




Welcome

Please find a seat
we will begin shortly

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Please find a seat





**USA KARATE
KATA STUDY GUIDE
WEBINAR**



JUDGING PANEL

The panel of three or five Judges for each match will be designated by the Referee Committee or Tatami Manager.

The Judges of a Kata match must not have the nationality of either of the participants.

Each Judge will have a red and a blue flag or if electronic scoreboards are being used, an input terminal.

Timekeepers, scorekeepers and caller/announcers will also be appointed.





ORGANIZATION OF KATA COMPETITION

Kata competition takes the form of Team and Individual matches.

- Team matches consist of 3 person teams. Each Team is exclusively male or exclusively female.
- The Individual Kata match consists of individual performance in separate male and female divisions.

The elimination system with repechage will be applied.

Only Kata from the official kata list may be performed.

Variations as taught by the contestant's style (ryu-ha) will be permitted.



ORGANIZATION OF KATA COMPETITION

The score table will be notified of the choice of Kata prior to each round.

Contestants must perform a different Kata in each round in elite divisions.

- **Once performed, a Kata may not be repeated in elite divisions.**

In the bouts for medals of Team Kata Competition, the teams will perform their chosen Kata in the usual way.

- **Teams will perform a demonstration of the meaning of the kata (bunkai)**
- **The total time allowed for the kata and bunkai demonstration is Five (5) minutes.**
- **The official timekeeper will start the countdown clock as the team members perform the bow upon entering the tatami and will stop the clock at the final bow after the bunkai performance.**



OPERATION OF MATCHES

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) will line up at the match area perimeter facing the Chief Kata Judge.

Following a bow to the Judging Panel, Ao will then step back out of the match area. After moving to the starting position and making a clear announcement of the Kata that is to be performed, Aka will begin.

The starting point for Kata performance is anywhere within the perimeter of the competition area.

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



OPERATION OF MATCHES

After completion of both kata, the contestants will stand side by side on the perimeter. The Chief Judge will call for a decision (Hantei) and blow a two-tone blast on the whistle the judges will cast their votes.

If flags are being used, the Chief Judge will call for a decision (Hantei) and blow a two-tone blast on the whistle. The judges will raise their flags simultaneously. After giving sufficient time 5 seconds for the votes to be counted, the flags will be lowered after a further short blast on the whistle. The competitor who receives the majority of votes will be declared the winner by the caller/announcer.

The decision will be for Aka or Ao. No ties are permitted. The competitor who receives the majority of votes will be declared winner by the caller/announcer.

The competitors will bow to each other, then to the Judging Panel, and leave the area.



OPERATION OF MATCHES

In Team Kata, all three team members must start the kata facing in the same direction and toward the Chief Judge.

The use of traditional weapons, ancillary equipment or additional apparel is not allowed.

For USA Karate competitions, WKF rules will apply for Team Trials, International or Mandatory /Elite Kata divisions. All other divisions shall be conducted with a panel of judges who use the flag system in the standard manner.

OPERATION OF MATCHES



OPERATION OF MATCHES

Questions

True or False

- Although ribbons and other decorations for the hair are not allowed in kumite they are permissible in kata.
FALSE Article 2 Kumite #6
- The judges of a kata match may not have the same nationality as either of the contestants.
TRUE Article 4 #2
- In Elite divisions contestants must perform a different Kata in each round. Once performed, a Kata may not be repeated.
TRUE Article 3 #6



OPERATION OF MATCHES

Questions

True or False

- Contestants who present themselves incorrectly dressed will be disqualified

FALSE Article Explanation #11

- Slight variations as taught by the contestant's style (Ryu-ha) of Karate will not be permitted.

FALSE Article 3 #4

- The number of Kata required is dependent on the number of individual competitors or teams entered.

TRUE Article 3 Explanation #1



1. Technical Performance

- **Stances**
- **Techniques**
- **Transitional Movements**
- **Timing**
- **Correct Breathing**
- **Focus (kime)**
- **Conformance: Consistence in the performance of the kihon of the style (ryu-ha) in the kata.**

2. Athletic Performance

- **Strength**
- **Speed**
- **Balance**



1. Technical Performance

- **Stances**
- **Techniques**
- **Transitional Movements**
- **Timing**
- **Control**
- **Focus (kime)**
- **Conformance (to kata)**

Using the actual movements as performed in the kata.



2. Athletic Performance

- **Strength**
- **Speed**
- **Balance**



CRITERIA FOR DECISIONS

Questions

True or False

- After completion of both Kata, the contestants will stand side by side on the perimeter. The Chief Judge will call for a decision (Hantei) and blow a two-tone blast on the whistle the Judges will cast their votes.

TRUE Article 6 #1

- Conformance is one of the criteria of athletic performance.

FALSE Article 5 Assessment

- In assessing the performance of a contestant or team the Judges will evaluate the performance based on the two major criteria

TRUE Article 5 Assessment



CRITERIA FOR DECISIONS

Questions

True or False

- **The two major criteria are: technical performance and athletic performance.**
TRUE Article 5 Assessment
- **Speed and balance are part of the athletic performance**
TRUE Article 5 Assessment
- **Correct breathing, techniques and transitional movements are part of the technical performance.**
TRUE Article 5 Assessment
- **Both two major criteria are to be given equal importance in the evaluation of the performance.**
TRUE Article 5 Assessment





DISQUALIFICATION

A competitor or team of competitors may be disqualified for any of the following reasons:

- Performing the wrong kata or announcing the wrong kata.
- Failing to bow at the beginning and completion of the kata performance.
- A distinct pause or stop in the performance.
- Interference with the function of the judges (such as the judge having to move for safety reasons or making physical contact with a judge).
- Belt falling off during the performance.
- Exceeding the total time limit of 5 minutes for kata and bunkai.
- Performing a scissor takedown technique to the neck area in bunkai (Jodan Kani Basami).
- Failure to follow the instructions of the Chief Judge or other misconduct.

DISQUALIFICATION





FOULS

The following fouls, if apparent, must be considered in the evaluation according to the below criteria:

- Minor loss of balance.
- Performing a movement in an incorrect or incomplete manner, such as failure to fully execute a block or punching off target.
- Asynchronous movement, such as delivering a technique before the body transition is completed or, in the case of team kata, failing to do a movement in unison.
- Use of audible cues (from any other person, including other team members) or theatrics such as stamping the feet, slapping the chest, arms, or karate-gi, or inappropriate exhalation, must be considered very serious fouls by the judges in their evaluation of the performance of the kata – on the same level as one would penalize a temporary loss of balance.



FOULS

The following fouls, if apparent, must be considered in the evaluation according to the below criteria:

- Belt coming loose to the extent that it is coming off the hips during the performance.
- Wasting time, prolonged marching, excessive bowing or prolonged pause before starting the performance.
- Causing injury by lack of controlled technique during bunkai.

DISQUALIFICATIONS AND FOULS

Questions

True or False

- A competitor will not be disqualified if he does a distinct pause or stop in the performance for several seconds.
FALSE Article 5 Disqualification #3
- If a competitor performs the wrong kata or announced a different kata than performed, he/she will be disqualified
TRUE Article 5 Disqualification #1
- If a competitor's belt falls off during the performance of kata the competitor will be disqualified.
TRUE Article 5 Disqualification #5



DISQUALIFICATIONS AND FOULS

Questions

True or False

- **The use of audible cues from any other person, including other team members is considered a foul.**
TRUE Article 5 Fouls #d
- **Asynchronous movement, such as delivering a technique before the body transition is completed is considered a foul**
TRUE Article 5 Fouls #c
- **Stamping the feet, slapping the chest, arms, or karate-gi, are audible cues.**
TRUE Article 5 Fouls #d
- **Failure to fully execute a block or punching off target is not considered a foul.**
FALSE Article Fouls #b





**THANK YOU FOR
YOUR PARTICIPATION**

Alex Miladi

