



KATA RULES

In Kata competition it is important that one are focused, that one shows respect and strength in their technic. All Ibuki (breathing technic) must be done with a very long and powerful expiration. Which last about 4 seconds and ends with a short powerful expiration with sound.

Aka (red) participant are the first to step forward, after that Shiro (white) will step forward in front of the Tatami. The referee will first call up Aka (red) to preform it's kata, after that Shiro (white). When one is finish preforming the kata, one will wait respectfully in Fudo Dachi for the points.

When the score has been given, one will bow for the referee (Shushin) with an Osu and turn (Mawate) to Shomen (the main judges table) and bow with an Osu.

1. When you step into the Tatami you will bow with an Osu, turn around and bow to the Shomen (the main judges table) and turn again towards Shushin (referee) with an Osu.

The five Judges will focus on following: the beginning and the end of the Kata.

Focus – Breathing - Balance – Strength – fastness – Rhythm– concentration through the hole preforming – understanding of the Kata which are preformed – positions – the hands position – correct stand of the body and legs – the form – When you have a black/brown belt there will be focus on a powerful Ibuki.

Kata competition are divided into ages and belt degrees.

8-11 years old, 12-14 years old, 15-17 years old, 18 + years old

The score will be decided after a point system with 5 referees. The main judges table will take out the highest and lowest score and the last 3 points will be the calculated. This will create a fair competition.

GRADES	KATA 1. ROUND	KATA 2. ROUND	KATA FINALS
10-9 KYU	TAIKYOKU SONO ICHI	TAIKYOKU SONO SAN	FREE CHOICE
8-7 KYU	PINAN SONO ICHI PINAN SONO NI	PINAN SONO SAN	FREE CHOICE
6-5 KYU	PINAN SONO YON PINAN SONO GO	TSUKI NO KATA	FREE CHOICE
4-3 KYU	PINAN SONO GO	GEKISAI DAI	FREE CHOICE
2-1 KYU	GEKISAI SHO YANSU	SAIHA	FREE CHOICE
YUNDANSHA SORT BÆLTE	KANKU DAI SEIPAI	SUSHIHO SEIENSHIN	FREE CHOICE