

*TRADITIONAL
KARATE NORTH
CENTRAL REGION
TOURNAMENT
RULES*

for Kyu Rank Competitors

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Introduction

The purpose of this document is to provide a set of rules and procedures for kyu rank competition. By having kyu rank students competing in a tournament format, the students will learn to manage stress from competition, train harder to prepare for the competition, see how they progress in their training comparing to others, build teams and team-work skills, develop more self-confidence, making friends, build character, and becoming a better person. This is the essence of training in traditional karate-do.

Competition Events and Format for Kyu Ranks

Events

These are the recommended events for kyu rank competition: Individual Kata and individual Kumite, team synchronized kata and enbu.

Format

Competition Area

The competition area shall be the area marked with tapes per the WTKF requirements

Divisions

The kyu competitors are divided into 4 division levels. Each level can be separated by gender and age if there are enough competitors to make up a pool.

Level 1 division is a group of 8th kyu, 9th kyu and white belt

Level 2 division is a group of 7th kyu and 6th kyu

Level 3 division is a group of 5th kyu and 4th kyu

Level 4 division is a group of 3rd kyu, 2nd kyu and 1st kyu

Division and Matches

A division can have more than one pool and each pool can have up to 6 competitors competing in a round robin format. Each pool will start out with kata matches and then kumite matches.

Judging

A kata match will have 2 competitors performing the kata at the same time. At the end of the performance the winner is the one with the most flags from the judges.

A kumite match is judged based on the specific level requirements and the winner will be declared by the main judge at the end of each match.

Kata Events

Individual Kata

The competitor can choose to perform the allowable kata for a division per round in a pool. Example, a level 2 competitor can do Heian Sandan on the first round then do Heian Yondan on the second round or Heian Sandan again. Two competitors will compete at the same time and the winner will be the one with the most flags declared by the court judges.

Procedure

Each competitor is designated as aka (red) or shiro (white). The competitors wait outside of the competition area on the designated color side. The head judge (shushin) will signal the competitors to enter the competition area and stop at the designated position. The shushin will signal the competitors to bow to the shushin by announcing "rei". Then the competitors will turn and face each other and bow. Both competitors turn back and face the shushin in shizen-tai (ready position). The shushin points to aka competitor and announces "kata" and the aka competitor replies by announcing the name of the kata to be performed. The shushin will repeat the kata name to confirm. Then the procedure is repeated for shiro competitor.

The shushin will start the match by announcing "hajime" or "begin". When a competitor is done performing the kata, the competitor returns to ready position and wait. When both competitors are at ready position, the shushin will ask for a judgment by blowing a long whistle then a short whistle. At this point, all judges will raise the color flag of the competitor they believe was the better of the two competitors. The competitor with the most flags will be declared winner by the shushin.

Once a winner is declared, the competitors will face each other and bow, then turn and face the shushin and bow. The shushin will signal the competitors to step backwards and move out of the competition area. Once out of the competition area, the competitors must bow once more before moving away.

Judging Considerations

The court judges must decide the better competitor by choosing the appropriate Red or White flag when the shushin asking for the judgment at the end of the match by blowing a long whistle then a short whistle. After the short whistle, the corner judges must immediately raise the decided flag. No penalties are to be considered.

Factors to consider for deciding which competitor is better:

- Form (stances, punches, blocks, hips position in blocks/punches, snaps in kicks)
- Transition (proper path of the arms or leg from starting position to ending position, proper turns, balance)
- Body dynamics (breathing, body contraction & expansion, pressure to the floor using muscles contraction)

- Power (acceleration of each technique, proper muscle contraction at end of technique, total use of body for every technique)

Acceptable katas per division is listed below:

Level 1 division – Heian Shodan, or Heian Nidan

Level 2 division – Heian Sandan or Heian Yondan

Level 3 division – Heian Godan or Tekki Shodan

Level 4 division – Basai Dai, Jion, Empi, or Kanku Dai

Team Synchronized Kata

Each team will perform a kata specific to a division and will receive a total score from the judges after each performance. The team with the highest score in a division will win the team kata competition for that division. Each judge will give a score based on the following criteria.

- Synchronization of the team
- Form and proper transition of each competitor from one move to the next
- Skill level impression and budo spirit

Individual Kumite Event

This is a modified type of sparring event for kyu rank competitors. It is designed to allow participants to gradually improve their techniques, confidence, and experience in a kumite match and ultimately transition to black belt level free sparring kumite.

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 red side attacks are finished, White (Shiro) side becomes the attacker.

Level 1 - 8th, 9th Kyu and white belt (youth and adult)

At this level all competitors are starting to learn proper body control and timing. The purpose is to build better body control and learn to react with good timing. Therefore, distance in attacking and defending is not emphasized or penalized. Proper form and reaction are the deciding factors.

Exchanges – (jiyu dachi – fighting stance)

There are **6** exchanges (3 for each side attacking) (**ippon kumite**.) The attacking techniques are:

1. Jodan (face) level shifting jab (kizami-tsuki jodan).
2. Chudan (body) reverse punch shifting into the body (gyaku tsuki chudan).
3. Chudan (body) front kick (from the back leg).

The competitors are in fighting stance (jiyu dachi) and are moving with the purpose to establish proper distance and timing for their actions.

Note: Switching of the leading leg in the stance is not allowed.

Procedure

1. Both competitors stand in ready position (Shizen-Tai) at their designated starting positions.
2. **First Attack:** Chief referee (Shushin) announces “**Aka jodan tsuki - hajime**” or “Red side punching head level - begin” and both competitors step forward in fighting stance (jiyu dachi).
3. The attacker must get into proper distance for the attack and execute the announced attack within **5 seconds**. The defender moves with the attacker to maintain proper distance (the competitors are within 3 ft apart measuring front foot to front foot) and to be able to block and counter with the proper timing and form.
4. Both competitors go back in ready position (Shizen-Tai) at their designated starting positions.
5. **Second Attack:** Chief referee (Shushin) announces “**Aka chudan tsuki - hajime**” or “Red side punching body - begin” and both competitors step forward in fighting stance (jiyu dachi).
6. Both competitors go back in ready position (Shizen-Tai) at their designated starting positions.
7. **Third Attack:** Chief referee (Shushin) announces “**Aka chudan geri - hajime**” or “Red side front kick body - begin” and both competitors step forward in fighting stance (jiyu dachi).
8. Both competitors go back in ready position (Shizen-Tai) at their designated starting positions.
9. The above procedure is repeated with Shiro (White) side as the attacker and aka (red) as the defender
10. Once the attack/defense procedure is completed, the shushin follows the standard kumite procedure to end the match and designate a winner, e.g., aka/shiro no kachi. If there is tie, the shushin will immediately use the hantei (judgement) procedure to request the corner judge’s decision. The winner is the one with the most flags (red or white side) and will be declared by the shushin.

Constraints

- The defender must defend with a reverse punch using **go-no-sen** timing, i.e., the defender must allow the attacker to initiate the attack. The goal of the defender is to evade and/or block the attack, and counterattack.
- Each attacking punch or kick technique cannot make contact and must be at least **6 inches** from the face or body. Distance is not important at this level.
- The attacker must **hold their position** after executing the attack, providing a stationary target for the defender (similar to Kihon Ippon kumite, and Jiyu Ippon kumite).

- Due to this constraint on the attacker, there is no Ippon (full point) awarded at this level
- Any contact (except accidental) perpetrated by the attacker or defender may result in disqualification.

Scoring

- The attacker can score 4 points (wazari) by performing the attack with the proper form and timing and the defender couldn't execute a **block and counter**.
- The attacker can score 2 points (niten) by disturbing the opponent's timing and ability to counterattack with a reverse punch including the case where the defender's block is late.
- The defender can score 4 points (wazari) by executing a block and reverse punch, with the proper timing (block immediately after the attacking technique finished) and form (correct block, stance, and body structure).

Penalty

Unless there is contact, no penalty will be considered for level 1. If the attacker attacks after the 5 seconds, the exchange is void without any points awarded. If there is contact, the shushin can disqualify the competitor making the contact and award the match's winner to the other competitor.

Level 2 - 6th and 7th Kyu (youth and adult)

The purpose of level 2 kumite is to help the competitors build better timing, form, and distance. This level also introduces the ability of the defender reacting to undefined attacking techniques with known target. The competitors will learn to move freely and adjusting their distance and timing for an attack or a defense.

Exchanges – (jiyu dachi – fighting stance)

There are **6** exchanges (3 for each side) (**ippon kumite**). The attacking techniques are:

1. Jodan (face) punching attack, either **jab** (kizami-tsuki jodan), **stepping in** punch (oi-tsuki jodan), or shifting in and execute a **reverse** punch (gyaku tsuki jodan).
2. Chudan (body) kicking attack using a **front kick** (back leg only) to the body (mae geri chudan), or a **roundhouse** kick (mawashi geri, back leg only).
3. Chudan (body) any attacking technique using either **stepping in** punch (oi tsuki), or **reverse punch** shifting into the body (gyaku tsuki chudan), or front kick (back leg), or roundhouse kick (back leg).

The competitors are in fighting stance (jiyu dachi) and are moving with the purpose to establish proper **distance and timing** for their actions.

Note: Switching of the leading leg in the stance is **not** allowed.

Procedure

1. Both competitors stand in ready position (Shizen-Tai) at their designated starting positions.
2. **First Attack:** Chief referee (Shushin) announces “**Aka jodan tsuki - hajime**” or “Red side punching head - begin” and both competitors step forward in fighting stance (jiyu dachi).
3. The attacker must get into proper distance (leading hands are within **one foot**) for the attack and execute the announced attack within **5 seconds**. The defender moves with the attacker to maintain proper distance and to be able to respond with the proper timing and distance (within **4 inches** from body or face but not closer).
5. After the exchange both competitors go back in ready position (Shizen-Tai) at their designated starting positions.
6. **Second Attack:** Chief referee (Shushin) announces “**Aka chudan geri - hajime**” or “Red side kicking body - begin” and both competitors step forward in fighting stance (jiyu dachi).
7. Same attack/defense procedure as step 3.
8. After the exchange both competitors go back in ready position (Shizen-Tai) at their designated starting positions.
9. **Third Attack:** Chief referee (Shushin) announces “**Aka chudan waza**” or “Red side punching or kicking body - begin” and both competitors step forward in fighting stance (jiyu dachi).
10. Same attack/defense procedure as step 3.
11. After the exchange both competitors go back in ready position (Shizen-Tai) at their designated starting positions.
12. The procedures 1 through 9 are repeated with Shiro (White) side as attacker.

13. Once the attack/defense exchanges are completed, the shushin follows the standard kumite procedure to end the match and designate a winner, e.g., aka/shiro no kachi. If there is tie, the shushin will immediately start a hantei (judgement) procedure to obtain judgments from the fuku-shins. The winner is then announced, e.g., aka/shiro no kachi.

Constraints

- The defender can use only a single reverse punch technique for the counter.
- The defender can **only use go-no-sen** timing (block then counter after the attacker started a technique.)
- The defender **must counterattack** after blocking (or evading.)
- The attacker can execute 1 **counterattack** after blocking (or evading) the counter from the **defender**. The defender can block a counterattack of the attacker.
- The attacker **cannot feint** (fake) an attack and must commit within 5 seconds.
- All punches and kicks must be within **4 inches** from the body or face to be considered a possible scoring technique.
- No face or body contact is allowed resulting from any technique. The shushin has the option to disqualify a competitor for making contact.

Scoring

- A wazari (4 points) is given to the **attacker** if the defender couldn't properly block and counter plus the attacker's has proper form and the distance of the technique is within 4 inches from the target.
- A ni-ten (2 points) is given to the **attacker** by disturbing the defender's ability to counterattack with a reverse punch.
- A wazari (4 points) is given to the **defender** if the blocks and reverse punch with proper form, timing, and distance (within 4 inches from target) and the attacker couldn't block and counter.

Penalties

- A keikoku (2 points) penalty against the defender for escaping and did not attempt to execute a counter punch.
- A chui (4 points) if the attacker or defender makes body or face contact. The shushin has the option to stop the match and award the offended competitor as the winner.
- A keikoku (2 points) penalty against the defender for starting the counter before the attacker initiates the attacking technique.
- A keikoku (2 points) penalty to either competitor for unsanctioned techniques as described in the Level 2 exchanges section.

Level 3 - 4th and 5th Kyu (youth & adult)

The purpose of level 3 kumite is to prepare the competitors for kogo kumite by attacking different targets using different techniques combining punching and kicking. It also prepares the defender to move with the attacker and adjusting distance and timing to mount a defense after evading or blocking the attacks.

Exchanges – (jiyu dachi – fighting stance)

There are **six** exchanges (three for each side attacking). The three attacking exchanges are:

1. Arms only exchange - **two punching** attacks, any sequence, targeting jodan (face) or chudan (body). Defender can counter with one or two techniques using either punch or kick (mae geri or mawashi geri). Attacker can defend a counter with an arm technique and the defender can block the attacker's counter to prevent a scoring.
2. Arm and leg exchange - **one punch, one kick (mae geri, mawashi geri, yoko kekomi using front or back leg)**, in any sequence, targeting jodan (face) or chudan (body). Defender can counter with one or two techniques using either punch or kick. Attacker can defend a counter with an arm or leg technique and the defender can block the attacker's counter.
3. Free exchange - attacker attacks with **any combination of two techniques (kick-punch, punch-kick, punch-punch, kick-kick)**. The defender responds with one or two counter techniques using punches or kicks. Attacker can defend a counter with an arm or leg technique and the defender can block the attacker's counter to prevent a scoring.

Note:

- The **defender** must **counterattack after blocking (or evading)** in each exchange.
- The defender can counterattack after the first technique of the combination if the timing is good.
- Switching of the leading leg in the stance **is allowed**.

Procedure

1. Both competitors stand in ready position (Shizen-Tai) at their designated starting positions.
2. **First Attack:** Chief referee (Shushin) announces “**Aka tsuki renzoku waza - hajime**” or “Red side punching combination - begin” and both competitors step forward in fighting stance (jiyu dachi).
3. The attacker must get into proper distance (leading hands are within **one foot**) for the attack and execute the announced attack within **5 seconds**. The defender moves with the attacker to maintain proper distance and to be able to respond with the proper timing and distance (within **4 inches** from body or face but not closer). The exchange is judged based on kumite rules, with the possible award of Waza-ari (half point) or Ippon (full point), penalties, or neither (tora-nai) to either side.
4. After the exchange both competitors go back in ready position (Shizen-Tai) at their designated starting positions.

5. **Second Attack:** Chief referee (Shushin) announces “**Aka tsuki geri renzoku waza - hajime**” or “Red side punching kicking combination - begin” and both competitors step forward in fighting stance (jiyu dachi).
6. The attacker must get into proper distance for the attack and execute the announced attack within 5 seconds. The defender moves with the attacker to maintain proper distance and to be able to respond with the proper timing.
7. After the exchange both competitors go back in ready position (Shizen-Tai) at their designated starting positions.
8. **Third Attack:** Chief referee (Shushin) announces “**Aka renzoku waza - hajime**” or “Red any two techniques combination - begin” and both competitors step forward in fighting stance (jiyu dachi).
9. The attacker must get into proper distance for the attack and execute the announced attack within **5 seconds**. The defender moves with the attacker to maintain proper distance and to be able to respond with the proper timing.
10. After the exchange both competitors go back in ready position (Shizen-Tai) at their designated starting positions.
11. The procedure is repeated with Shiro (White) side as attacker.

Once the attack/defense exchanges are completed, the shushin follows the standard kumite procedure to end the match and designate a winner, e.g., aka/shiro no kachi. If there is tie, the shushin will immediately use the han-tei (judgement) procedure to determine the winner. The winner is then announced, e.g., aka/shiro no kachi.

Constraints

- The allowable kicks are front kick (mae-geri), side kick (yoko geri), or roundhouse kick (mawashi geri).
- The defender can **only use go-no-sen** timing (counter after the attacker started a technique.)
- The **defender** must immediately **counterattack after blocking (or evading)**.
- The **attacker** can **counterattack** after blocking (or evading) the counter from the **defender and the defender can only block the counter from the attacker to prevent scoring**.
- Contacts are not allowed from both competitors and all techniques must be **within 4 inches** to be considered a possible scoring opportunity.

Scoring

Superior timing and distance, together with a decisive technique (Todome Waza) can potentially lead to the award of Ippon (full point) for either side. Scoring considerations are the same as kogo kumite. The attacker must execute 2 techniques (no more and no less) to be considered a scoring technique. A single counter technique (punch or kick) can be considered for scoring.

Penalties:

- Keikoku (2 points) penalty against the defender if escaping too far to be able to execute a proper counterattack.

- Saki (2 points) penalty against the defender for initiating a counterattack before the attacker starts the attacking combination.
- Ni-ten (2 points) is awarded to the **defender** if the attacker fails to execute 2 consecutive combination techniques (one or more than two techniques.)
- Jikan (2 points) penalty against the attacker for not initiating an attack within 5 seconds.
- Chui (4 points) penalty if either competitor makes contact to their opponent's face or body resulting from an attacking or counter technique (unless the contact is accidental and minor/light.) The shushin along with the court judges can issue a hansoku (disqualification) to the offending competitor and award the winner of the match to the competitor that was hit (aka/shiro hansoku, ni-yori shiro/aka no-kashi.)

Level 4 – 3rd, 2nd, and 1st Kyu (youth & adult)

YOUTH - Brown and black Belts

1st, 2nd, 3rd Kyu – Kogo kumite per WTKF Rules

Black Belt 14 and Under – Kogo kumite per WTKF Rules

Black Belt 15 - 17 - Kogo or Free Kumite (or both) per WTKF Rules

ADULT - Brown Belts

1st, 2nd, 3rd Kyu - Kogo or Free Kumite (or both) per WTKF Rules