

WKOSNZ SHINKYOKUSHINKAI Kata Competition Outline

Rules based on WKO SHINKYOKUSHINKAI International Championship Rules (Translated from Japanese).

A demonstration will be provided before Kata competition proceeds.

1. Participation limit	1. None (WKO and non-WKO organization members can participate)
2. Judging	<ol style="list-style-type: none"> 1. Five (5) referees including the Main Referee shall judge by tournament system. Three (3) referees including the Main Referee may also be used if official numbers require. 2. Judgement by majority, three (3) or more out of the five referees, will decide the winner, there is no draw judgement in Kata competition. 3. Competitors will select kata based on kata lists for their grade listed on the entry form; kata may not be repeated in the event of elimination rounds (based on number of entries). Kata may be repeated in final rounds. It is recommended that Kata competitors prepare between 2-4 Kata.
3. Competition format	<p>1st Round to Final</p> <ol style="list-style-type: none"> 1. <i>The Main Referee, standing in the centre of the two competitors, shall give them their commands, "SHOMEN NI REI," "SHUSHIN NI REI" and "OTAGAI NI REI"</i> 2. <i>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"</i> 3. <i>When the competitor of "red"(Aka) finishes the Kata, the competitor of "white"(Shiro) shall then perform Kata in the same manner at the centre of the competition mat. The competitor of "red" shall be seated in Seiza (sitting in a comfortable position is allowed) on the outside of the mat</i> 4. <i>When both competitors finish their Kata, the Main Referee shall make them face the front at the centre of the mat and shall ask the corner referees for their decision by stating "HANTEI WO TORIMASU" (take decision) and "HANTEI". Judges will sound their whistle and raise a Red (Aka) or Shiro (White) flag to signify their decision, there is no draw judgement in Kata competition.</i> 5. <i>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 they shall instruct the competitors to leave the competition mat.</i>
4. Judging criteria	<ol style="list-style-type: none"> 1. Accuracy: Accuracy of standing, posture, eyes, tsuki, uke, geri & attacking points 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 adequate sense of speed & rhythm 6. Breathing Control: Breathing properly controlled according to the speed of movements and demonstration of spiritual energy 7. Continued preparedness: Spiritual preparedness towards the opponent's attack after finishing a certain technique.
5. Criteria for Deduction	<ol style="list-style-type: none"> 1. Error in Kata (movement, etc.) 2. Temporary pausing/stopping.
6. Disqualification	<ol style="list-style-type: none"> 1. If the competitor cannot continue due to oblivion of Kata or making a mistake/mistakes, they shall be disqualified.