

**Tournament  
Rules & Regulations  
(Youth)**

**Shonen (= Boys) Shojo (= Girls)**



**World  
Traditional  
Karate  
Organisation**

# World Traditional Karate Organisation

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## Chapter 1) "Kihon-Ippon Kumite"

Basic idea:  
a **Kihon-Ippon Kumite** Contest is to Establish Superiority  
using an Exchange of Powerful Attacks and Defences applying Basic Principles

it **Excludes** the use of Adapted or Changed Techniques  
or the Execution of Only Rudimental Techniques  
and it is meant as an Exercise to Train for Correct-Posture

### Article 1) Instructions for Participants and Refereeing Rules

- |   |  |   |
|---|--|---|
| 1 | <b>Sen-Shu</b> , (after their Names/Numbers have been checked) Proceed to the Starting Position<br>and make a Standing Bow to Each Other<br>(They should Not Bow to <b>Shu-Shin</b> or <b>Fuku-Shin</b> )  | 1 |
|   | They also Bow to Each Other after the Result has been Announced<br>(They should Not Bow to <b>Shu-Shin</b> or <b>Fuku-Shin</b> )   |   |
| 2 | On the Instruction <b>Aka-Jodan</b> by <b>Shu-Shin</b><br><b>Aka</b> steps back from <b>Shizen-Tai</b> to <b>Hidari Gedan-Barai</b><br>and Clearly Announces the Target he/she is about to Attack with, then he/she is free to Attack                                | 2 |
| 3 | <b>Shiro</b> will Step back and Block the Attack and then Counter-Attack with a Basic Technique<br>at which <b>Shu-Shin</b> will order <b>Yame</b><br><b>Shiro</b> will then Step Forward to <b>Shizen-Tai</b> and <b>Aka</b> will steps back into <b>Shizen-Tai</b> | 3 |
| 4 | <b>Aka</b> will perform all his/her Attacks First then <b>Shiro</b> will do the same   | 4 |
| 5 | each <b>Sen-Shu</b> , Must Attack their Targets with Precision<br>the Defender may <b>Tai-Sabaki</b> (= Step Sideways) to Block<br>therefore the Attacker is allowed to Attack in the Direction the Defender Steps Towards<br><u>if he/she Steps away too Early</u>  | 5 |
| 6 | After the Attacks and Defences have All been Completed<br>the Participants will return to their Original Positions<br>make a Bow to One Another and Wait for Judgement   | 6 |

### Article 2) Concerning the Attacker

- |   |   |   |
|---|---|---|
| 1 | the Attacker should Attack Directly from a position of <b>Kamae</b> ( <b>Gedan-Barai</b> in this case)<br>in the order of <b>Jodan - Chudan</b> & <b>Mae-Geri</b> (the latter is from Double <b>Gedan-Barai</b> ) | 1 |
| 2 | Each Attack Consists of Only One Technique<br><b>Migi Jodan Oi-Zuki - Migi Chudan Oi-Zuki - Migi Chudan Mae-Geri</b><br><b>(Punching Techniques are Not to be Snapped Back)</b>                                   | 2 |

### Article 3) Prohibitions for the Attacker

- |   |  |   |
|---|--|---|
| 1 | Attacking while Crowding the Opponent (Distance too Close) <b>Shu-Shin</b> to advise accordingly   | 1 |
| 2 | Attacking after Inducing the Opponent to Move (Feint and such)   | 2 |
| 3 | a Ramming Attack   | 3 |
| 4 | in the case of an Upper-Level-Punch<br>Pushing the Punch Downward Unnecessarily<br><b>(Aiming too Low or Pushing once the Punch is finished)</b> | 4 |
| 5 | to Actually Hit the Opponent with the Technique  | 5 |
| 6 | to Arbitrarily Change the Side of <b>Kamae</b> used in the Previous Attack (s)   | 6 |

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## Article 4) Concerning the Defender

- |    |  |    |
|----|--|----|
| 1  | the Defender should Retreat <b>Simultaneously</b> with the Opponent's Attack by Stepping Back and Blocking | 1  |
| 2  | the Blocks allowed are as follows:   | 2  |
| a) | against a <b>Jodan Oi-Zuki</b> <u>Age-Uke</u> <u>Soto-Uke</u> <u>Uchi-Uke</u>                              | a) |
| b) | against a <b>Chudan Oi-Zuki</b> <u>Soto-Uke</u> <u>Uchi-Uke</u>  | b) |
| c) | against a <b>Chudan Mae-Geri</b> <u>Gedan-Barai</u> <u>Gedan Hai-Wan-Uke</u>                               | c) |
| 3  | <b><u>Blocks Can Be with Any-Arm</u></b> (One should Block the <u>Wrist</u> or the <u>Ankle</u> )          | 3  |
| 4  | the Counter-Attack is Free <b><u>but is Limited to Only One Technique</u></b>                              | 4  |
| 5  | the Counter-Attack <u>Tsuki</u> or <u>Uchi</u> should <b><u>Not</u></b> be Snapped Back                    | 5  |

## Article 5) Prohibitions for the Defender

- |   |  |   |
|---|--|---|
| 1 | the Defender is <b><u>Not</u></b> allowed to <b><u>Sweep</u></b> ; <b><u>Throw</u></b> or use <b><u>Joint-Locking Techniques</u></b> Either while <b><u>Blocking</u></b> or when <b><u>Counter-Attacking</u></b> | 1 |
| 2 | the Defender is <b><u>Not</u></b> allowed to Block on the Opponent's Elbow   | 2 |
| 3 | the Defender is <b><u>Not</u></b> allowed to Hit the Opponent with his/her Finishing Technique   | 3 |
| 4 | the Defender should <b><u>Not</u></b> Retreat, Ignoring the Opponent's Attack or take an <b><u>Unnecessarily Long</u></b> Fighting Distance  | 4 |

## Article 6) Points of Attention

- |   |  |   |
|---|--|---|
| 1 | apart from when so Suggested by <b>Shu-Shin</b> Competitors are <b><u>Not</u></b> allowed to have a Second Try   | 1 |
| 2 | Both (when Attacking and Defending) there should Only Be One " <b>Ki-Ai</b> " (Spirit-Shout) at the same time as the Technique is Executed   | 2 |
| 3 | One is <b><u>Not</u></b> allowed to <b><u>Jump</u></b> or <b><u>Slide-Forward</u></b> (Sliding the Back-Foot) (Although an Exception can be made when a Short <b>Sen-Shu</b> faces a Taller <b>Sen-Shu</b> ) | 3 |
| 4 | One is <b><u>Not</u></b> allowed to Wear Glasses ( <b><u>Soft Contact Lenses are allowed</u></b> )   | 4 |

## Article 7) About Disqualification

- |   |   |   |
|---|---|---|
| 1 | When One <b>Sen-Shu</b> has Violated the Rules, <b>Shin-Pan-Cho</b> (the Chief-Referee) can (on his own account, or after an Appeal by a <b>Shu-Shin</b> ) Interrupt the Match and, after Consultation with <b>Shu-Shin</b> , <b>Fuku-Shin</b> & <b>Kansa</b> , Give a Warning (in a <b>Kata</b> Event, the Judges might also Penalise the Culprit by Reducing his/her Score) | 1 |
| 2 | if a Participant Executes a Forbidden Technique, <b>Hansoku-Make</b> is called <b><u>a Deliberation among Shu-Shin, Fuku-Shin &amp; Kansa is Necessary</u></b> in order for that Judgement to go into Effect  | 2 |

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## Chapter 2) "Jiyu-Ippon Kumite"

Basic idea:

a **Jiyu-Ippon Kumite** Contest is for **Sen-Shu** with more Advanced Basic Skills  
its Objective is to come Close to Free-Sparring and Further the use of Tactical Skills  
Eliminating as much as possible Restricting Rules and Prohibitions

### Article 8) Instructions for Participants and Refereeing Rules

- |   |  |   |
|---|--|---|
| 1 | <b>Shu-Shin, Fuku-Shin &amp; Kansa</b> will Line up and Bow to each other  | 1 |
|   | <p>the Two <b>Sen-Shu</b> Called shall have their Names/Numbers Checked<br/>and at <b>Shu-Shin</b>'s Command of <b>Nakae</b> they Proceed to their Starting Places<br/>(at the Initial Position they are Three meters apart)<br/>after <b>Hantei</b> or when Judgement has been passed, they again Bow to Each-Other<br/>they should <u>Not Bow</u> to <b>Shu-Shin</b> or <b>Fuku-Shin</b></p> |   |
| 2 | <p>on the Command <b>Hajime</b> by <b>Shu-Shin</b><br/><b>Aka</b> will always perform all his/her Attacks first<br/>then <b>Shiro</b> will do the same</p>   | 2 |
| 3 | the <b>Kamae</b> of Both Competitors is Free   | 3 |
| 4 | <p>after Each <b>Attack</b> has been finished<br/>the Opponents adjust their Breathing and return to the <b>Ideal Fighting Distance</b><br/>While Keeping Eye-Contact with Each Other, and Continue with the Attacks</p>   | 4 |
| 5 | <p>after All the Attacks have been Performed, they will <b>Moto-No-Ichi</b> (Retreat to their Initial Places)<br/>and wait for the Judgement, after which they will again Bow to one another<br/>they should <u>Not Bow</u> to <b>Shu-Shin</b> or <b>Fuku-Shin</b></p>   | 5 |
| 6 | <p>Both Attacks and Defences should be Executed within the <b>Shiai-Jo</b><br/>as a Rule, a <b>Shiai-Jo</b> is Eight meters Square</p>   | 6 |

### Article 9) Concerning the Attacker

- |   |  |   |
|---|--|---|
| 1 | <p>after Informing (Clearly) his/her Opponent of the Target<br/>the Attacker should (from his/her Position of <b>Kamae</b>) Start by Attacking<br/>with <b>Migi Jodan Oi-Zuki</b>, <b>Migi Chudan Oi-Zuki</b> and <b>Migi Chudan Mae-Geri</b><br/>while Adjusting his/her Distance Accordingly</p> | 1 |
| 2 | the Attacker is Only Allowed <u>One Feint</u> , the <u>Next Movement</u> should be the Actual Attack   | 2 |
| 3 | One should <u>Without Fail</u> Attack in the Direction of the Opponent   | 3 |

### Article 10) Prohibitions for the Attacker

- |   |  |   |
|---|--|---|
| 1 | a Ramming Attack that Fails to take the Fighting Distance into account | 1 |
| 2 | Hitting the Opponent with the Attack                                   | 2 |
| 3 | Blocking the Counter-Attack or Evading it (or Similar Behaviour)       | 3 |
| 4 | the Attacker should <u>Not</u> Grab his/her Opponent                   | 4 |
| 5 | the Attacker should <u>Not</u> use Bouncing Footwork                   | 5 |
| 6 | the Attacker is <u>Not</u> allowed to Switch the Attacking Side        | 6 |

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## Article 11) Concerning the Defender

- |   |  |   |
|---|--|---|
| 1 | the Defender is <u>Not</u> allowed to Step Outside the <b>Shiai-Jo</b> more than Once <b>Jo-Gai Keikoku</b> is given for the First Time, followed by <b>Jo-Gai Chui</b> for the Second Time and <b>Jo-Gai Hansoku</b> for the Third and Final Time | 1 |
| 2 | the Defender is <u>Not</u> allowed to use <b>De-Ai</b> (= Counter-Attack) Before Blocking  | 2 |
| 3 | the Defender is <u>Not</u> allowed to use <b>Ashi-Barai</b> (= Sweeping the Opponent's Leg)  | 3 |

## Article 12) Points of Attention

- |   |   |   |
|---|---|---|
| 1 | there is <u>No</u> Second Chance for Both the Attacker and the Defender                           | 1 |
| 2 | there should be <u>Only One</u> <b>Ki-Ai</b> (Spirit Shout) at the time of the Attack and Defence | 2 |
| 3 | the Defender <u>Must Not Run Away</u> or take a Longer <b>Ma-Ai</b> than Necessary                | 3 |
| 4 | Both Opponents are <u>Not</u> allowed to Hit Each Other as this could lead to <b>Hansoku</b>      | 4 |
| 5 | if there is a Feint Attack, this <u>Must Not</u> Touch the Opponent                               | 5 |
| 6 | Attacking Techniques <u>Must Be Snapped Back</u> Instantly  | 6 |

## Article 13) About Disqualification

- |   |  |   |
|---|--|---|
| 1 | when One of the Participants has Violated the Rules, <b>Shin-Pan-Cho</b> (the Chief Referee) can (on his/her own account, or after an Appeal by <b>Shu-Shin</b> and or <b>Fuku-Shin</b> ) Interrupt the Match and, after Consultation with <b>Shu-Shin</b> , <b>Fuku-Shin</b> & <b>Kansa</b> , Give a Warning <u>in a Kata Event, the <b>Shu-Shin</b> &amp; <b>Fuku-Shin</b> might also Penalise the Perpetrator by Reducing his/her Score</u> | 1 |
| 2 | if a Participant Executes a Forbidden Technique, <b>Hansoku Make</b> is called a Deliberation among <b>Shu-Shin</b> , <b>Fuku-Shin</b> & <b>Kansa</b> is Necessary in order for that Judgement to go into Effect   | 2 |

## Chapter 3) Jiyu Kumite (1)

### Article 14) Individual Events

- |   |   |   |
|---|---|---|
|   | The Duration of a <b>Shobu-Ippon Kumite</b> Match for Seniors will be of 2 Minutes (Senior Categories are for 18 Years Old and Above)   |   |
|   | The Duration of a <b>Shobu-Ippon Kumite</b> Match for Juniors will be of 1 ½ Minutes (Junior Categories are for 17 Years Old and Below)   |   |
| 1 | the Decision of <b>Shu-Shin</b> and <b>Fuku-Shin</b> Carry the Same Weight  | 1 |
| 2 | <b>Hansoku Chui</b> has the Same Value as <b>Waza-Ari</b> and should be taken into account at <b>Hantei</b> without Fail  | 2 |
| 3 | the Full-Time of a Match is Two minutes and Stops on the Command <b>Yame</b> by <b>Shu-Shin</b> and Starts at <b>Shu-Shin</b> Command of <b>Hajime</b>  | 3 |
| 4 | the Final Match is Two minutes or depending on One of the Participants Obtaining an <b>Ippon</b> (in a <b>Ippon-Shobu</b> Bout)   | 4 |
| 5 | if there is <u>No Winner</u> after Two minutes, there will be a <b>Saki-Dori Ippon-Shobu</b> Match if there is <u>No Winner</u> at the end of such Extra Match, the Winner shall be decided by <b>Hantei Keikoku</b> (Cautions) and <b>Chui</b> (Warnings) are carried out into the Extra Match | 5 |

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## Chapter 3) "Jiyu-Kumite" (2)

### Article 15) Team Event

1
 During a Team Match, in the event of **Hikiwake** where Both Teams have the Same amount of Wins the Winning Team is Decided by Comparing the Two Team's Types of Wins there are Three Types of Wins, thus Three Levels of Ratings with "A" having Preference over "B" and "B" having Preference over "C"
 1

"A"	Amount of Wins by <b>Ippon</b> (Decisive Technique Full-Point) also an " <b>Ippon</b> " following a " <b>Waza-Ari</b> " Count as "A"	"A"
"B"	Amount of Wins due to <b>Hansoku</b> (Disqualification) also if there has been a <b>Hansoku</b> after a <b>Chui</b> Count as "B"	"B"
"C"	Amount of Wins by <b>Awasete-Ippon</b> (One <b>Waza-Ari</b> followed by a Second <b>Waza-Ari</b> ) Count as "C"	"C"

2
 During a Team Match, in the event of a Draw a Representative Must Fight (usually the Captain) However, there can Only Be Two Representative Fights and the Winner shall be decided During the Second Fight
 2

3
 During a Team Match, if the Representative Match leads to an Extension the Penalties from the Main Fight are Not Transferred
 3

4
 if During a Team Match, the Order of Appearance of **Sen-Shu** has been changed or a Member has been Replaced (After the Members List has been Filed)
 4

**that Team will be Disqualified**

5
 if in the Team Match, a Team Cannot bring together More than Half the Prescribed Number
 5

**there will be No Fight**

WTKO Believe in the Traditional Shotokan way

Where **Ippon** (a Decisive Technique) means that the Fight is Over

There is therefore no room for **Gohon-Kumite** or **Kihon-Ippon-Kumite**

**Kumite** is supposed to be free (within the Safety Limits)

Our Competitors will, aided by our Qualified Referees

Fight within the Tournament Rules & Regulations

Using **Jiyu-Kumite** (**Shobu-Ippon**)

### Article 16) Additional Points

1
 the use of Mouth-Guard, Fist-Protector, Groin-Protector are Compulsory Chest-Protector (for Women) is Compulsory
1

2
 the length of the **Karate-Gi's** Sleeves Must not be shorter than the Elbow
 2

3
 Only One Badge (on the Left Side of the Jacket) Either the Organisation/Association Badge or Club Badge, but not both the only exception is the National Flag for members of the National Squad
 3

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### Chapter 4) "Kata" Competition

Once the Competitors have been called to the **Shiai-Jo**  
an Official will check that all **Sen-Shu** are there  
Appoint the first Round of **Aka** and **Shiro** making them move to the correct side of the **Shiai-Jo**  
The Competitor been appointed **Aka** will then wear a Red Belt/Sash  
(over or instead of their own Belt)

### Article 17) Kata Procedures

- |   |  |   |
|---|--|---|
| 1 | <b>Shu-Shin, Fuku-Shin &amp; Kansa</b> will Line up and Bow to each other  | 1 |
| 2 | at the Beginning <b>Sen-Shu</b> Stands in <b>Shizen-Tai</b> on the Starting Line<br>when the <b>Kata</b> to be performed is a <b>Shitei-Kata (Compulsory)</b><br><b>Shu-Shin</b> will Specifies the Name of the <b>Kata</b> , and <b>Sen-Shu</b> Repeats that Name<br><b>Sen-Shu</b> Starts the <b>Kata</b> on the Command of <b>Hajime</b> by <b>Shu-Shin</b> (or a Whistle Signal)<br>when the performance is over, <b>Shu-Shin</b> will say <b>Naore</b> (return to <b>Yoi</b> Ready Position)<br>then <b>Yasume</b> (Relax) and then <b>Hantei</b> and a Decision will be passed | 2 |
| 3 | as a Rule within the <b>Tensu-Hoshiki</b> (Point System)<br>the Average Standard Score will be set at "7.0" in Individual or Team Events   | 3 |
| 4 | the Points given by <b>Shin-Pan</b> , Including <b>Shu-Shin</b><br>shall be Totalled ( <i>Leaving Out the Highest and the Lowest Scores given</i> )  | 4 |
| 5 | if there is a Draw, in <b>Tensu-Hoshiki</b><br>First the <b>Lowest</b> Score will be added to the Previous Totalled Score  | 5 |
|   | <b>if there is still a Draw</b>  |   |
|   | the <b>Highest</b> Score will be added to the Latest Score   |   |
|   | <b>if there is still a Draw</b>  |   |
|   | a <b>Re-Match</b> will be held   |   |

### However in that Event the Kata to be performed will be Free

- |    |   |    |
|----|---|----|
| 6  | Team <b>Kata</b> Competitions are Always according to <b>Tensu-Hoshiki</b> (Point System)   | 6  |
| 7  | <b>Shu-Shin &amp; Fuku-Shin</b> Co-Operate on the Court<br>and will Adapt to Circumstances as they appear during the Tournament   | 7  |
| 8  | there is <b>No</b> <b>Kansa</b> in a <b>Kata</b> Event  | 8  |
| 9  | as a Basic Principle  | 9  |
|    | <b>One should Avoid Draws in All Matches</b>  |    |
| 10 | <b>Shu-Shin &amp; Fuku-Shin</b><br>should See for themselves <b>Every Move</b> Until the Competitor Returns to <b>Shizen-Tai</b>  | 10 |
| 11 | <b>Shu-Shin &amp; Fuku-Shin</b><br>should place <b>Kata-Cards and Flags</b> on their Knees (Red Flag on top)<br><b>Score-Cards</b> (or Score-Book) should be placed on the Floor between their Feet | 11 |

### Article 18) Formation of the Kata Shu-Shin & Fuku-Shin

- |   |  |   |
|---|--|---|
| 1 | Both in Competitions by <b>Kohaku-Hoshiki</b> (Flag-System)<br>and <b>Tensu-Hoshiki</b> (Point-System)<br><b>Shu-Shin &amp; Fuku-Shin</b> <b>Cannot be Changed until the End of that Round</b> | 1 |
| 2 | the Number of Judges (including <b>Shu-Shin</b> ) shall be Five (5) or Seven (7)   | 2 |

For more details about **Kata Procedures** please check the "**Judging**" part of the Rules



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### Chapter 5) Points of Attention for Shin-Pan (Judges)

the Judgement of Relativity of Excellence of **Kihon-Ippon Kumite**, **Jiyu-Ippon Kumite** and **Kata** is **Full** of **Many Delicate Problems** and **Difficulties** that Cannot be Explained in Simple Words  
**Shin-Pan Must be Fair and Impartial**  
 and should (through Consultation within the Judges' Team) **Solve the Problems Clearly**  
 while Keeping a Neutral Standard of Technical Ability and Personality

### Article 19) Standard for the Judgement of Kumite Competitions

#### Please use the following Criteria:

- |   |  |   |
|---|--|---|
| 1 | to What Extent the Power of the Whole Body is Concentrated<br>Both in case of the Defender and the Attacker  | 1 |
| 2 | the Rotation and the Drive of the Hips<br>and/or the Foot Movement is used Smoothly<br>the Co-Ordination between the Direction of Movement of the Whole Body<br>is in Co-Ordination with that of the Technique | 2 |
| 3 | the Stance, Posture or Body Parts used, is in Correct Form at the Moment of Execution  | 3 |
| 4 | the Movement of Hands and Feet is Co-Ordinated with the Hips as the Source of the Movement   | 4 |
| 5 | the <b>Ki-Ai</b> is Full, and <b>Heart</b> and <b>Spirit</b> are as <b>One</b>   | 5 |
| 6 | the Attitude is Correct  | 6 |

### Article 20) if there is a Hikiwake

- |    |   |    |
|----|---|----|
| 1  | <b>Shu-Shin &amp; Fuku-Shin</b><br>Must Raise a Flag (or Two), thus Deciding the Result between Two Competitors | 1  |
| a) | in <b>Kumite</b> there is an Extension  | a) |
| b) | in <b>Kata</b> there is a Re-Match  | b) |
| 2  | on the Standard of Judgement please refer to:<br>the Competition Rules and the Judging Rules Sections           | 2  |

### Article 21) Other Points of Attention

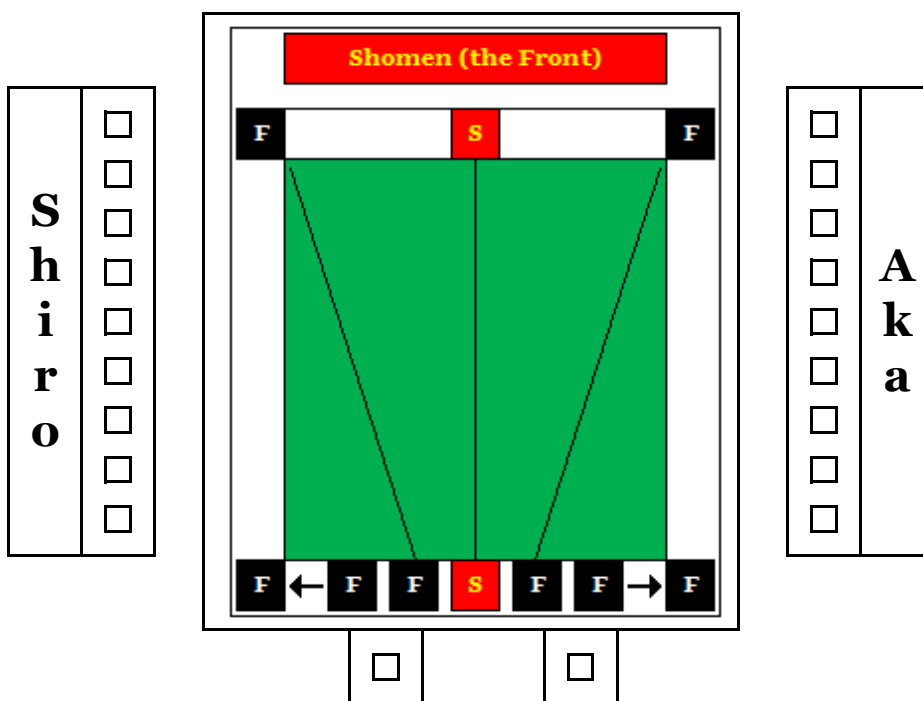
- |   |  |   |
|---|--|---|
| 1 | if an Attack Hits the Opponent, <b>Shin-Pan</b> Decides whether it was Intentional or Not  | 1 |
| 2 | <b>Shu-Shin</b> will Move in Accordance with <b>Sen-Shu</b><br>Locating him/herself in the Best Position from which to see Both Competitors  | 2 |
| 3 | in <b>Jiyu-Ippon Kumite</b><br>Stepping Outside the Court Twice leads to Hansoku   | 3 |
| 4 | <b>Shu-Shin &amp; Fuku-Shin</b><br>can give a <b>Keikoku</b> (= Caution) to a <b>Sen-Shu</b> who is on the Verge of Breaking the Rules<br>can give a <b>Chui</b> (= Warning) to a Competitor who Broke the Rules<br>can give a <b>Hansoku</b> (= Disqualification) to a <b>Sen-Shu</b> who Broke the Rules | 4 |
| 5 | the Person in Charge of Refereeing on Each Court ( <b>Shu-Shin</b> )<br>can, During the Competition, also serve as <b>Kansa</b> (Supervisor)   | 5 |

# World Traditional Karate Organisation

## Chapter 6) Procedure for Kata Events

### Article 22) Shitei Kata Step by Step 1)

the Timekeeper/Recorder or Tatami Official will announce the Event  
 and call all the Competitors to the **Shiai-Jo**  
 then Checks that all **Sen-Shu** for that Category are Present  
 Appointing **Aka** and **Shiro** for the First Round  
**Aka** will be on the Left of **Shomen**  
**Shiro** will be on the Right of **Shomen**  
**Shu-Shin** and **Fuku-Shin** will then Bow to each other



### Timekeeper/Recorder/Tatami Officials

**Shu-Shin** will then Dismiss **Sen-Shu**  
**Shu-Shin** and **Fuku-Shin** will move to their Appointed Posts as shown above

