



*Member
United States Olympic Committee*

USA NATIONAL KARATE-DO FEDERATION

**RULES OF
KATA & KOBUDO
COMPETITION**

Rev. June, 2008

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I. USA-NKF RULES OF KATA & KOBUDO COMPETITION

The rules of Kata and Kobudo competition for all tournaments, matches, and competitions sanctioned by the USA National Karate-do Federation (USA-NKF) shall be as stated herein. These rules shall be used in all sanctioned competitions, without modification or amendment except as allowed by these rules. The Kata rules of competition are based upon the rules adopted by the World Karate Federation for use in international competition. In any competition utilized to select junior or adult competitors for the United States National Karate Team, the international rules without modification shall be used to conduct all such team selection divisions. These rules, or any part thereof, may be modified or amended by the USA-NKF at any time.

Whenever a specific rule is in conflict with a more general rule, the specific rule takes precedence. Exceptions to these rules may be made only with the prior approval of the Referee Committee of the USA-NKF for special circumstances attendant to a particular event, tournament, match or competition. A written request for exception should be submitted no less than ten days prior to the date of the event.

Kata and Kobudo competition shall be divided into appropriate categories or divisions based upon age, sex and experience.

An "adult" competitor shall be any athlete who is eighteen years of age or older. However, a competitor who is sixteen years of age or over may elect to compete in adult team trial Kata divisions.

A "junior" competitor shall be any athlete under the age of eighteen years for all Kata and Kobudo competition.

The USANKF may elect to offer optional divisions for adult male and female athletes who are over the age of thirty-five years.

Age categories for USA-NKF adult team selection for international competitions are:

| | |
|--------------------|--------|
| 18 years and older | Kumite |
| 16 years and older | Kata |

Age categories for International Divisions:

| | |
|--------------------|--------------|
| 12 - 13 years old | _____ |
| 14 - 15 years old | Junior Cadet |
| 16 - 17 years old | Cadet |
| 18 - 20 years old | Junior |
| 18 years and older | Senior |

The number of any divisions that may be established, and the age categories thereof, shall be determined and set at the discretion of the USA-NKF according to interest and the number of competitors who may elect to compete in such divisions. The USA-NKF reserves the right to create categories or division for physically or mentally challenged competitors, consistent with their abilities and training.

The experience categories for competition in Kobudo and Kata shall be as follows:

| | |
|--------------|-------------------------|
| Beginner | 0 - 1 year of training |
| Novice | 1 - 2 years of training |
| Intermediate | 2 - 3 years of training |
| Advanced | 3+ years of training |

However, a contestant with the rank of brown belt or above may not compete in the Beginner or Novice category, and a black belt may compete only in the Advanced category.

Once a competitor has declared a particular category, then the competitor shall be deemed to be at that level of experience for all purposes. For example, an athlete may not compete in a "beginner" Kata division and also enter an "advanced" Kumite division. An athlete may elect to declare a higher experience category than may be appropriate due to experience, but may not thereafter compete in a lower category in the same or future competition(s). For example, an athlete with two years of experience may elect to compete in an "advanced" Kata division, but may not thereafter compete in "intermediate" Kumite divisions

An adult athlete who elects to compete in any "over-age-35" division shall be deemed to be in such age division for all purposes in that competition. For example, a competitor may not compete in an "over-35" advanced Kata division and also compete in an "adult" advanced Kumite division.

No competitor may compete in a division designated for members of the opposite sex.

These rules shall apply to all entrants, officials, administrators and other personnel for all competitions sanctioned by the USA-NKF.

The USA-NKF may authorize additional special rules as needed for a particular event, tournament, match or competition, or may promulgate unique or novel rules to meet unusual circumstances. However, such special rules shall not conflict with the rules of the USA-NKF and must be approved by the Tournament Director and the Chief Referee for the event. All such special rules must be in a written form and be made available to competitors before the start of competition.

In the event that these rules are broken, the USA-NKF, by and through its duly authorized representatives, may impose one or more of the following sanctions: verbal reprimand, written warning, monetary fine, disqualification or suspension. All such disciplinary sanctions imposed shall be subject to review according to the Bylaws of this Federation but shall be effective immediately upon imposition. Any athlete who is disqualified for violation of any regulations of prohibited substances or drugs shall forfeit any titles or honors awarded and shall promptly return any medal or other awards. Examples of prohibited behavior that would merit the imposition of sanctions include making a false or fraudulent statement regarding age or experience, entering under an assumed name, grossly un-sportsmanlike conduct, theft, or any other act contrary to the recognized principles of karate-do.

All tournament entries shall be in writing on the official entry form and accompanied by the appropriate entry fees, photographs and any required identification or proof of citizenship. No person shall be allowed to participate or compete in any sanctioned USA-NKF event unless such person has completed and signed the appropriate entry form, injury waiver and release of liability.

Unless otherwise prohibited by these rules, an athlete who is eligible may compete in more than one event or division provided that the appropriate fees are paid. In the event that entry fees are paid by check, draft, or credit card that is subsequently dishonored, rejected or returned, the person who tendered such payment shall be charged a reasonable handling fee of not less than \$25.00, plus all costs of collection thereof, including a reasonable attorney's fee.

ALL PERSONS WHO ELECT TO COMPETE IN ANY EVENT AUTHORIZED UNDER THESE RULES AND SANCTIONED BY THE USA-NKF DO SO AT THEIR OWN RISK, RECOGNIZING THAT KARATE COMPETITION NECESSARILY INVOLVES SOME RISK OF SERIOUS, PERMANENT PHYSICAL INJURY OR DEATH. NO LIABILITY FOR ANY LOSS, INJURY OF ANY KIND, OR DEATH, SHALL ATTACH TO THE USA-NKF OR ANY OF ITS OFFICERS, DIRECTORS, MEMBERS OR EMPLOYEES FOR ANY CAUSE OR REASON ARISING OUT OF, OR SUSTAINED IN, ANY COMPETITION CONDUCTED HEREUNDER, INCLUDING NEGLIGENCE OR GROSS NEGLIGENCE.

II. KATA RULES

The "flag system" Kata Rules herein are required for the team trial Kata divisions. All other divisions may be conducted with a panel of Judges awarding numerical scores in accordance with the "point system" rules herein.

ARTICLE 1: KATA COMPETITION AREA

- 1.1. The competition area must be flat and devoid of hazard.
- 1.2. The competition area must be of a sufficient size to permit the uninterrupted performance of Kata.

EXPLANATION:

1. *For the proper performance of Kata a stable smooth surface is required. Usually the matted Kumite areas will be suitable.*

ARTICLE 2: OFFICIAL DRESS

- 2.1. Contestants and Judges must wear the official uniform as defined in Article 2 of the Kumite Rules.
- 2.2. Any person who does not comply with this regulation may be disbarred.

EXPLANATION:

1. *The karate-gi jacket may not be removed during the performance of Kata.*
2. *Contestants who present themselves incorrectly dressed shall be given one minute in which to remedy matters.*

ARTICLE 3: ORGANIZATION OF KATA COMPETITION

- 3.1. 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.
- 3.2. Kata competition may be conducted using either the flag system or point system of judging. In team trial divisions, the flag system shall always be used.
- 3.3. In flag system the elimination system with repechage shall be applied.
- 3.4. The contestants shall be expected to perform both compulsory (Shitei) and free selection (Tokui) kata during the competition. Kata shall be in accordance with the schools of karate-do recognized by the WKF based on the Goju, Shito, Shotokan, and Wado systems. In the first two rounds no variations shall be permitted. A schedule of the compulsory Kata is in Appendix 2; a list of the recognized Kata is in Appendix 3.
- 3.5. When performing Shitei kata no variation is permitted.
- 3.6. When performing Tokui Kata contestants may choose from the list of Tokui Kata in Appendix 3. Variations as taught by the contestant's school are permitted.

- 3.7. The score table shall be notified of the choice of Kata prior to each round.
- 3.8. Contestants must perform a different Kata in each round. Once performed a Kata may not be repeated.
- 3.9. Contestants in the repechage may perform Shitei or Tokui Kata subject to paragraph 3.8 above.
- 3.10. In the finals of team Kata competition, the two finalist teams shall perform their chosen Kata from the Tokui list in Appendix 3 in the normal way. They shall then perform a demonstration of the meaning (Bunkai) of the Kata.

The official timekeeper shall start the countdown clock as the team members perform the bow at the completion of the Kata performance and shall stop the clock at the final bow after the Bunkai performance. A team that exceeds the five-minute period allowed shall be disqualified. The use of traditional weapons, ancillary equipment or additional apparel is not allowed.

EXPLANATION:

1. *The number and type of kata required is dependent on the number of individual competitors or teams entered as shown in the following table. Byes are counted as competitors or teams.*

| <i>Competitors or Teams</i> | <i>Kata Required</i> | <i>Tokui</i> | <i>Shitei</i> |
|-----------------------------|----------------------|--------------|---------------|
| 65 – 128 | 7 | 5 | 2 |
| 33-64 | 6 | 4 | 2 |
| 17-32 | 5 | 3 | 2 |
| 9-16 | 4 | 3 | 1 |
| 5-8 | 3 | 3 | 0 |
| 4 | 2 | 2 | 0 |

ARTICLE 4: THE JUDGING PANEL

- 4.1. In flag system, a panel of three or five Judges for each match shall be designated by the Referee Committee or Match Area Controller. In point system, a panel of five judges shall be designated.
- 4.2. In addition, a scorekeeper, caller/announcer and, when necessary, a timekeeper shall be appointed.

EXPLANATION:

1. *The Chief Kata Judge shall sit at the perimeter of the competition area facing the contestant(s).*

In flag system the other two Judges shall sit on the left and right side, two meters from the centerline of the area and towards the contestant's entry point. See Appendix 1.

2. *Five Judges may be used in flag system when sufficient personnel are available to allow neutrality of state and karate style.*
3. *In point system if insufficient personnel are available, three judges may be used.*
4. *If five Judges are being used, the Chief Judge shall sit in the center position facing the contestant(s) and the other four Judges shall be seated at the corners of the competition area. See Appendix 1.*
5. *In flag system, each judge shall have a red and a blue flag. In point system, each judge shall have a point score card that, when raised, shall be held in the right hand.*

ARTICLE 5: CRITERIA FOR DECISION

- 5.1. The Kata must be performed with competence and must demonstrate a clear understanding of the traditional principles it contains. In assessing the performance of a contestant or team the Judges shall look for:
 - a) A realistic demonstration of the Kata meaning.
 - b) Understanding of the techniques being used (bunkai).
 - c) Good timing, rhythm, speed, balance, and focus of power (Kime).
 - d) Correct and proper use of breathing as an aid to Kime.
 - e) Correct focus of attention (Chakugan) and concentration.
 - f) Correct stances (Dachi) with proper tension in the legs and feet flat on the floor.
 - g) Proper tension in the abdomen (Hara) and no bobbing up and down of the hips when moving.
 - h) Correct form (Kihon) of the style being demonstrated.
 - i) The performance should also be evaluated with a view to discerning other points.
 - j) In team Kata synchronization without external cues is an added factor.
- 5.2. A contestant who varies the Shitei Kata shall be disqualified.
- 5.3. A contestant who comes to a halt during the performance of the Shitei or Tokui Kata, or who performs a Kata different from that announced or as notified to the score table, shall be disqualified.
- 5.4. A contestant who performs an ineligible Kata or repeats a Kata shall be disqualified.

EXPLANATION:

1. *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 and balance.*
2. *In team Kata, all three team members must start the Kata facing the same direction and towards the Chief Judge.*

3. *The members of the team must demonstrate competence in all aspects of the Kata performance, as well as synchronization.*
4. *Commands to start and stop the performance, stamping the feet, slapping the chest, arms or karate-gi, and inappropriate exhalation, are all examples of external cues and should be taken into account by the judges when arriving at a decision.*
5. *It is the sole responsibility of the coach or the competitor to ensure that the Kata as notified to the score table is appropriate for that particular round.*

ARTICLE 6: OPERATION OF MATCHES

6.1.0. Flag System:

- 6.1.1. At the start of each bout and in answer to their names, the two contestants, one wearing a red belt (Aka), and the other wearing a blue belt (Ao), shall line up at the match area perimeter facing the Chief Kata Judge.

Following a bow to the Judging Panel, Ao shall then step back out of the match area.

After moving to the starting position and a clear announcement of the name of the Kata that is to be performed, Aka shall begin.

On completion of the Kata, Aka shall leave the area to await the performance of Ao. After Ao's Kata has been completed, both shall return to the match area perimeter and await the decision from the Panel.

- 6.1.2. 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.
- 6.1.3. If a contestant is disqualified the Chief Judge shall cross and uncross the flags (as in the Kumite Torimasen signal).
- 6.1.4. After completion of both Kata, the contestants shall stand side by side on the perimeter. The Chief Judge shall call for a decision (Hantei) and blow a two-tone blast on the whistle. The three flags shall be raised at the same time.
- 6.1.5. The Chief Judge shall blow a further short blast on the whistle, whereupon the flags shall be lowered.
- 6.1.6. The decision shall be for Aka or Ao. No ties are permitted. The competitor who receives two or three votes shall be declared the winner by the caller/announcer.
- 6.1.7. The competitors shall bow to each other, then to the Judging Panel, and then leave the area.

6.2.0. Point System:

- 6.2.1. The contestant shall respond to the calling of his/her name by going directly into the competition area. He/she shall stand on a designated line and bow to the panel. He/she shall announce clearly the name of the Kata that is to be performed, and then start it. On completion of the Kata, the contestant shall return to the designated line and await an award from the panel.

- 6.2.2. The Chief Judge shall call for a decision ("Hantei") and blow a sharp, two-tone blast on the whistle. The Judges shall, in unison, raise their scorecards in their right hands such that the scorecards are clearly visible to the scorekeeper.
- 6.3.3. The caller/announcer shall announce the scores awarded and, when these have been registered, the Chief Judge shall blow a further sharp blast on the whistle whereupon the scorecards shall be lowered.

EXPLANATION:

- 1. The starting point for Kata performance is within the perimeter of the competition area.*
- 2. In flag system, should a competitor fail to turn up when called or withdraws (Kiken), the decision shall be awarded automatically to the opponent without the need to perform the previously notified Kata.*

ARTICLE 7: POINT SYSTEM SCORING

- 7.1. The following scoring range shall be used for the specified experience levels:

Beginner: 5.0 - 7.0

Novice: 5.0 - 7.0

Intermediate: 6.0 - 8.0

Advanced: 7.0 - 9.0

- 7.2. When the scorekeeper summates the scores of five judges for each contestant in a round, the highest and lowest scores awarded are deleted for all further purposes, and the remaining three scores are added to produce a final score. When only three judges are used, all three scores shall be counted.
- 7.3. When all competitors have performed, the highest scores shall determine the first, second, third and (if applicable) fourth place winners.
- 7.4. In the event of a tie, the low score from the remaining scores shall be added a second time into the final score. If the tie persists, then the high score from the remaining scores is added a second time into the total tally. In the event of a continuing tie, the contestants must perform a further Kata. In intermediate and advanced divisions, this must be a kata that was not performed by the competitor earlier. If the point scores for the tiebreaker Kata are tied, the chief judge shall call for a decision by hantei. At hantei a judge may not signal a tie.
- 7.5. 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.

EXPLANATION:

- 1. To minimize ties generally, a wider variation in scores should be encouraged.*
- 2. When assessing how many points should be deducted for a fault, the following is recommended:*

- a. *For a momentary hesitation in the smooth performance of the Kata, quickly remedied, 0.1 should be deducted from the final score.*
- b. *For a momentary but discernible pause, 0.2 points should be deducted.*
- c. *For a distinct halt, disqualification results.*
- d. *Momentary imbalance, with barely a wobble quickly remedied shall result in a deduction in the range of 0.1 - 0.3.*
- e. *Actual instabilities where there is a distinct but recoverable loss of balance shall merit a deduction in the range 0.2 - 0.4.*
- f. *If the contestant loses balance completely and/or falls, a disqualification shall result.*

ARTICLE 8: MODIFICATIONS

- 8.1. Only the USANKF Referee Committee and Technical Committee with the approval of the Board of Directors may alter or modify these rules.

III. KOBUDO RULES

ARTICLE 1: APPLICABILITY OF KATA RULES

- 1.0. The provisions of the Rules of Kata Competition, with the exception of the rules concerning flag-system matches, also apply to Kobudo competition, with the modifications provided in these Kobudo rules.

ARTICLE 2: OFFICIAL DRESS

- 2.0. Article 2 of the Kata Rules applies, but for Kobudo competition contestants may elect to wear a white, blue, or black jacket and hakama. The jacket and hakama colors may differ. However, if the contestant chooses to wear a karate gi, both the jacket and the trousers must be solid white without stripes or piping. No emblem or logo indicating the contestant's affiliation may be worn in either case.

ARTICLE 3: ORGANIZATION OF COMPETITION

- 3.1. Kobudo competition consists of Bo competition and Short-Weapons competition. Eku (also called "Kai" or "Kai Bo") is regarded as a type of bo, and is included in Bo competition. Short-Weapons include traditional Okinawan weapons of sai, tonfa, kama, and nunchaku.
- 3.2. Kobudo competition takes the form of team and individual matches. Team matches consist of competition between 3-person teams. The individual match consists of individual performance in separate male and female divisions.
- 3.3. In Kobudo competition the contestants must perform a traditional kobudo kata listed in the Kobudo Kata list (See Appendix 4).

ARTICLE 4: WEAPONS SPECIFICATION

- 4.1. In Bo competition the contestants must use a solid hardwood Bo or Eku with a length that meets the contestant's eye level and does not exceed six (6) inches above the contestant's head. The diameter of the Bo must be no less than one (1) inch. Tapered Bo is allowed. Bamboo Bos and "toothpick" Bos are not allowed.
- 4.2. In Short-Weapons competition, the contestants must use the following traditional Okinawan weapons: sai (2), tonfa (2), kama (2) or nunchaku (1 or 2). No variations are allowed.

ARTICLE 5: COMPETITION DIVISIONS

Individual Competition

Bo Divisions (Bo or Eku)

- WB1 9 & Under Boys Beginner/Novice
- WB2 9 & Under Boys Intermed/Advanced
- WB3 9 & Under Girls Beginner/Novice
- WB4 9 & Under Girls Intermed/Advanced
- WB5 10-13 Boys Beginner/Novice
- WB6 10-13 Boys Intermed/Advanced
- WB7 10-13 Girls Beginner/Novice
- WB8 10-13 Girls Intermed/Advanced
- WB9 14-17 Boys Beginner/Novice
- WB10 14-17 Boys Intermed/Advanced
- WB11 14-17 Girls Beginner/Novice
- WB12 14-17 Girls Intermed/Advanced
- WB13 Adult Male Beginner/Novice
- WB14 Adult Male Intermed/Advanced
- WB15 Adult Female Beginner/Novice
- WB16 Adult Female Intermed/Advanced

Short-Weapons Divisions (Sal. Tonfa. Kama. Nunchaku)

- WS1 9 & Under Boys
- WS2 9 & Under Girls
- WS3 10-13 Boys
- WS4 10-13 Girls
- WS5 14-17 Boys
- WS6 14-17 Girls

WS7 Adult Female Beginner/Novice
WS8 Adult Female Intermed/Advanced
WS9 Adult Male Beginner/Novice
WS10 Adult Male Intermed/Advanced

Team Competition (Any Weapon)

TWI 15 & Under Boys/Girls Weapons Team Kata
TW2 Adult Male/Female Weapons Team Kata

ARTICLE 6: THE JUDGING PANEL

- 6.1. The panel of three or five (3 or 5) Judges for each match shall be designated by the Referee Committee before the match.
- 6.2. In addition, for the purposes of facilitating the operation of Kobudo competitions, scorekeepers and caller/announcers shall be appointed.

EXPLANATION:

1. *Kobudo judges sit in the same positions as Kata Judges, whether three or five judges are used. See Appendix 1.*
2. *The panel should as far as availability permits contain a cross-section of both regional affiliations and kobudo styles.*

ARTICLE 7: SCORING

- 7.1. The Kobudo competition is organized into a single round.
- 7.2. Each Kobudo judge displays the score by means of points. The card bearing the points is held in the right hand.
- 7.3. When the scorekeeper summates the scores of five judges for each contestant in a round, the highest and lowest scores awarded are deleted for all further purposes, and the remaining three scores are added to produce a final score. When only three judges are used, all three scores shall be counted.
- 7.4. When all competitors have performed, the highest scores shall determine the first, second, third and (if applicable) fourth place winners.
- 7.5. In the event of a tie, the low score from the remaining scores shall be added a second time into the final score. If the tie persists, then the high score from the remaining scores is added a second time into the total tally. In the event of a continuing tie, the contestants must perform a further Kata. In intermediate and advanced divisions, this must be a kata that was not performed by the competitor earlier. If the point scores for the tiebreaker Kata are tied, the chief judge shall call for a decision by hantei. At hantei a judge may not signal a tie.
- 7.6. 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.

EXPLANATION:

1. *To minimize ties generally, a wider variation in scores should be encouraged.*
2. *The Referee Committee shall decide what precise system will be used for each competition, after consultation with the Organizing Committee.*
3. *Ties are resolved by means of an additional Kata. A tie persisting after performance of the tiebreaker Kata shall be resolved by majority decision of the panel.*

ARTICLE 8: CRITERIA FOR DECISION

- 8.1. In assessing the performance of a contestant or team, the following criteria must be adopted:
 - a. The Kata must be performed with competence and must demonstrate a clear understanding of the principles it contains.
 - b. The Kata performance must have demonstrated correct focus of attention ("CHAKUGAN"), use of power, good balance and proper breathing.
 - c. The contestants must properly use the body and footwork to extend the power (energy) into the weapons.
 - d. The performance should also be evaluated with a view to discerning other points.
- 8.2. The contestants must always maintain control of the weapons during the performance. A contestant shall be disqualified if he/she drops his/her weapon during the performance.
- 8.3. A contestant shall be disqualified if he/she interrupts or varies the Kata or performs a Kata different from that drawn or announced. The contestant shall also be disqualified if the performance is brought to a halt, or the Kata is varied.
- 8.4. A contestant shall be disqualified if he/she uses a dangerous technique that jeopardizes the safety of the Judges or other contestants.
- 8.5. In team competition, the competitors must start their Kata with all three team members facing in the same direction, toward the Chief Judge. In addition the competitors must use the same types of weapons.

EXPLANATION:

1. *When assessing how many points should be deducted for a fault, the following is recommended:*
 - a. *For a momentary hesitation in the smooth performance of the Kata, quickly remedied, 0.1 should be deducted from the final score.*
 - b. *For a momentary but discernible pause, 0.2 points should be deducted.*
 - c. *For a distinct halt, disqualification results.*
 - d. *Momentary imbalance with barely a wobble, quickly remedied, shall result in a deduction in the range of 0.1 - 0.3.*

- e. *Actual instabilities where there is a distinct but recoverable loss of balance shall merit a deduction in the range 0.2 - 0.4.*
 - f. *If the contestant loses balance completely and/or falls, a disqualification shall result.*
 - g. *If the weapon touches the floor anytime during the performance, 0.2 - 0.3 points should be deducted (unless the touch is called for by the kata, as in some Bo katas.)*
 - h. *If the competitor momentarily loses a grip of the weapon, 0.1 - 0.3 points should be deducted.*
 - i. *A disqualification shall result if the competitor drops the weapon.*
2. *Other Criteria Include:*
- 1. *Correct breathing, good demonstration of power, speed, timing, balance and Kime (focus).*
 - 2. *Consistency and correctness of stances.*
 - a. *Correct weight distribution according to the Kihon being demonstrated.*
 - b. *Smooth and even transition (Hara remaining "weighted down") between stances.*
 - c. *Correct tension in stance.*
 - d. *Feet edges firmly on floor.*
 - 3. *Techniques demonstrate:*
 - a. *Accuracy.*
 - b. *Correct and consistent Kihon with the style being demonstrated.*
 - c. *Correct tension, focus (Kime).*
 - d. *Show proper understanding of the Kata Bunkai.*
 - 4. *Kata uniformly demonstrates:*
 - a. *Unwavering concentration.*
 - b. *Contrast in tension, breathing and movement.*
 - c. *An understanding of those techniques being demonstrated.*
 - d. *A realistic rather than "theatrical" demonstration of the Kata's meaning,*
3. *Team Kata:*
- 1. *All those ingredients inherent in the criteria for Individual Kata.*
 - 2. *The Kata must not alter in rhythm or timing for the sake of synchronization. It must demonstrate correct dynamics of Kata as if performed by an individual.*
 - 3. *No external cues (e.g., audible breathing) should be given during the Kata as an aid to synchronization.*

4. *A mistake in synchronization of Team Kata requires the same numerical deduction as a technical mistake in individual Kata. This means, for example, the movements must initiate in unison as well as end in unison.*

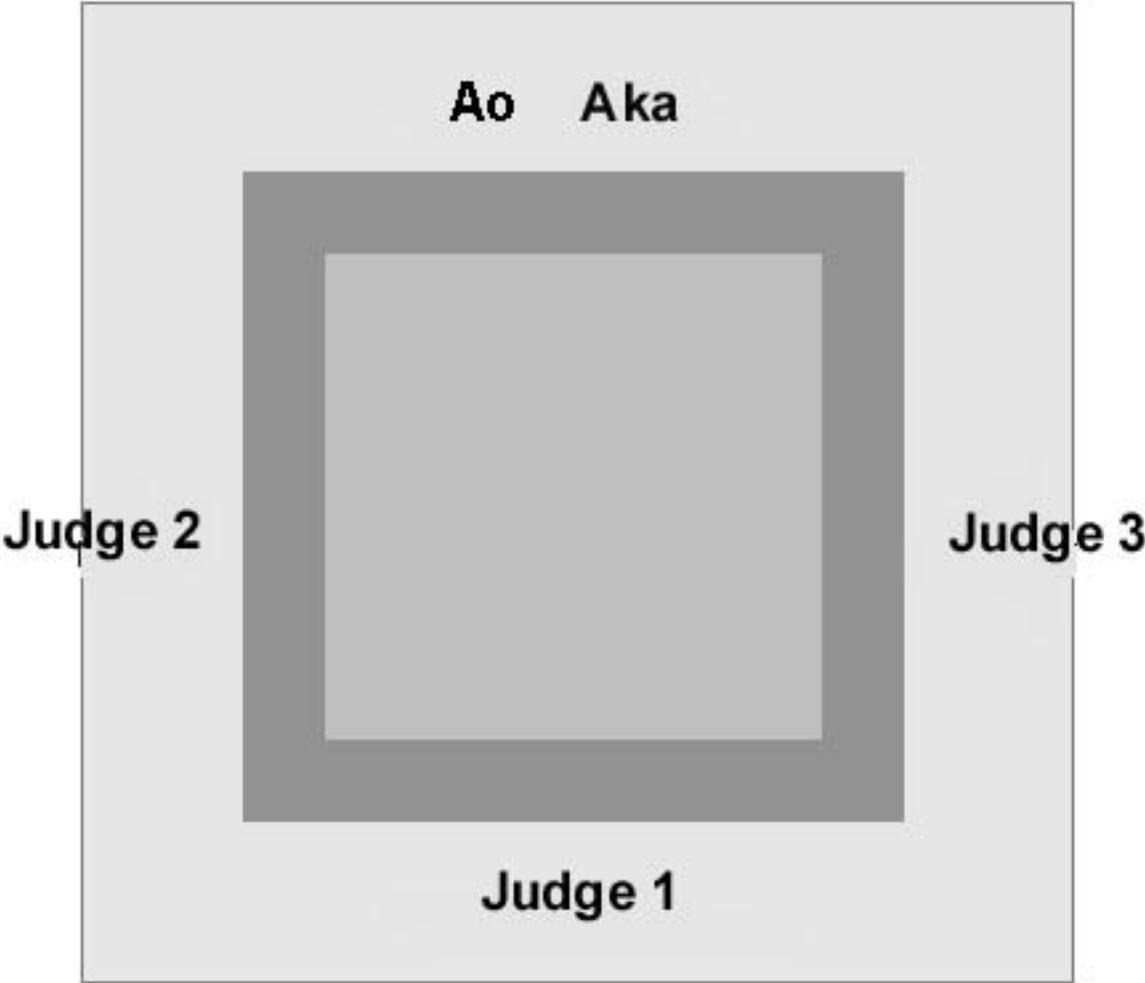
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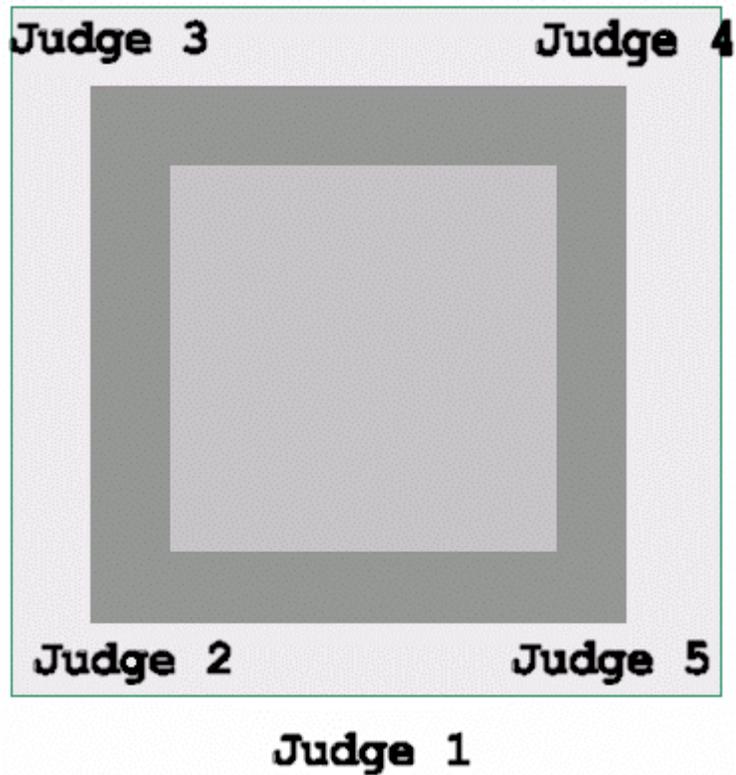
APPENDIX 1: LAYOUT OF THE KATA COMPETITION AREA

Three Judge Layout



Five Judge Layout

Ao Aka



**APPENDIX 2: SCHEDULE OF W.K.F. COMPULSORY (SHITEI)
KATA**

| | | | |
|-------------------------|-------------------|----------------------|-------------------------|
| <u>Goju:</u> | Seipai Saifa | <u>Wado:</u> | Seishan Chinto |
| <u>Shotokan:</u> | Jion Kanku Dai | <u>Shito:</u> | Bassai Dai Seienchin |

APPENDIX 3: MAJOR KATA LIST OF THE WORLD KARATE FEDERATION

GOJU-RYU KATAS

1. Sanchin
2. Saifa
3. Seiyunchin
4. Shisochin
5. Sanseru
6. Seisan
7. Seipai
8. Kururunfa
9. Suparimpei
10. Tensho

SHOTOKAN KATAS

1. Bassai-Dai
2. Bassai-Sho
3. Kanku-Dai
4. Kanku-Sho
5. Tekki - Shodan
6. Tekki - Nidan
7. Tekki - Sandan
8. Hangetsu
9. Jitte
10. Enpi
11. Gankaku

SHITO-RYU KATAS

1. Jitte
2. Jion
3. Jiin
4. Matsukaze
5. Wanshu
6. Rohai
7. Bassai Dai
8. Bassai Sho
9. Tomari Bassai
10. Matsumura Bassai
11. Kosokun Dai
12. Kosokun Sho
13. Kosokun Shiho
14. Chinto
15. Chinte
16. Seienchin
17. Sochin
18. Niseishi
19. Gojushiho
20. Unshu
21. Seisan

WADO-RYU KATAS

1. Kushanku
2. Naihanchi
3. Seishan
4. Chinto
5. Passai
6. Niseishi
7. Rohai
8. Wanshu
9. Jion
10. Jitte

12. Jion
13. Sochin
14. Nijushiho Sho
15. Goju Shiho-Dai
16. Goju Shiho-Sho
17. Chinte
18. Unsu
19. Meikyo
20. Wankan
21. Jiin

22. Naifanchin Shodan
23. Naifanchin Nidan
24. Naifanchin Sandan
25. Aoyagi (Seiryu)
26. Jyuroku
27. Nipaipo
28. Sanchin
29. Tensho
30. Seipai
31. Sanseiru
32. Saifa
33. Shisochin
34. Kururunfa
35. Suparimpei
36. Hakucho
37. Pachu
38. Heiku
39. Paiku
40. Annan
41. Annanko
42. Papuren
43. Chatanyara Kushanku

APPENDIX 4: KOBUDO KATA LIST

A. BO ("kun" or "kon")

1. Chatan yara no kun
2. Chikin bo
3. Chikin no kun (Tsuken no kon)
4. Chikin Shinakachi no kun - Dai
5. Chikin Shinakachi no kun - Sho (Tsuken sunakake no kon)
6. Chikin ufukun
7. Chinen Shikiyanaka no kun
8. Choun no kun
9. Choun no kun - Dai
10. Choun no kun - Sho
11. Donyu kon - Ichi
12. Donyu kun - Ni
13. Hantagawa kora bo
14. Hasso no kun
15. Katin no kun
16. Kongo no kun
17. Kubo no kun "
18. Manna bo
19. Nidan no kon
20. Rufa no kun
21. Ryubi no kun
22. Ryuryu no kon
23. Sakugawa no kun
24. Sakugawa no kun - Dai
25. Sakugawa no kun-Sho
26. Sandan no kon
27. Shihogiri
28. Shiiku no kun (Sesoko no kon)
29. Shiishi no kun (Soeishi no kon) (Sho & Dai)
30. Shinbaru no kun
31. Shirataru no kun (Shirotaru no kon)
32. Shirataru no kun - Dai (Tomari Shirataru no kun)
33. Shirataru no kun - Sho
34. Shodan no kon
35. Shokyu no kun
36. Shoshi no kun
37. Shukumine no kun
38. Sueyoshi no kun - Dai
39. Sueyoshi no kun - Sho
40. Sukun no kun
41. Suuji no kun (Shushi no kon)
42. Suuji no kun - Dai (Shushi no kon - Dai)
43. Suuji no kun - Sho (Shushi no kon - Sho)
44. Tenryu no kun
45. Tokumine no kun
46. Tokumine no kun - Dai
47. Tokumlne no kun - Sho

48. Uehara no kun
49. Ufugushiku no kun (Oshiro no kon)
50. Ufutun bo
51. Urashii no kun (Urasoe no kon)
52. Yonegawa no kun (Hidari bo)

B. SAI (Double-sai only)

1. Arakaki no sai
2. Chatan yara no sai
3. Chikin shitahaku no sai
4. Hamahiga no sai
5. Hantagawa koraguwa no sai
6. Ishikawaguwa no sai
7. Jigen no sai
8. Kishaba no sai - Dai
9. Kishaba no sai - Sho
10. Kiyon no sai
11. Kugushiku no sai (Kojo no sai)
12. Kuniyoshi no sai - Ichi
13. Kuniyoshi no sai - Ni
14. Kuniyoshi no sai - San
15. Matsuhiga no sai
16. Matsumura no sai
17. Nakamura no sai
18. Nicho sai
19. Sakugawa no sai
20. Sancho sai
21. Shimabuku no sai - Ichi
22. Shimabuku no sai - Ni
23. Shinbaru no sai
24. Shishiryu no sai (Kudoka no sai)
25. Soken no sai
26. Tawada no sai
27. Tokuyama no sai
28. Tokuyama no sai
29. Ufuchiku no sai
30. Yakaa no sai
31. Nakandakari no sai

C. TUNFA (TONFA) (Double-tonfa only)

1. Chiefa no tonfa
2. Chishi no kuba tonfa
3. Hamahiga no tonfa
4. Kina no tonfa
5. Matayoshi no tonfa - Ichi
6. Matayoshi no tonfa - Ni
7. Matayoshi no tonfa - San
8. Matsuhiga no tonfa
9. Nakazato no tonfa
10. Renshin no tonfa

11. Shikina no tonfa
12. Taira no tonfa - Ichi
13. Taira no tonfa - Ni
14. Ufuchiku no tonfa
15. Yakaa no tonfa
16. Yaragua no tonfa

D. KAMA NO TE (Double-Kama only)

1. Gushikawa tairaguwa no kama - Ichi (Matayoshi or Kobu nichogama)
2. Gushikawa tairaguwa no kama - Ni
3. Hamahiga no kama
4. Kanegawa no kama - Dai
5. Kanegawa no kama - Sho
6. Kina no Kama
7. Kishaba no kama
8. Kuzushisho no kama
9. Ryuei no kama (Kama no ho)
10. Sanabe no kama - Ichi
11. Sanabe no kama - Ni
12. Soken no kama
13. Toyama no kama [Tozan no kama)

E. EKU

1. Akahachi no ekudi
2. Chikin akanchu no ekudi (Tsuken akanchu no eku)
3. Chikin no ekudi (Tsuken no eku)
4. Chrikin shinakachi no ekudi (Tsuken sunakake no eku)
5. Eku no ho
6. Matsumura no ekudi
7. Naha no ekudi
8. Shinakachi no ekudi (Sunakake no eku)
9. Tumul no ekui - Dai
10. Tumul no ekudi - Sho (Tomari no ekudi)
11. Yabiku nago no ekudi

F. NUNCHAKU (Single- or Double-Nunchaku)

1. Gushiku no nunchaku Sho
2. Gushiku no nunchaku - Dai
3. Taira no nunchaku