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## Kata Seminar

# Welcome!





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## **WKF Competition Rules**

### **KATA**

**Version 8.0 January 2013**

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## KATA



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## Karate Gi



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## GI jacket





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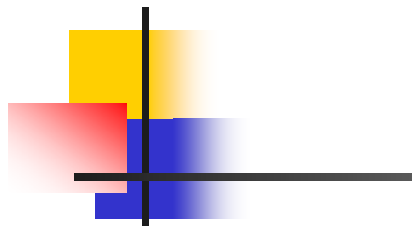


## GI jacket



## Sponsors





ADVERTISING SPACE FOR WKF, size 20 x 10 cm.



ADVERTISING SPACE FOR N.F., size 15 x 10 cm.



BACK RESERVED FOR ORGANISING FEDERATION, size 30 x 30 cm.



EMBLEM OF THE NATIONAL FEDERATION, size 12 x 8 cm.



SPACES FOR THE MANUFACTURERS TRADEMARK, size 5 x 4 cm.

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## DECORATIONS





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**Discreet pony tail retainer is permitted**



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## TAPE IS DECORATION



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**The wearing of certain items because of religious basis are not allowed**

**Exception:**

**Female competitors may wear a WKF homologated black head scarf covering the hair but not the throat area**



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**The Judges must not have the nationality of the participants**



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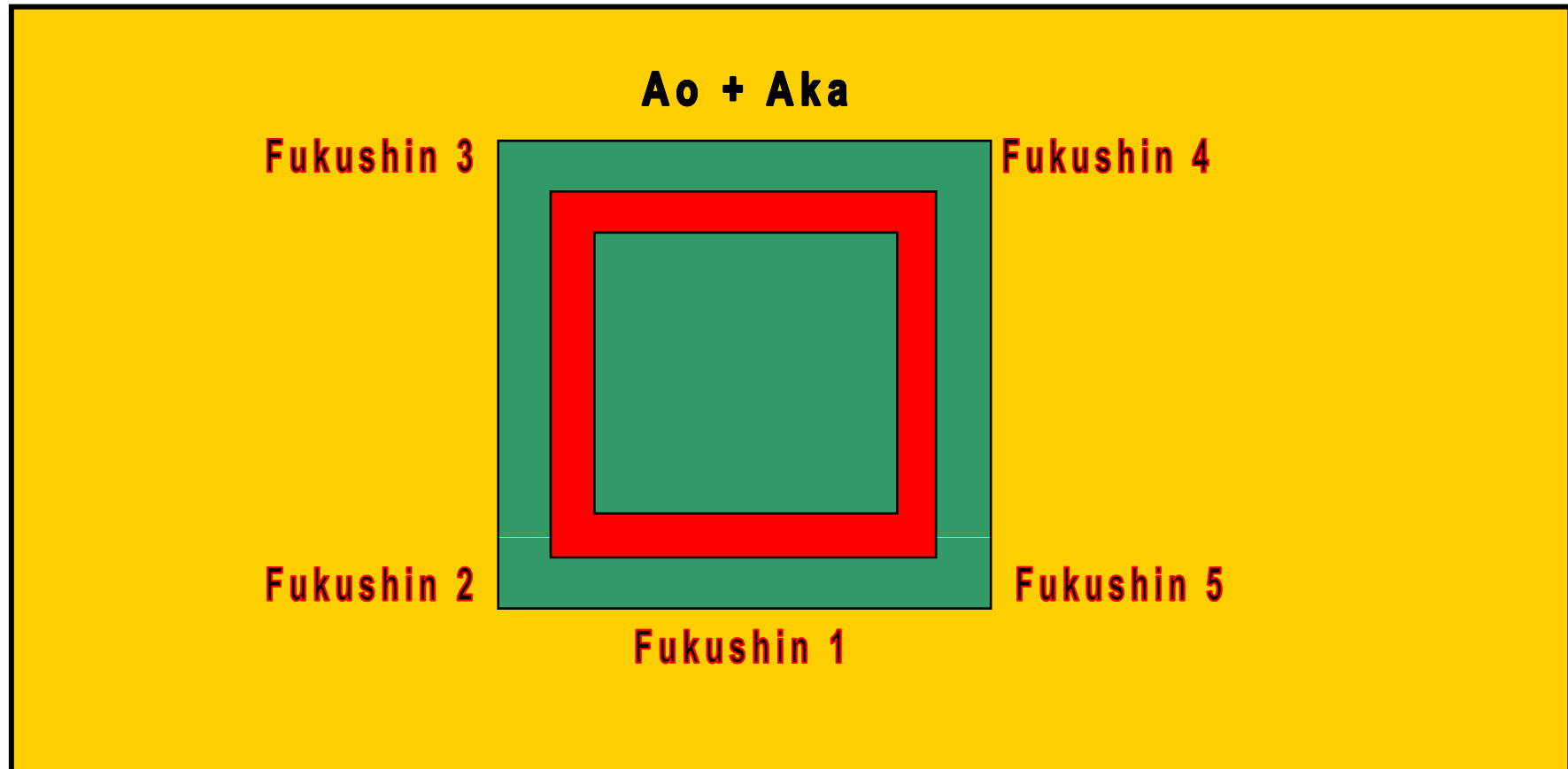


**Five judges will be used**





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## Individual & team competition



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The use of traditional weapons  
or other equipment is not allowed



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**If Kiken the opponent does not need to perform the previously notified kata**



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bouts for medals in team competition... **BUNKAI**





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**It is the responsibility of the coach  
or the competitor(s)**



**to ensure that the Kata as notified to the score table  
is appropriate for that particular round!**

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**In Team Kata, all 3 members  
must start and finish the Kata facing in the  
same direction and towards the Chief Judge**



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**Once performed a kata may not be repeated**



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**Any traditional karate  
Kata may be performed**

**Variations as taught by the  
contestant's school will be  
permitted in all rounds**



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Competitors or Teams	Kata Required
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65 - 128	7
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33 - 64	6
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17 - 32	5
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9 - 16	4
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5 - 8	3
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4	2
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The total time allowed for the KATA & BUNKAI demonstration **six (6) minutes**



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**The countdown clock will start** as the team members perform the bow upon entering the Tatami



**The countdown clock will stop** at the final bow after the Bunkai performance

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A team which does not perform the bow at the completion of the performance **will be disqualified**



A team which exceeds the six minute period allowed **will be disqualified**

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**At Hantei keep flags up  
approximately five (5) seconds**



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**If both get  
disqualified  
and it is a  
match for medal  
**HANTEI****







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## **Before beginning**

**Bow first to the Judges and then to each other**

## **After finishing**

**Bow first to each other and then to the Judges**

## **Disqualification**

**Chief Judge will cross and uncross the flags**



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## **CRITERIA FOR EVALUATION**

**The Kata must be performed with competence**



**Must demonstrate a clear understanding  
of the traditional principles it contains**



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## **CRITERIA FOR EVALUATION**



**ASSESSMENT**

**FOULS**



**DISQUALIFICATION**

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## What to look for when judging Kata and Bunkai



1. Conformance
2. Technical performance
3. Athletic performance
4. Technical difficulty

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## CONFORMANCE

### KATA PERFORMANCE

Correct form of the School being demonstrated



### BUNKAI PERFORMANCE

- a. will be given equal importance as the kata itself
- b. using the actual movements as performed in the kata



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## TECHNICAL PERFORMANCE

### Kata & Bunkai



Stances

Techniques

Transitional movements

Timing & synchronization

Correct breathing

Focus/Kime

Control (**Bunkai**)



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## ATHLETIC PERFORMANCE



**Kata &  
Bunkai**

**Strength  
Speed  
Balance  
Rhythm**



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## TECHNICAL DIFFICULTY

### Kata

Of the kata itself



### Bunkai

Of the techniques performed



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## **FOULS**

**Balance**

**Movements**

**Synchronization**

**Audible cues**

**Time wasting**

**Injury**





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## **FOULS**

### **Balance**

Minor loss of balance

### **Movements**

Performing a movement in an incorrect or incomplete manner

Failure to fully execute a block or technique

Punching off target





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## **FOULS**

### **Synchronization**

Asynchronous movement

(delivering a technique before the body transition is completed)

Team kata; failing to do a movement in unison

### **Audible cues**

Use of audible cues such as

stamping the feet - slapping the chest - arms - karate gi

inappropriate exhalation



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## **FOULS**

### **Time wasting**

Including prolonged marching & excessive bowing  
Prolonged pause before starting the performance

### **Injury**

Causing injury by lack of controlled technique during Bunkai



## **DISQUALIFICATION**

**Performing/announcing the wrong kata**

**A distinct pause or stop in the performance for several seconds**

**Interference with the function of the judges**

**Belt falling off during the performance of kata**



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## **DISQUALIFICATION**

**Exceeding the time limit of 6 min. duration for Kata and Bunkai**

**Failure to follow the instructions of the Chief Judge/misconduct**

**Not performing the bow at the completion of the  
Bunkai performance**



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**Our future... Please handle with care!**







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**Thank you very much  
&  
Good luck!**