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PROCEDURE FOR KATA AND KOBUDO

The first three kata competitors will perform their kata before being scored. After the 3rd competitor, each competitor will be called back into the ring individually for their scores. Thereafter, each competitor will be score immediately after their performance.

Competitors are only to announce their kata. They are NOT to announce their name, their dojo or request permission to perform.

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EMPTY HAND KATA

Seisan
 Seiuchin
 Wansu
 Naihanchi
 Chinto
 Kusanku
 Sunsu

WEAPONS KATA

Kyan no Sai
 Kusanku no Sai
 Chatan Yara no Sai
 Tokumine no kun no Dai
 Urashi no kun
 Shishi no kun no Dai
 Chei Fa
 Hamahiga no Tonfa

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NOTE : Novice children, 8yrs and under, who have trained less than 3 months may perform Seisan kata up to the first break and be scored or perform a Kihon Kata using Isshinryu techniques.

KATA AND KUBUDO SCORING RANGES

Novice: 5.0 - 7.0 where 6.0 is the average

Intermediate: 6.0 - 8.0 where 7.0 is the average

Advanced: 7.0 - 9.0 where 8.0 is the average

Black Belt: 7.0 - 9.0 where 8.0 is the average

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EXPLANATION

- *The performance should be evaluated with consideration for the difficulty of the kata presented, along with the age and rank of the competitor.*
- *With 5 judges, the highest score and the lowest score will be discarded and never used again. The total of the remaining 3 scores will be added for a final score.*

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In the event of a tie, with 5 judges, use only the **remaining** three scores to break the tie.

- a. The lowest of the remaining scores shall be added in to the final score to break the tie.
- b. If a tie persists, add in the highest score of the remaining scores.
- c. If a tie still exists, the competitors must perform again. Advance and Black Belt must perform another kata.
- d. After the competitors perform, the Judges will then score the competitors with a show of hands.

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Kata

The Kata must be performed with competence, and must demonstrate a clear understanding of the traditional principles of the Kata.

Criteria for assessing the performance of a Kata contestant.

- ❖ Kime = power and focus
- ❖ Kihon = basic and proper form
- ❖ Bunkai = practical application of technique

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More Criteria:

- A realistic demonstration of the Kata meaning.
- Correct focus of attention and concentration.
- Correct stances with proper tension in the legs, and feet flat on the floor.
- Proper tension in the abdomen and no bobbing up and down of the hips when moving.
- The performance should also be evaluated with a view to discerning other points such as the difficulty of the Kata presented.

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- A good demonstration of power, speed, timing, balance and focus. (**kime**)
- Correct and proper use of breathing to aid **Kime**.

In addition:

- ✓ No more than 3 kiais per kata
- ✓ No hissing

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- ✓ Consistency and correctness of stances.
- ✓ Correct weight distribution according to Kihon.
- ✓ Smooth and even transition (**Hara** remaining " weight down ") between stances.
- ✓ Correct tension in stances.
- ✓ Feet edges firmly on the floor.

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Techniques Demonstrate

- Accuracy
- Correct and consistent form of Isshinryu Karate. (**Kihon**)
- Correct tension, focus and power. (**Kime**)
- Show proper understanding of techniques being used. (**Bunkai**)
- Proper tension in abdomen timed with techniques.

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Kata and Kobudo uniformly demonstrate

- Unwavering concentration.
- Rhythm: contrast in tension, breathing and movement.
- An understanding of those techniques being demonstrated.
- A realistic rather than "theatrical" demonstration of the Kata's meaning.

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Kobudo Competition

- **Kyu rank may compete with Bo and Sai only.**
- **Black Belts may compete with Bo, Sai, and Tonfa.**
- **Weapons must be of traditional design and properly sized.**

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- **Weapons will be subject to inspection for proper size, weight and safety.**
- **Toothpick Bo and undersized weapons will not be permitted.**
- **Proper footwork to extend the power (energy) into the weapon.**
- **Control of the weapon must always be maintained.**

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PENALTIES: When assessing how many points should be deducted for a fault, the following is recommended.

Deduction will be 0.1

- For a momentary hesitation in the smooth performance of the Kata, quickly remedied.
- Momentary imbalance, with barely a wobble, quickly remedied.
- Momentarily loses grip of the weapon, quickly remedied.

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Deduction will be 0.2

- Momentary but discernible pause
- Actual instability where there is a distinct but recoverable loss of balance.

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Deduction will be 0.3

- A distinct halt of Kata performance.
- If the contestant loses balance completely and or falls.
- Weapon touches the floor anytime during the performance (unless the touch is called for by the kata, as in some Sai kata.
- Beginner, Novice and Intermediate restart of the Kata.

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DISQUALIFICATION

- Advance and Black Belts who completely halt a kata. (requiring a restart)
- Advance and Black Belts who drop a weapon.
- Advance and Black Belts who lose balance completely and/or falls.
- Dangerous techniques that jeopardize the safety of the Judges and competitors.
- Un-Sportsman like behavior toward others or other breaches of karate etiquette.
- Actions that are considered to violate the rules and spirit of the tournament.

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Note:

Competitors who are disqualified in Kata and Kobudo will be given the lowest score within the range appropriate for the division.

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KOBUDO

Kobudo competition consists of Bo competition and short-weapons competition of the Sai and Tonfa.

Weapons must be of traditional design and any decision as to a weapon's eligibility will be made by the Chief Referee and / or Tournament Director.

In Kobudo competition the contestants must perform a traditional Isshin-ryu kobudo kata.

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Criteria for Assessing the Performance of Kobudo Kata.

- ✓ The kata must be performed with competence and must demonstrate a clear understanding of the principles it contains.
- ✓ The Kata performed must have demonstrated correct focus of attention, use of power, good balance and proper breathing.
- ✓ The contestant must properly use the body and foot work to extend the power (energy) into the weapon.

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- ✓ The performance must also be evaluated with a view to discerning other points such as the difficulty of the Weapons Kata.
- ✓ The contestant must always maintain control of the weapons during the performance.
A contestant shall be disqualified if he / she drops a weapon during the performance in advance and black belt divisions.

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- ✓ A contestant shall be disqualified if he/she interrupts or varies the Kata or performs a different kata than announced. The contestant shall also be disqualified if the performance is brought to a halt.(Advance/Black Belt Divisions)
- ✓ A contestant shall be disqualified if he /she uses a dangerous technique that jeopardizes the safety of the Judges or other contestants.

Proper use of the weapon:

- a. **Positioning on the hands and proper grip.**
- b. **Proper use of the weapon for blocking and striking.**
- c. **Correct method of hand changes.**

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KATA GRAND CHAMPIONS

First place winners in Adult Black Belt Kata
will be eligible to enter the
Kata Grand Championships division.

- Each competitor must perform Sunsu Kata.

First place winners in Adult Black Belt Kobudo
will be eligible to enter the
Kobudo Grand Championships division.

- Kobudo winners must perform the same
weapons kata for which they received 1st place.

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Isshin-ryu Karate



Shimabuku Tatsuo
9-19-1908 5-30-1975

**In the Spirit of
“One Heart,
One Mind”
Way**