

World Traditional Karate Organisation

		Index		
Chapter	1	Kihon-Ippon-Kumite	Page	3
Article	1	Instructions for Participants and Refereeing Rules	Page	3
Article	2	Concerning the Attacker	Page	3
Article	3	Prohibitions for the Attacker	Page	3
Article	4	Concerning the Defender	Page	4
Article	5	Prohibitions for the Defender	Page	4
Article	6	Points of attention	Page	4
Article	7	About Disqualification	Page	4
Chapter	2	Jiyu-Ippon-Kumite	Page	5
Article	8	Instructions for Participants and Refereeing Rules	Page	5
Article	9	Concerning the Attacker	Page	5
Article	10	Prohibitions for the Attacker	Page	5
Article	11	Concerning the Defender	Page	6
Article	12	Points of Attention	Page	6
Article	13	About Disqualification	Page	6
Chapter	3	Jiyu-Kumite (1)	Page	6
Article	14	Individual Events	Page	6
Chapter	3	Jiyu-Kumite (2)	Page	7
Article	15	Team Event	Page	7
Article	16	Additional Points	Page	7
Chapter	4	Kata Competition	Page	8
Article	17	Kata Procedures	Page	8
Article	18	Formation of Kata Shu-Shin & Fuku-Shin	Page	8
Chapter	5	Points of Attention for Shin-Pan	Page	9
Article	19	Standard for the Judgement of Kumite Competitions	Page	9
Article	20	if there is a Hikiwake	Page	9
Article	21	Other Points of Attention	Page	9
Chapter	5	Procedure for Kata Events	Page	10
Article	22	Shitei Kata Step by Step (1)	Page	10
Article	23	Shitei Kata Step by Step (2)	Page	11
Article	24	Sentei Kata Step by Step	Page	11
Article			Page	
		2		

	World Traditional Karate Organisation	
	Chapter 1) "Kihon-Ippon Kumite"	
	Basic idea: a <mark>Kihon-Ippon Kumite</mark> Contest is to Establish Superiority using an Exchange of Powerful Attacks and Defences applying Basic Principles	
	it <u>Excludes</u> the use of <u>Adapted</u> or <u>Changed Techniques</u> or the <u>Execution of Only Rudimental Techniques</u> and it is meant as an Exercise to Train for <u>Correct-Posture</u>	
	Article 1) Instructions for Participants and Refereeing Rules	
1	<mark>Sen-Shu,</mark> (after their Names/Numbers have been checked) Proceed to the Starting Position an make a Standing Bow to Each Other (They should Not Bow to <mark>Shu-Shin</mark> or <mark>Fuku-Shin</mark>)	1
	They also Bow to Each Other after the Result has been Announced (They should Not Bow to <mark>Shu-Shin</mark> or <mark>Fuku-Shin</mark>)	
2	On the Instruction <mark>Aka-Jodan</mark> by <mark>Shu-Shin Aka</mark> steps back from <mark>Shizen-Tai</mark> to <mark>Hidari Gedan-Barai</mark> and Clearly Announces the Target he/she is about to Attack with, then he/she is free to Attack	2
3	<mark>Shiro</mark> will Step back and Block the Attack and then Counter-Attack with a Basic Technique at which <mark>Shu-Shin</mark> will order <mark>Yame</mark> Shiro will then Step Forward to <mark>Shizen-Tai</mark> and Aka will steps back into <mark>Shizen-Tai</mark>	3
4	Aka will perform all his/her Attacks First then Shiro will do the same	4
5	each <mark>Sen-Shu</mark> , Must Attack their Targets with Precision the Defender may <mark>Tai-Sabak</mark> i (= Step Sideways) to Block therefore the Attacker is allowed to Attack in the Direction the Defender Steps Towards <u>if he/she Steps away too Early</u>	5
6	After the Attacks and Defences have All been Completed the Participants will return to their Original Positions 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 <mark>Kamae (Gedan-Barai</mark> in this case) in the order of <mark>Jodan</mark> - <mark>Chudan & Mae-Geri</mark> (the latter is from Double Gedan-Barai)	1
2	Each Attack Consists of Only One Technique Migi Jodan Oi-Zuki - Migi Chudan Oi-Zuki - Migi Chudan Mae-Geri (<u>Punching Techniques are Not to be Snapped Back</u>)	2
	Article 3) Prohibitions for the Attacker	
1	Attacking while Crowding the Opponent (Distance too Close) Shu-Shin 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 Pushing the Punch Downward Unnecessarily (Aiming too Low or Pushing once the Punch is finished)	4
5	to Actually Hit the Opponent with the Technique	5
6	to Arbitrarily Change the Side of <mark>Kamae</mark> used in the Previous Attack (s)	6
	3	

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		Article 4) Concerning the Defender		
1		the Defender should Retreat <u>Simultaneously</u> with the Opponent's Attack by Stepping Back and Blocking		1
2		the Blocks allowed are as follows:		2
	a)	against a Jodan Oi-Zuki <u>Age-Uke</u> <u>Soto-Uke</u> <u>Uchi-Uke</u>	a)	
	b)	against a Chudan Oi-Zuki <u>Soto-Uke</u> <u>Uchi-Uke</u>	b)	
	c)	against a Chudan Mae-Geri <u>Gedan-Barai</u> <u>Gedan Hai-Wan-Uke</u>	c)	
3		<u>Blocks Can Be with Any-Arm</u> (One should Block the <u>Wrist</u> or the <u>Ankle</u>)		3
4		the Counter-Attack is Free <u>but is Limited to Only One Technique</u>		4
5		the Counter-Attack <u>Tsuki</u> or <u>Uchi</u> should <u>Not</u> be Snapped Back		5
		Article 5) Prohibitions for the Defender		
1		the Defender is <u>Not</u> allowed to <u>Sweep</u> ; <u>Throw</u> or use <u>Joint-Locking Techniques</u> Either while <u>Blocking</u> or when <u>Counter-Attacking</u>		1
2		the Defender is <u>Not</u> allowed to Block on the Opponent's Elbow		2
3		the Defender is <u>Not</u> allowed to Hit the Opponent with his/her Finishing Technique		3
4		the Defender should <u>Not</u> Retreat, Ignoring the Opponent's Attack or take an <u>Unnecessarily Long</u> Fighting Distance		4
		Article 6) Points of Attention		
1		apart from when so Suggested by <mark>Shu-Shin</mark> Competitors are <u>Not</u> allowed to have a Second Try		1
2		Both (when Attacking and Defending) there should Only Be One " <mark>Ki-Ai</mark> " (Spirit-Shout) at the same time as the Technique is Executed		2
3		One is <u>Not</u> allowed to <u>Jump or Slide-Forward</u> (Sliding the Back-Foot) (Although an Exception can be made when a Short <mark>Sen-Shu</mark> faces a Taller <u>Sen-Shu)</u>		3
4		One is <u>Not</u> allowed to Wear Glasses (<u>Soft Contact Lenses are allowed</u>)		4
		Article 7) About Disqualification		
1		When One <mark>Sen-Shu</mark> has Violated the Rules, <mark>Shin-Pan-Cho</mark> (the Chief-Referee) can (on his own account, or after an Appeal by a <mark>Shu-Shin</mark>) Interrupt the Match and, after Consultation with <mark>Shu-Shin, Fuku-Shin & Kansa</mark> , Give a Warning <u>(in a Kata Event, the Judges might also Penalise the Culprit by Reducing his/her Score)</u>		1
2		if a Participant Executes a Forbidden Technique, <mark>Hansoku-Make</mark> is called <u>a Deliberation among <mark>Shu-Shin, Fuku-Shin & Kansa</mark> is Necessary <u>in order for that Judgement to go into Effect</u></u>		2
		4		

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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	Shu-Shin, Fuku-Shin & Kansa will Line up and Bow to each other	1
	the Two Sen-Shu Called shall have their Names/Numbers Checked and at Shu-Shin's Command of Nakae they Proceed to their Starting Places (at the Initial Position they are Three meters apart) after Hantei or when Judgement has been passed, they again Bow to Each-Other they should <u>Not Bow</u> to Shu-Shin or Fuku-Shin	
2	on the Command <mark>Hajime</mark> by <mark>Shu-Shin</mark> Aka will always perform all his/her Attacks first then <u>Shiro</u> will do the same	2
3	the Kamae of Both Competitors is Free	3
4	after <u>Each Attack</u> has been finished the Opponents adjust their Breathing and return to the <u>Ideal Fighting Distance</u> While Keeping Eye-Contact with Each Other, and Continue with the Attacks	4
5	after All the Attacks have been Performed, they will <mark>Moto-No-Ichi (Retreat to their Initial Places)</mark> and wait for the Judgement, after which they will again Bow to one another they should <u>Not Bow</u> to <mark>Shu-Shin</mark> or Fuku-Shin	5
6	Both Attacks and Defences should be Executed within the <mark>Shiai-Jo</mark> as a Rule, a <mark>Shiai-Jo</mark> is Eight meters Square	6
	Article 9) Concerning the Attacker	
	after Informing (Clearly) his/her Opponent of the Target the Attacker should (from his/her Position of Kamae) Start by Attacking with <mark>Migi Jodan Oi-Zuki, Migi Chudan Oi-Zuki</mark> and <mark>Migi Chudan Mae-Geri</mark> while Adjusting his/her Distance Accordingly	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
	5	

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	Article 11) Concerning the Defender	
1	the Defender is <u>Not</u> allowed to Step Outside the <mark>Shiai-Jo</mark> more than Once Jo-Gai Keikoku is given for the First Time, followed by Jo-Gai Chui for the Second Time and Jo-Gai Hansoku for the Third and Final Time	1
2	the Defender is <u>Not</u> allowed to use <mark>De-Ai</mark> (= Counter-Attack) Before Blocking	2
3	the Defender is <u>Not</u> allowed to use <mark>Ashi-Barai</mark> (= 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> Ki-Ai (Spirit Shout) at the time of the Attack and Defence	2
3	the Defender <u>Must Not Run Away</u> or take a Longer <mark>Ma-Ai</mark> than Necessary	3
4	Both Opponents are <u>Not</u> allowed to Hit Each Other as this could lead to <mark>Hansoku</mark>	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, <mark>Shin-Pan-Ch</mark> o (the Chief Referee) can (on his/her own account, or after an Appeal by <mark>Shu-Shin</mark> and or Fuku-Shin) Interrupt the Match and, after Consultation with Shu-Shin, Fuku-Shin & Kansa, Give a Warning <u>in a Kata Event, the Shu-Shin & Fuku-Shin</u> <u>might also Penalise the Perpetrator by Reducing his/her Score</u>	1
2	if a Participant Executes a Forbidden Technique, <mark>Hansoku Make</mark> is called a Deliberation among <mark>Shu-Shin, Fuku-Shin & Kansa</mark> 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 <mark>Shobu-Ippon Kumite</mark> Match for Seniors will be of 2 Minutes (Senior Categories are for 18 Years Old and Above)	
	The Duration of a <mark>Shobu-Ippon Kumite</mark> Match for Juniors will be of 1 ½ Minutes (Junior Categories are for 17 Years Old and Below)	
1	the Decision of <mark>Shu-Shin</mark> and <mark>Fuku-Shin</mark> Carry the Same Weight	1
2	Hansoku Chui has the Same Value as <mark>Waza-Ari</mark> and should be taken into account at <mark>Hante</mark> i without Fail	2
3	the Full-Time of a Match is Two minutes and Stops on the Command <mark>Yame</mark> by <mark>Shu-Shin</mark> and Starts at <mark>Shu-Shin</mark> Command of <mark>Hajime</mark>	3
4	the Final Match is Two minutes or depending on One of the Participants Obtaining an <mark>Ippon</mark> (in a <mark>Ippon-Shobu</mark> Bout)	4
5	if there is <u>No Winner</u> after Two minutes, there will be a <mark>Saki-Dori Ippon-Shobu</mark> Match if there is <u>No Winner</u> at the end of such Extra Match, the Winner shall be decided by <mark>Hantei Keikoku (Cautions) and Chui (Warnings) are carried out into the Extra Match</mark>	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 Ippon (Decisive Technique Full-Point) "A" also an "Ippon" following a "Waza-Ari" Count as "A"	
	"B" Amount of Wins due to Hansoku (Disqualification) "B" also if there has been a Hansoku after a Chui Count as "B"	
	"C" Amount of Wins by Awasete-Ippon "C" (One Waza-Ari followed by a Second Waza-Ari) Count as "C"	
2	During a Team Match, in the event of a Draw a Representative Must Fight (usually the Captain) <u>However</u> , there can Only Be Two Representative Fights and the Winner shall be decided <u>During</u> the Second Fight	2
3	During a Team Match, if the Representative Match leads to an Extension the Penalties from the Main Fight are <u>Not</u> Transferred	3
4	if During a Team Match, the Order of Appearance of <mark>Sen-Shu</mark> has been changed or a Member has been Replaced (After the Members List has been Filed) <u>that Team will be Disqualified</u>	4
5	if in the Team Match, a Team Cannot bring together More than Half the Prescribed Number <u>there will be No Fight</u>	5
	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 <u>are Compulsory</u> Chest-Protector (for Women) <u>is Compulsory</u>	1
2	the length of the <mark>Karate-Gi</mark> '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
	7	

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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	Shu-Shin, Fuku-Shin & Kansa will Line up and Bow to each other	1
2	at the Beginning Sen-Shu Stands in Shizen-Tai on the Starting Line when the Kata to be performed is a Shitei-Kata (<u>Compulsory</u>) Shu-Shin will Specifies the Name of the Kata, and Sen-Shu Repeats that Name Sen-Shu Starts the Kata on the Command of Hajime by Shu-Shin (or a Whistle Signal) when the performance is over, Shu-Shin will say Naore (return to Yoi Ready Position) then Yasume (Relax) and then Hantei and a Decision will be passed	2
3	as a Rule within the <mark>Tensu-Hoshiki</mark> (Point System) the Average Standard Score will be set at "7.0" in Individual or Team Events	3
4	the Points given by <mark>Shin-Pan</mark> , Including <mark>Shu-Shin</mark> shall be Totalled (<u>Leaving Out the Highest and the Lowest Scores given</u>)	4
5	if there is a Draw, in <mark>Tensu-Hoshiki</mark> First the <u>Lowest</u> Score will be added to the Previous Totalled Score	5
	if there is still a Draw	
	the <u>Highest</u> Score will be added to the Latest Score	
	if there is still a Draw	
	a <u><i>Re-Match</i></u> will be held	
	However in that Event the Kata to be performed will be Free	
6	Team Kata Competitions are Always according to Tensu-Hoshiki (Point System)	6
7	Shu-Shin & Fuku-Shin Co-Operate on the Court and will Adapt to Circumstances as they appear during the Tournament	7
8	there is <u>No</u> Kansa in a Kata Event	8
9	as a Basic Principle One should Avoid Draws in All Matches	9
10	Shu-Shin & Fuku-Shin should See for themselves <u>Every Move</u> Until the Competitor Returns to <mark>Shizen-Tai</mark>	10
11	<mark>Shu-Shin & Fuku-Shin</mark> should place <u>Kata -Cards and Flags</u> on their Knees (Red Flag on top) <u>Score-Cards</u> (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 <mark>Kohaku-Hoshiki</mark> (Flag-System) and <mark>Tensu-Hoshiki</mark> (Point-System) <u>Shu-Shin & Fuku-Shin</u> Cannot be Changed until the End of that Round	1
2	the Number of Judges (including Shu-Shin) 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 <u>Kihon-Ippon Kumite</u> , Jiyu-Ippon Kumite and <u>Kata</u> is <u>Full</u> of <u>Many Delicate Problems</u> and <u>Difficulties</u> that Cannot be Explained in Simple Words <u>Shin-Pan Must be Fair and Impartial</u> and should (through Consultation within the Judges' Team) <u>Solve the Problems Clearly</u> 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 Both in case of the Defender and the Attacker	1
2	the Rotation and the Drive of the Hips and/or the Foot Movement is used Smoothly the Co-Ordination between the Direction of Movement of the Whole Body 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 <mark>Ki-Ai</mark> is Full, and <u>Heart</u> and <u>Spirit</u> are as <u>One</u>	5
6	the Attitude is Correct	6
	Article 20) if there is a Hikiwake	
1	<mark>Shu-Shin & Fuku-Shin</mark> Must Raise a Flag (or Two), thus Deciding the Result between Two Competitors	1
	a) in Kumite there is an Extension a)	
	b) in Kata there is a Re-Match b)	
2	on the Standard of Judgement please refer to: the Competition Rules and the Judging Rules Sections	2
	Article 21) Other Points of Attention	
1	if an Attack Hits the Opponent, <mark>Shin-Pan</mark> Decides whether it was Intentional or Not	1
2	<mark>Shu-Shin</mark> will Move in Accordance with <mark>Sen-Shu</mark> Locating him/herself in the Best Position from which to see Both Competitors	2
3	in <mark>Jiyu-Ippon Kumite</mark> Stepping Outside the Court Twice leads to Hansoku	3
4	<mark>Shu-Shin & Fuku-Shin</mark> can give a <mark>Keikoku</mark> (= Caution) to a <mark>Sen-Shu</mark> who is on the Verge of Breaking the Rules can give a <mark>Chui</mark> (= Warning) to a Competitor who Broke the Rules can give a <mark>Hansoku</mark> (= Disqualification) to a <mark>Sen-Shu</mark> who Broke the Rules	4
5	the Person in Charge of Refereeing on Each Court (Shu-Shin) can, During the Competition, also serve as Kansa (Supervisor)	5
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