

RULES OF KYOKUSHIN KARATE KATA COMPETITION AT HAITO KARATE

Updated: October 2025

RULES OF KYOKUSHIN KARATE KATA COMPETITION

AT HAITO KARATE

1. ORGANIZING A COMPETITION

- Kata competition for both men and women.
- The competition is for individuals (no teams) for all ages from 5 years old.
- Competitors have to perform specific Katas that are listed in the rules accordingly to their division.
- The competition will have at least two rounds. The top 3 competitors go to the final round.
- The winner is decided by adding up the points earned by contestants in the final round.
- There is 1x 1st place, 1x 2nd place and 1x 3rd place.

2. COMPOSITION OF THE TOURNAMENT COMMITTEE.

- 1. 1 Referee (doesn't score) & 4 Judges (give scores)
OR
- 2. 1 Referee & 2 Judges (all give scores)
- 2 Recorders (write down the scores)
- 1 Announcer (calls out the names)

2.1 THE RESPONSIBILITIES OF THE REFEREE.

- Is responsible for the rules of the competition to be obeyed.
- Designates judges keeping in mind to choose a mixture of new and experienced judges.
- Checks the names of competitors before the performance.
- Responsible to replace a judge if needed.
- Checks up the demonstration area and the equipment necessary to run the competition
- Her/His place is in the front of the officials' table, from where he has the best view of the competition.
- Supervises the flow of the competition and announces the decision according to the accepted rules.
- Must consult the organizers in any case of problem concerning decision.
- Has no direct role in scoring if there are 4 judges.

2.3 RESPONSIBILITIES OF THE JUDGES.

- To follow with attention to the demonstration.
- To assess correctly the kata presented by the competitor.
- On the command or whistle of the main judge to present his decision by lifting up the scoring table (first to the table, then to the public).
- Their/her place is on the corner of the demonstration area (Tatami).

- Has a direct role in scoring.

2.4 RESPONSIBILITIES OF THE RECORDERS.

- Register the scores given by the judges on the sheets.
- Calculates the total valid score.
- Calculates the total points and final place of the competitors.
- Listens for the name confirmation between the Referee and a Participant before the start of the Kata.

2.5 RESPONSIBILITIES OF THE ANNOUNCER.

- Call up the competitors in the order of the demonstration.
- Check the name before the Kata demonstration.
- Check the validity of the score calculated by the recorder.

3. EQUIPMENT NECESSARY FOR THE PERFORMANCE OF THE COMPETITION.

3.1 THE DEMONSTRATION AREA (TATAMI).

- Must be large enough for the competition to be able to perform any of the katas.
- Has no determined dimensions.
- Its rim must be in a different colour than the main Tatami.
- The starting position must be marked by a different colour than the main Tatami.

4. The Flow Of The Competition Is As Follows:

- All participants must check in on the day by the time highlighted on the www.haitokarate.com/kata-tournament website. If participants have not checked in, they will be removed from the tournament.
- All participants must wear a full uniform with their own belt (the same as it was written in the registration form).
- At the beginning of the tournament, all participants will be asked to line up for the parade, introduction speech and explanation of the rules.
- Competition begins with the largest division of participants and it will be announced during the parade.
- After the parade, on the call of the announcer (which contains the FULL NAME and the CLUB/ORGANIZATION NAME) the competitor steps to the rim of the demonstration area (Tatami) and makes a bow/Osu.
- On the command of the referee steps to the starting line and makes a bow/Osu to the referee.

- The referee asks for Kata, and Kata's name has to be announced loudly. The referee will repeat the name of the Kata of the competitor to which competitors have to respond OSU if agreed or correct the referee.
- The referee gives commands to prepare (YOI) and start (HAJIME) and the competitor starts the demonstration.
- Having completed the Kata, on the referee's command: "KIAME - NAORE" the competitor steps back to the starting line and waits for the decision.
- As the score was announced, the competitor made a bow/Osu to the referee, backed out of the area, at the rim stops made another bow/Osu and left the demonstration area (Tatami).
- Next person is called up and the process is repeated.

5. DECISION.

- After the completion of the kata, referee allows the judges a period of about 10 seconds to make their decision and adjust the score tables.
- After it, with the command "Hantei-o-onegai-shimasu Hantei" a short whistle sign asks them to lift the score tables.
- The judges lift the tables without delay with their right hand, simultaneously with a short sharp whistle towards the recorders.
- Another short sharp whistle judges turn their scores for the visitors.
- Third short sharp whistle judges lay down the score tables.

6. RECORDERS AND SCORES.

Recorders registers the scores into the minute-book and calculates the valid score with the following method:

- From the 4 scores given by the judges the lowest and the highest are not taken into consideration. The remaining 2 are added up and the sum is divided in 2.
- The number obtained, to the third place of decimals is the VALID SCORE.
- If the scores are the same between participants, then the lowest score is taken into counting and the sum is divided by 3.
- If the score is still the same, the highest score is added and the sum is divided by 4.
- If the score is still the same, participants with the same scores perform Kata once again until there is a score difference.

7. ANNOUNCING THE SCORES.

After all participants in the division have finished their Kata performances, announcer will announce who are proceeding to the next round.

8. CATEGORIES BY AGE AND GRADES.

- CATEGORIES U10 (all kids up to 10yo. + male and female separate divisions for each category if we have more than 3 participants in each category)
 Category 1 - Kids Orange/Red belts (10th & 9th KYUs)
 Category 2 - Kids Blue belts (8th & 7th KYUs)
 Category 3 - Kids Yellow belts (6th & 5th KYUs)
 Category 4 - Kids Green belts (4th & 3rd KYUs)
 Category 5 - Kids OPEN category (2nd KYU and above + all belts)
- CATEGORIES U14 (juniors 10 to 14yo. + male and female separate divisions for each category if we have more than 3 participants in each category)
 Category 6 - Junior Orange/Red belts (10th & 9th KYUs)
 Category 7 - Junior Blue belts (8th & 7th KYUs)
 Category 8 - Junior Yellow belts (6th & 5th KYUs)
 Category 9 - Junior Green belts (4th & 3rd KYUs)
 Category 10 - Junior OPEN category (2nd KYUs and above + all belts)
- CATEGORIES U18 (juniors and cadets between 14 - 18yo. + male and female separate divisions for each category if we have more than 3 participants in each category)
 Category 11 - Juniors and Cadets Orange/Red & Blue belts
 Category 12 – Juniors and Cadets Yellow & Green belts
 Category 13 – Juniors and Cadets Brown & Black belts
 Category 14 – Juniors and Cadets OPEN category
- CATEGORIES ADULTS 18+ (male and female separate divisions for each category if we have more than 3 participants in each category)
 Category 15 - Adults Orange/Red & Blue belts (10th, 9th, 8th & 7th KYUs)
 Category 16 – Adults Yellow & Green belts (10th, 9th, 8th & 7th KYUs)
 Category 17 – Adults Brown & Black belts (2nd KYUs and above)
 Category 18 – Adults OPEN category (all belts)
- For the division to be able to compete fairly and with reasonable challenge it must have at least 3 participants.
- If a division doesn't have three participants, it will be combined with the closest division. First, it joins the same age group, mixing males and females if needed. Then, it moves up to the next age division, still trying to keep males and females together. If there are still no participants, it joins the younger age division.
- All participants are expected to know 2 or 3 katas depending on their division requirement.

9. KATAS LIST:

- CATEGORIES 1, 2, 6, 7, 11 & 15 (Orange/Red & Blue belts)

1. Taikyoku Sono Ichi
2. Taikyoku Sono Ni
3. Taikyoku Sono San
4. Pinan Sono Ichi
5. Pinan Sono Ni

NOTE: KATA CAN BE PERFORMED TWICE, but not 3 times.

- CATEGORIES 3, 4, 8, 9, 12 & 16 (Yellow & Green belts)

1. Taikyoku Sono Ni
2. Taikyoku Sono San
3. Pinan Sono Ichi
4. Pinan Sono Ni
5. Pinan Sono San
6. Pinan Sono Yon
7. Pinan Sono Go
8. Gekisai Dai

NOTE: KATA CANNOT BE PERFORMED TWICE.

- CATEGORY 5, 10, 13 & 14 (U10, U14, U18 Brown & Black belts + U10, U14 & U18 OPEN category)

1. Taikyoku Sono San
2. Pinan Sono Ichi
3. Pinan Sono Ni
4. Pinan Sono San
5. Pinan Sono Yon
6. Pinan Sono Go
7. Gekisai Dai
8. Pinan Sono Go
9. Yantsu
10. Tsuki No Kata
11. Saiha
12. Gekisai Sho
13. Kanku Dai
14. Seinchin

NOTE: KATA CANNOT BE PERFORMED TWICE

- CATEGORY 17 & 18 (will have to perform 1 compulsory KATA in the 1st round and 2 more (different) KATAS in final round.

Compulsory Katas list:

1. Taikyoku Sono San

2. Pinan Sono Ichi
3. Pinan Sono Ni
4. Pinan Sono San
5. Pinan Sono Yon
6. Pinan Sono Go
7. Yantsu
8. Tsuki No Kata
9. Saiha

**NOTE – BROWN BELTS AND BELOW CAN SELECT A KATA FROM THIS LIST.
BLACK BELTS WILL HAVE THE KATA SELECTED FOR THEM.**

(Brown and Black belts & Open Category participants – Final Rounds)

Choice of 2 Katas:

1. Pinan Sono Ichi
2. Pinan Sono Ni
3. Pinan Sono San
4. Pinan Sono Yon
5. Pinan Sono Go
6. Yantsu
7. Tsuki No Kata
8. Saiha
9. Garyu
10. Seipai
11. Sushiho
12. Kanku Dai
13. Seienchin
14. Gekisai Sho

NOTE: KATA CANNOT BE PERFORMED TWICE. Pinan Sono Ichi, Pinan Sono Ni, Pinan Sono San, Pinan Sono Yon, Pinan Sono Go, Yantsu, Tsuki No Kata & Saiha can be performed as a free kata (i.e. in Rounds 2 & Final) if not already performed in the first round.

- **KATA DONE ON 1ST ROUND CANNOT BE REPEATED ON FINAL IN THE OPEN CATEGORY.**

10. SCORING

The demonstration of the kata must not be qualified unambiguously as “good” or “bad”.

The decision must be made taking into consideration all the important elements in each case as age, grade, serious injuries (must be reported).

- Scores will be given between 60 and 80 in all normal divisions and between 70-90 in OPEN divisions.

- The starting score is 70 in the normal division and 80 for an Open division.
- For each mistake there is -0.1, -0.2, -0.3 or -0.5 score is taken away.
- All judges and referee are aware that it is an OPEN STYLE TOURNAMENT and slight differences between stances, punches, etc are accepted while they still meet the basic requirements listed below.

11. EXCEPTIONS FOR KIDS U10 IN THIS TOURNAMENT.

- All KIDS DIVISION competitors are allowed to start kata once again if they forget the moves (once).
- Judges will score points even if the competitor did not complete the kata.
- Start again if competitors falls down.
- Start again if presents a kata different from the previously announced (once).

12. DISQUALIFICATION

All attendees, including participants and visitors, are required to demonstrate respect and adhere to instructions provided by event organizers, referees, judges, and their respective instructors. Event officials, such as organizers, referees, and judges, retain the authority to disqualify any individual from the proceedings if they fail to comply with the established regulations at any stage of the event.

13. DEDUCTION FROM THE STARTING SCORE.

The deduction must be done according to the severity of the mistakes, divided into the following three categories:

○ 13.1 Small mistake (-0.1)

A demonstration close to the perfect, a little alteration can be observed from the correct execution.

Examples:

A) Technical:

- The position of the arms is correct; the fits are not close properly.
- There is some variation in performing the same technical: the Chudan (body) level is not always the same etc.

B) Stances and positions:

The stances and positions are correct according to the prescriptions, but:

- The same stance is presented in different sizes; the difference is less than 10 degrees or 1 foot in length.

- The altitude of the similar stances differs; the difference is less than one palm.
- The kata is completed in a point different from that prescribed, but closer than 1 foot to it.

C) Style:

- Her/his countenance overacts the demonstration: overemphasizes the fighting feature of the Kata.

○ **13.2 Moderate mistake (-0.2, -0.3)**

Significant deviation from the perfect demonstration. If the mistake is closer to the “little” categories, 0.2, if to the “rough” category, 0.3 points are to be lost.

Examples:

A) Technical:

- Incorrect start and end position of the arm or leg: improper Hikite (too low).
- Punches, blocks, and strikes starting from a position in front that is required.
- Overstretched arms ending a punch.
- In the case of a punch or strike the trunk is not perpendicular to the direction of the technical but the angle does not exceed 45 degrees.
- Vice versa: in the case of a block the trunk does not turn to the required position (45 degrees).
- Visibly loose fist in Hikite.
- Improper speed of the technics (too slow or too fast).
- In the case of a kick the heel of the supporting leg is lifted.
- B) Stances and positions:
- Visible fault in the in the execution of a stance: the difference is more than that allowed.
- Visible difference of the level of similar stances (Zenkutsu Dachi, Kiba Dachi, Kokutsu Dachi, Neko Ashi Dachi) what results in the waving of the Kata.
- The kata is completed in a place different from that prescribed, the difference exceed 1 foot.

C) Style:

- Directing of the sight does not precede the technical.
- The tempo of the Kata is not correct: too slow or too fast.
- The stretched and relaxed phase of the technical is not evident.

○ **13.3 Rough mistake (-0.5)**

Major divergence from the correct presentation.

Examples:

A) Technical:

- Altered level of a technic: Jodan (Head) kick instead of Chudan (Body).
- Keage- like (straight leg) kick instead of the prescribed (e.g. Yoko Geri – side kick with bend knee).
- Absence of Kiai.
- Overturning of the body in the end position (more than 45 degrees in the case of punch prior strike).
- Absolute absence of the turn in the case of a block.

B) Stances and positions:

- Too high stances.
- Large range in the length and altitude of the same stance.