

NCR Tournament Kyu Rank Competition Rules Summary V3.3

KATA	KUMITE (attacker)	KUMITE (defender)
Level 1 (8th kyu and lower) Key points: form & timing (no contact, distance not important)		
Heian Shodan, Nidan Flags decision	Shizen-tai. Hajime (get into jiyu dachi) 1. Jodan (face) oi-tsuki (step in punch), hold position 2. Chudan (body) oi-tsuki (step in punch), hold position	Shizen-tai. Hajime (jiyu dachi) 1. Rising block, reverse punch 2. Inside block or outside block, reverse punch
Level 2 (6th & 7th kyu) Key points: form, transition, timing (no contact, within 3 inches)		
Heian Sandan, Yondan Flags decision	Shizen-tai. Hajime (jiyu dachi) 1. Jodan io-tsuki, hold position 2. Chudan oi-tsuki, hold position 3. Chudan Mae geri (front kick) using back leg only, hold position	Shizen-tai. Hajime (jiyu dachi) 1. Rising block, reverse punch 2. Inside or outside block, reverse punch 3. Downward or inside block, reverse punch
Level 3 (4th & 5th kyu) Key points: form, transition, timing, distance (2in), power (no contact)		
Heian Godan, Tekki Flags decision	Shizen-tai. Hajime (jiyu dachi). 10 secs Move around for distance and timing 2 opportunities to score per exchange 1. <u>One arm only technique</u> Target: Jodan or Chudan Technique: oi tsuki or gyaku tsuki 2. <u>One kick technique</u> Target: Chudan Technique: Mae geri or Mawashi geri 3. <u>One arm or kick technique</u> Target: Jodan or Chudan Technique: Oi tsuki or gyaku tsuki, or mae geri or mawashi geri Kick chudan only. Block defender's counter attack and counter with punch or kick. No counter attack after blocking defender's second counter.	Shizen-tai. Hajime (jiyu dachi) Move around for distance and timing 2 opportunities to score per exchange 1. Shifting or stepping back blocking. Counter with reverse punch. 2. Shifting or stepping back blocking. Counter with reverse punch. 3. Shifting or stepping back blocking. Counter with a reverse punch or a front kick or a roundhouse kick Kicking chudan target only If attacker counter (2nd attack), block and counter and stop.
Level 4 (1st, 2nd, 3rd kyu) Key points: form, transition, power, timing, distance (1 inch)		
Bassai dai, Kanku dai, Empi, Jion Flags decision or points	Adults: Kogo Kumite using WTKF Kogo kumite rules Youth: Kogo Kumite using WTKF Kogo kumite rules	For both competitors, no contact, penalties apply
Black belt youth & adult Any black belt katas from WTKF competition rules	<u>Youth Under 18</u> : Kogo Kumite using WTKF Kogo kumite rules <u>Juniors (18-21)</u> : Kogo or Jiyu ippon Kumite (free sparring) (WTKF rules) <u>Seniors (over 21)</u> : same as Juniors	For both competitors, no contact, penalties apply