



KYOKUSHIN CUP 2018

Kata Tournament

7th of April 2018

How to proceed the competition:

The Kata tournament will be judged using coloured flags for AKA and SHIRO, with a minimum score of three out of five. There will be three rounds; the first and second rounds will consist of the competitor's choice of one of the SHITEI (mandatory) Kata from the list below and the other round will be TOKUI (free choice) Kata .

Judges

Consists of five judges.

In case the flags are tie, the winner will be determined by following order:

Two competitors will perform Kata at the same time and compete given by judges.

Example: Gekisai sho

Kata for the competition:

Shitei Kata

The following SHITEI Kata will be mandatory in the first round and second rounds :

Taikyoku sono san, Pinan sono ichi , Pinan sono ni ,Pinan sono son , Peenan Sono yon, Peenan sono go
Yantsu, Tsuki no Kata

Tokui Kata

The last round will be the competitors' choice of any Kata after Taikyoku & Peenan
(Age group except the 7-9 and age 10-13 children categories)

Procedure of the competition:

- 1) The competitor will enter the mat with a bow and stand on the starting point when the name is being called.
 - 2) The competitor will bow with the call of "Shomen ni rei " from the main judge.
 - 3) The competitor will start the Kata when the main judge raise he's right hand high above his head.
 - 4) When the competitor starts the Kata they must first start with "Mokuso" and say the name of Kata with a loud voice, slowly and accurately, then continue to "Ibuki" to move on.
 - 5) When the competitor finishes the kata, he/she should stand still and wait for the decision from the main judge.
 - 6) From the order of the main judge "Hantei o Torimasu. Hantei" all the judges should raise their flags at once with their whistle blowing as in Kumite competition.
 - 7) The main judge will call the flags from corner judges and will announce the decision.
 - 8) The competitor will move out of the mat with a bow after the main judge say "Shomen ni rei "
- *Each competitor must demonstrate a different Kata each round and cannot repeat the same Kata twice.

Kata competition standards:

Accuracy of movements:

- 1) Standing form and techniques such as Tsuki, Keri, Uchi, and Uke should be performed with accuracy with the right eye points.
- 2) Shifting movements should be done correctly without any extra movements.
- 3) Should be excellent in shifting the weight and maintaining good balance.

Speed control of techniques:

- 1) Fast movement should be done fast.
- 2) Slow movements should be done slow.
- 3) Continuous movements should be done in appropriate rhythm.

Strengthen and loosening:

- 1) Strengthen where you have to strengthen.
- 2) Loosen where you have to loosen.
- 3) Expressing the effectiveness of the techniques.

Adjustment of breath:

- 1) Ibuki or Kiai should be done with the right timing.
- 2) Not losing breath and should be match with its movements.

Disqualification – Genten or Shikaku

- 1) When the competitor sets foot outside of the competing area of the mat (Genten)
- 2) When the competitor cannot complete the Kata (Shikaku)
- 3) When a certain part is skipped (Shikaku)
- 4) When the competitor repeats the same Kata twice (Shikaku)

If the decision is difficult to make, it will be handled by the head of Kata competition Judge (Kata kyogi shinpancho) or the executive committee of the Kyokushin Cup All UK Open Karate Tournament.

***Other Karate styles are welcome but judging will be based on International Karate Organisation Kyokusinkaikan,Sokyokushin.**

Categories and allowed Kata for the competitors

Age classification	Rounds	Section	Kata for the competition
Age 7-9 Open Girls and boys (mixed)	1 st round	Shitei Kata (mandatory)	Taikiyoku 3
	2 nd round	Shitei Kata (mandatory)	Peenan 1
	3 rd round	Tokui Kata (free choice)	Peenan 2 , Peenan 3
Please note: Each category depending on the participation number of competitors. Tournament committee reserves the right to change the categories or add more rounds depending on entries.			

Age classification	Rounds	Section	Kata for the competition
Age 10-13 Open Girls and boys (mixed)	1 st round	Shitei Kata (mandatory)	Taikiyoku 3
	2 nd round	Shitei Kata (mandatory)	Peenan 1, Peenan 2
	3 rd round	Tokui Kata (free choice)	Peenan 3, Yantsu
Please note: Each category depending on the participation number of competitors. Tournament committee reserves the right to change the categories or add more rounds depending on entries.			

Age classification	Rounds	Section	Kata for the competition
Age 14-17 Open Girls and boys (mixed)	1 st round	Shitei Kata (mandatory)	Peenan 2
	2 nd round	Shitei Kata (mandatory)	Peenan 3,Peenan 4, Peenan 5 , Tsukino Kata
	3 rd round	Tokui Kata (free choice)	Gekisai sho,Gekisai dai, Tensho, Saifa,Seipai,Garyu,Seienchin,Kanku,Sushiho
Please note: Each category depending on the participation number of competitors. Tournament committee reserves the right to change the categories or add more rounds depending on entries.			

Age classification	Rounds	Section	Kata for the competition
Age over 18 Open Men and Woman (mixed)	1 st round	Shitei Kata (mandatory)	Peenan 2
	2 nd round	Shitei Kata (mandatory)	Peenan 3,Peenan 4, Peenan 5 , Tsukino Kata
	3 rd round	Tokui Kata (free choice)	Gekisai sho,Gekisai dai, Tensho, Saifa,Seipai,Garyu,Seienchin,Kanku,Sushiho
Please note: Each category depending on the participation number of competitors. Tournament committee reserves the right to change the categories or add more rounds depending on entries.			