

Kokoro Cup Kata Judging rules based on Karate Dream Festival 2026 International Championship Competition Rules

Type of Bout (Individual)

1st Round to Semi-Finals

1. The Main Referee, standing in the center of the two competitors, shall give them his commands, "SHOMEN NI REI," "SHUSHIN NI REI" and "OTAGAI NI REI".
2. The competitors will perform the Kata simultaneously. The Main Referee will call the name of Kata, "HAJIME," "NAORE" and "YASUME".
3. When both competitors finish their Kata, the Main Referee shall make them face the front at the center of the mat and shall ask the corner referees for their decision by stating "HANTEI WO TORIMASU" (take decision) and "HANTEI".
4. The Main Referee shall decide the winner, and give the commands "SHOMEN NI REI"(bow to the front), "SHUSHIN NI REI (Bow to Main Referee) ", and "OTAGAI NI REI"(bow to each other). Then he shall instruct the competitors to leave the competition mat.

Finals

1. The Main Referee, standing in the center of the two competitors, shall give them his commands, "SHOMEN NI REI," "SHUSHIN NI REI" and "OTAGAI NI REI".
2. After bowing, the competitor of "SHIRO"(White) shall take the posture of SEIZA (sitting in a comfortable position is allowed) at JOGAI, while the competitor of "AKA"(Red) shall declare the name of his/her KATA and perform his/her own KATA. There will be no calling of "HAJIME," "NAORE" and "YASUME".
3. When the competitor of "red"(Aka) finishes the Kata, the competitor of "white"(Shiro) shall then perform KATA in the same manner at the center of the competition mat. The competitor of "red" shall be seated in Seiza (sitting in a comfortable position is allowed) form on the outside of the mat.
4. When both competitors finish their Kata, the Main Referee shall make them face the front at the center of the mat and shall ask the corner referees for their decision by stating "HANTEI WO TORIMASU" (take decision) and "HANTEI"
5. The Main Referee shall decide the winner, and give the commands "SHOMEN NI REI"(bow to the front), "SHUSHIN NI REI"(Bow to Main Referee), and "OTAGAI NI REI"(bow to each other). Then he shall instruct the competitors to leave the competition mat

Kata Competition Judging Criteria *The standard for WKO members will be based on the WKO Kata DVD

① Judging Points

1. Accuracy Accuracy of standing, posture, eyes, TSUKI, UKE, KERI & attacking point
2. Stability Balance of power in movement, turning, footwork, jumping & lying
3. Movement Flexibility of body & free, energetic movement
4. Adequacy of power Power saving, sharp technique with explosive powerfulness in finishing technique
5. Technical flexibility Technique with an adequate sense of speed & rhythm
6. Breath Control Breath properly controlled according to the speed of movements and demonstration of spiritual energy
7. Continued preparedness Spiritual preparedness toward the opponent's attack after finishing a certain technique

② Criteria for GENTEN (penalty)

1. Error in Kata (movement, etc.)
2. Temporary pausing/stopping

③ Judging Standard

1. In case of Genten 1, the loser may come back to win, according to the evaluation of judging points.
2. In case of Genten 2, if the opponent has no Genten 1, then the competitor shall lose on a decision.
3. If the two competitors get no Genten, then the victory shall be decided according to the judging points.

④ Disqualification

1. If the competitor cannot continue due to oblivion of Kata or making a mistake/mistakes, they shall be disqualified.