

# Kyokushinkan International Rules

## Kata Competition Rules

### 1 . How to Proceed the Competition

#### ( 1 ) Preliminary Round

The competitors' performance order will be decided by ballot before the competition and will perform the assigned Kata for the preliminary round. The winners will be determined in order of the points given from the highest of TEN (10) points. EIGHT (8) competitors will advance to the final round, but FIVE (5) is also possible depending on the competition.

#### ( 2 ) Final Round

The competitors for the final round shall each select ONE (1) Kata from the list of legislated Katas and will perform in order, starting from the competitor who achieved lower points previously from the preliminary round. The winner will be determined in order of the points given from the highest of TEN (10) points.

### 2 . Kata for Competition

For adults, the Kyokushinkan legislated Katas are as follows:

#### ( 1 ) Preliminary Round, Assigned Kata

- Gekisaisho

#### ( 2 ) Final Round, Chosen Kata

- Saifa / Seienchin / Kanku / Seipai / Garyu / Sushiho

For youth, the Kyokushinkan legislated Katas may differ from tournament to tournament, depending on the tournament organizer.

### 3 . Judges

( 1 ) Preliminary Round      FIVE (5) or THREE (3) judges depending on the scale of the competition

( 2 ) Final Round              FIVE (5) judges

#### 4 . How to Determine the Winner

FIVE (5) judges have TEN (10) points each. Out of FIVE (5) judges, the winner will be determined by the total points given by the THREE (3) judges excluding the TWO (2) judges who gave the highest and lowest points. In case there are only THREE (3) judges, the winner will be determined by the total points of these THREE (3) judges.

In case the points are tied, the winner will be determined in the following order:

- ① The competitor whose amount of Tameshiwari boards broken exceeds the other.
- ② The competitor whose lowest point is higher.
- ③ The competitor whose highest point is higher.
- ④ The competitor whose point given by the main judge (Shushin) is higher.
- ⑤ Two competitors will perform “Gekisaisho” at the same time and compete.  
(Judged by red and white flags)

#### 5 . Grading Standards

- ( 1 ) Starting from the average of SIX (6) points, adding to the maximum of TEN (10) points or subtracting.

The standards for adding or subtracting points will be as follows:

Accuracy of Movements	<ol style="list-style-type: none"><li>① Stances and techniques such as Tsuki, Keri, Uchi, Uke should be performed with accuracy with the right focal points.</li><li>② Movement transitions should be done appropriately without any extra or wasted movements.</li><li>③ Should be excellent in shifting their weight and maintaining good balance.</li></ol>
Speed Control of Techniques	<ol style="list-style-type: none"><li>① Fast movements should be done fast.</li><li>② Slow movements should be done slow.</li><li>③ Continuous movements should be done in appropriate rhythm.</li></ol>

Strengthening and Loosening	<ol style="list-style-type: none"><li>① Strengthening at the correct places.</li><li>② Loosening at the correct places.</li><li>③ Expressing the effectiveness of techniques.</li></ol>
Breathing adjustment	<ol style="list-style-type: none"><li>① Ibuki or Kiai should be done at appropriate timings.</li><li>② Breathing should be consistent and correspond with its movement and actions.</li></ol>

- ( 2 ) Each element in the list above consists of 1 point and each element can be deducted or added in units of 0.1 points.

- ( 3 ) Besides the above elements, the following elements can affect point subtraction (genten) or lead to disqualification (shikkaku).

- ① When performing a different Kata from the declared chosen kata. (Genten, -2.0 points)
- ② When performing a different kata from the kata they announced before they start. (Genten, -2.0 points)
- ③ When both of the competitor's feet step out of the bounds of the competition area. (Genten, -2.0 points)
- ④ When a competitor's steps out of the competition area. (Genten, stepping on the line -0.2 point, stepping outside the line -0.5 point)
- ⑤ When the competitor temporarily stops when performing the Kata. (Genten, -1.0 point)
- ⑥ When certain parts of the kata was skipped. (Genten, - 2.0 points)
- ⑦ In other cases when necessary, the main judge can make decisions upon meeting.
- ⑧ If the decision is difficult to make, it will be handled by the head of Kata competition judge ( Kata Kyogi Shinpancho ).

- ( 4 ) The following cases/actions will result in disqualification:

- ① Doing actions such as Guts pose.
- ※ As with Kumite, if you behave in a manner that is extremely disrespectful or acts against the Budo spirit, you will be disqualified.
- ② When a competitor stops or abandons their Kata performance halfway.

- ( 5 ) Regarding etiquette:

Etiquette is considered a category on it's own, which competitors should always respect their opponents, and does not count towards scoring. However, competitors must always keep in mind the spirit of Budo and practice good manners.

## 6. Tameshiwari Regulations

- (1) The Tameshiwari for Kata Competition will follow the same regulations as the Tameshiwari for Kumite Competition.
- (2) However, for women, the basic number of boards will be:  
  

Seiken:	1 (ONE) board
Sokuto;	2 (TWO) boards
Enpi:	2 (TWO) boards
Shuto:	2 (TWO) boards
- (3) If the competitor fails to break the Tameshiwari, 0.5 points will be subtracted from the total point for each failed Tameshiwari (Seiken, Sokuto, Enpi, Shuto).

## 7. Procedure of the Competition

- (1) The competitor, after they are called, shall enter the competition area with a bow and stand at the starting point.
- (2) The competitor will bow upon the call of “Shomen ni rei” from the main judge.
- (3) The competitor will start the Kata when the main judge raises his right hand high above his head.
- (4) When starting a Kata, the competitor first starts with “Mokuso” and, slowly and accurately, announce the name of the Kata loudly and clearly, then continue to “Ibuki” and move on. (Do not scream when announcing the name of the Kata. No other words are allowed to be said.)
- (5) After the competitors finish their Kata, they should return to their original stance (mokuso then fudo dachi) on their own and wait for the main judge’s command.
- (6) On the order of the main judge “Hantei onegaishimasu. Hantei!”, all judges shall blow their whistles as they raise their scoreboards.
- (7) The announcer will read the scores from the main judge to the corner judges and announce the total points at the end.
- (8) After the main judge calls “Shomen ni rei”, the competitor shall bow, walk back to where they entered from and bow again before leaving the competition area.

## 8 Important Points about the Competition

- (1) When performing the Kata, it is essential that you perform while visualizing enemies around you. Your focal points should be naturally towards the enemies※1 by perceiving the enemies (awareness) and not just by staring at them. In Kata, there would be more than one imaginary enemy, if you show that you are dealing with one enemy only; or turning your neck only before moving, it will show you are unaware of enemies other than the one you are looking at, and this will be deemed incorrect. No matter how well you perform your Kata, if your focal points are incorrect, your points might get subtracted (genten).

※ 1 Situation example ; in the 20th motion of the Pinan Sono 3, although you are facing and looking forward, your mind (awareness) perceives the enemy behind you.

- ( 2 ) Movements such as kicking higher than the expected kick height; ignoring the enemy's presence; straying away from the correct direction of an action or motion; or performing to show off, might result in a subtraction in points (genten), no matter how good the Kata seem to be performed.
- ( 3 ) Do not shift weight unnecessarily or add any extra/unnecessary movements. Your points might be subtracted (genten) for unnecessary weight shifting or movements, no matter how good the Kata performance seems to be.
- ( 4 ) It is important to demonstrate correctly for aspects of every movement, such as blocking (uke), kicking (keri), or punching (tsuki) at the same time you finish the stance. For example, when you have to punch (tsuki) at the same time you finish your stance, your points might be subtracted (genten) for inaccurate movement if you punch (tsuki) after you finish your stance.