



AUSTRALIAN KYOKUSHIN KARATE ASSOCIATION
KATA RULES AND PROTOCOL



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RULES

1. The competition area must be flat and free of hazards.
2. Must be large enough to permit the correct performance of any Kata.
3. The contestant and judges must wear the correct attire.
4. The results of the *Kata* competition is decided on the number of points accumulated.
5. There will be one or two rounds, as decided by the organizing committee.
6. If there shall be two rounds then the procedure shall be as follows
 - (a) The first round shall be a free choice of *Kata*.
 - (b) The second round may be a compulsory *Kata* if decided by the organizing Committee. Otherwise the competitor will perform a different *Kata* than the previous round.
 - (c) The chief judge will select the compulsory *Kata* by ballot prior to the competitor entering the competition area
7. No competitor may perform a *Kata* that is more than one grade above the contestant's current grade.

CRITERIA FOR DECISION

1. The *Kata* must be performed with competence and must demonstrate a clear understanding and knowledge of the techniques and principals of the *Kata*.
2. A realistic demonstration of the *Kata* meaning and understanding of the techniques being used (*bunkai*).
3. Good timing, rhythm, speed, balance, and focus of power.
4. Co-ordination
5. Presentation (includes etiquette, appearance and general attitude).
6. Interpretation and dramatic impact.
7. Correctness of form.
8. Correct balance.
9. Correct and proper use of breathing.
10. Proper tension in the abdomen and no bobbing up and down of the head when moving.
11. The performance should also be evaluated with a view to discerning other points such as the difficulty of the *Kata*.

SCORE CARD SYSTEM & POINTS ALLOCATION

1. The winner will be decided by the score, in the case of tie, there shall be another round in which each contestant will perform a different *Kata* from the previous round.
2. Each judge shall display his/her score by means of a score card
3. The score keeper adds the score deleting the highest and lowest scores awarded.
4. The contestant with the highest score shall be declared the winner.
5. In the event of a tie there will be a sudden death play off.
6. If three judges are used, the same prescribed scoring shall apply, but the highest and lowest score remains.
7. When performing *Kata* no variation is permitted.

Points shall be allocated in the following manner:

Junior ranks - 5th Kyu & Under shall be scored out of six (6). Which shall be distributed in the following manner

1. Two (2) points for the *embusen* (pattern)
2. Two points for the stances.
3. Two points for the technique

Senior ranks - 4th Kyu & Over shall be scored out of nine (9) distributed as follows.

1. Three (3) points for the *embusen* (pattern)
2. Three (3) points for the stances
3. Three (3) points for the technique

DISQUALIFICATION

A contestant shall be disqualified if that contestant varies the *Kata* from the prescribed *Kyokushin* manner or performs a *Kata* other than the *Kata* announced.

PROTOCOL AND OPERATION OF THE MATCH (flag system)

1. At the start of each bout and in answer to their names, the two contestants, one wearing a red (*aka*) sash, and the other wearing a white (*shiro*) sash, will line up at the match area perimeter facing the Chief *Kata* Judge. Following a bow to the judging panel, white (*shiro*) will then step back out of the match area.
2. After moving to the starting position and a clear announcement of the name of the *Kata* that is to be performed, red (*aka*) will begin.
3. On completion of the *Kata*, red (*aka*) will leave the area to await the performance of white (*shiro*). After white's (*shiro*) *Kata* has been completed both will return to the match area perimeter and await the decision from the Panel.

PERFORMING THE KATA

1. The contestant follows the prescribed manner to get to the spot marked for the start of the of the *Kata*.
2. The contestant at the command of “*mokuso*” (if *mukusi* is required) goes into *musubi dachi* with eyes closed.
3. The contestant opens his/her eyes and announces the *Kata* to be performed.
4. The chief judge repeats the name of the *Kata* (in the event that the chief judge announces a different *Kata* to that announced by the contestant, the contestant shall re-announce the *Kata*).
5. The contestant, shall on hearing the correct *Kata* called move out of *musubi dachi*.
6. The contestant, shall commence the *Kata* when the Chief Judge announces “*hajime*”
7. At the end of the *Kata* the contestant, shall return to *musubi dachi* after the Chief judge announces “*noare*”.
8. After completion of the *Kata* and the contestant waits on the marked spot for the score to be awarded.

9. After the score has been awarded the contestant bows to the judge and while still facing the judges, returns the way he/she entered. At the edge of the competition area he/she turns bows again and leaves the area.
10. Contestants must perform a different *Kata* in each round. Once performed a *Kata* may not be repeated.

ORGANISATION OF KATA COMPETITION

Kata competition takes the form of Team and Individual matches. Team matches consist of competition between three person teams. Each Team is exclusively male, or exclusively female. The Individual *Kata* match consists of individual performance in separate male and female divisions.

The contestants will be expected to perform both compulsory and free selection *Kata* during the competition. *Kata* will be in accordance with the Australian Kyokushin Karate Association guidelines.

The Chief Judge will be notified of the choice of *Kata* prior to commencement.

In Team *Kata*, all three team members must start the *Kata* facing in the same direction and towards the Chief Judge.

1. The members of the team must demonstrate competence in all aspects of the *Kata* performance, as well as synchronisation.
2. Commands to start and stop the performance are the only commands allowed and such cues as stamping the feet, slapping the chest, arms, or *karate-gi*, and inappropriate exhalation, are all examples of external cues that are inappropriate and will be taken into account by the judges when arriving at a decision.
3. It is the sole responsibility of the competitor to ensure that the *Kata* as notified to the Chief Judge is appropriate for that particular round.
4. In the event of a team comprising of different grades, the lowest grade shall be the guidelines as to which *Kata* can be performed.
5. A team or contestant who varies the *Kata* will be disqualified.
6. A contestant who comes to a halt during the performance or who performs a *Kata* different from that announced or as notified to the Chief Judge will be disqualified.
7. A contestant who performs an ineligible *Kata* or repeats a *Kata* will be disqualified.

JUDGES

1. The Chief Kata Judge will sit at the perimeter of the competition area facing the contestant(s). The other Judges will sit on the left and right sides.
2. Five Judges may be used when sufficient personnel are available.
3. Each Judge will have a red and a or white flag or scorecards.
4. If the *Kata* does not conform to the rules, or there is some other irregularity, the Chief Judge may call the other Judges in order to reach a verdict.
5. If a contestant is disqualified the Chief Judge will cross and uncross the flags (as in the *kumite TORIMASEN* signal) or if score cards are being used all Judges must score zero.
6. Once the the *Kata* is completed the contestant will remain on the designated spot until the score is given or in the case of a team event, the team will remain at the

- designated spot, side by side. If the flags system is being used, on completion of the *Kata*, the contestants stand side by side on the perimeter and wait for the judgement.
7. The Chief Judge will call for a decision (*hantei*) whereupon the Judges will cast their votes by raising cards or their flags simultaneously.
 8. If using the flag system the decision will be for white (*shiro*) or red (*aka*), no ties are permitted.
 9. After giving sufficient time for the scores cards or flags to be counted, the score cards or flags will be lowered on the command of the Chief Judge
 10. In the case of the flags system the competitor, who receives the majority of votes will be declared the winner.
 11. In the case of the flags system the competitors will bow to each other, then to the judging's and leave the area.
 12. In the case of the flags system, should a competitor fails to turn up when called or withdraws (*kiken*) the decision will be awarded automatically to the opponent.

EXPLANATION

Kata is not a dance or theatrical performance. It must adhere to the traditional values and principles. It must be realistic in fighting terms and display concentration, power, and potential impact in its techniques. It must demonstrate strength, power, and speed as well as grace, rhythm, timing and balance.