. to attack; within 4"; no contact</i></p> <ol style="list-style-type: none"> 1. <u>Arms only exchange</u> – any two punching attacks, jodan (face) or chudan (body). 2. <u>Arm and leg exchange</u> - one punch, one kick (mae geri, mawashi geri, yoko kekomi using front or back leg), jodan (face) or chudan (body). 3. <u>Free exchange</u> - any combination of two techniques (kick-punch, punch-kick, punch-punch, kick-kick). 	<p>Defender must counter-attack with any counter technique; can counter between attacker's 1st-2nd technique; can block attacker's counter-attack – go-no-sen timing</p> <p>Attacker – can block defender's counter-attack; defender can only block/evade attacker's counter-attack.</p>
Level 4: 3rd kyu, 2nd kyu and 1st kyu – Brown belt – AAKF/WTKF rules		
Kata: Basai Dai, Jion, Empi, or Kanku Dai	Kogo – youth Kogo or Free Kumite - adults	No contact either side.
Black belts any advance kata	Black Belt 14 and under – Kogo kumite - WTKF Rules - youth Black Belt 15 - 17 - Kogo or Free Kumite (or both) - WTKF Rules - youth	No contact either side.