

# World Karate/Kickboxing Commission

## Kata and Weapons Rules

Boys -10yrs	Girls -10yrs	Boys 11-12yrs	Girls 11-12yrs	Boys 13-14yrs	Girls 13-14yrs	Boys 15-17yrs	Girls 15-17yrs	Men 18yrs+	Women 18yrs+
Hard style	Hard style	Hard style	Hard style	Hard style	Hard style	Hard style	Hard style	Hard style	Hard style
Korean style	Korean style	Korean style	Korean style	Korean style	Korean style	Korean style	Korean style	Korean style	Korean style
Chinese/ Soft style	Chinese/ Soft style	Chinese/ Soft style	Chinese/ Soft style	Chinese/ Soft style	Chinese/ Soft style	Chinese/ Soft style	Chinese/ Soft style	Chinese/ Soft style	Chinese/ Soft style
Free Style	Free Style	Free Style	Free Style	Free Style	Free Style	Free Style	Free Style	Free Style	Free Style
Extreme Style	Extreme Style	Extreme Style	Extreme Style	Extreme Style	Extreme Style	Extreme Style	Extreme Style	Extreme Style	Extreme Style
Classical kata	Classical kata	Classical kata	Classical kata	Classical kata	Classical kata	Classical kata	Classical kata	Classical kata	Classical kata
Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons
Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons
Open/ Musical Weapons	Open/ Musical Weapons	Open/ Musical Weapons	Open/ Musical Weapons	Open/ Musical Weapons	Open/ Musical Weapons	Open/ Musical Weapons	Open/ Musical Weapons	Open/ Musical Weapons	Open/ Musical Weapons
Men 35yrs+ Traditional Forms	Men 42yrs+ Traditional forms		Women35yrs+ Traditional forms	Women42yrs+ Traditional forms		Junior - 17yrs Traditional Team Kata			
Men 35yrs Traditional Weapons	Men 42yrs+ Traditional Weapons		Women35yrs+ Traditional Weapons	Women42yrs+ Traditional Weapons		Adult Traditional Team Kata			
Men 35yrs+ Creative weapons	Men 42yrs+ Creative weapons		Women35yrs+ Creative weapons	Women42yrs+ Creative weapons		Open Team Kata			

- **Competition:**

At the world championships all competitors will compete in the elimination round. The order of completion is decided by a random draw. The only seeds are the Gold medal and silver medal winners from the previous year (Note- it must be the same age division age. No seeds for bronze medalists).

The top four competitors from the elimination round advance to the finals. In the finals the competitor with the highest score during the eliminations goes last, and the person with the lowest scores goes up first. The scores however do not carry over. The scores received in the finals determine the medal winners.

There will be one gold medal, one silver medal and one bronze medal awarded.

- **Judging requirements:**

Judges will review with competitors the criteria for that division before the start. Any questions about music or questionable moves will be handled before the division starts. Judges will watch all competitors before giving out scores. Since our scoring system is based on comparative scoring it is imperative that we watch all competitors before deciding our individual scores.

During the championships three judges will be used. The “two maximum deviation” rule is in effect. This rule is used to limit the impact of a judge’s score that is significantly

different from the other judges. Once a form is finished and before the scores are shown to the competitor or spectators, the centre referee will say “Ready,” then, “Check” at which point the three judges will show their scores to each other. The centre referee will look at the 3 scores to determine the middle score (e.g., a 9.92, 9.96 and 9.95 – the 9.95 is the middle score. The other two scores must be .02 from the middle score so the 9.92 must be changed to a 9.93). Other than this obligatory adjustment, judges are not allowed to change their scores. If no score is .02 higher or lower than the middle score no adjustment is made. After making any necessary change, the centre referee will say “Score” and all three judges will subsequently show their scores to the competitor, scorekeepers and the audience.

### **Overview:**

- In all form divisions there is no time limit.
- There are no introductions in all forms divisions. Competitors can call out the name of the form when they enter the ring before starting, if they wish.
- In all musical divisions there will be no words allowed in the music.
- If a competitor stops his or her form, they cannot start again. If a competitor drops his or her weapon they are disqualified.
- Competitors must either wear a traditional uniform or a country team uniform. No metal jewellery should be worn. If a stud cannot come out then a band aid should cover the stud.
- Judges will inspect all weapons prior to starting a division.
- Judges will review division criteria prior to starting the event. Any protests of jewellery, uniforms, or weapons being used will be decided before the event starts in order to give competitors a chance to comply with the rules and avoid disqualification.
- In the case of a tie in the Hard Style, Soft Style, Korean and Veterans Traditional divisions, competitors must do a different form. In all weapons, freestyle and extreme divisions they may compete with the same form.
- Competitors compete in order determined by a random draw. The top two defending medalists compete last.

**Hard Style Forms** These forms must capture the essence of classic martial arts movements, showcasing the traditional hand and kicking techniques, stances and movement. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances and focus. Forms are scored solely on the above criteria. Adaptation of a form is acceptable, as long as the movements added are traditional in nature.

*Commentary: The WKC is a world championship. We expect to see many variations of traditional forms. As long as a competitor only does traditional moves and not multiple*

*kicks or spin kicking combinations, then they will be scored on the execution of the form.*

*\* In some Ju Jutsu forms there are front rolls.\**

**Korean Style Forms** These forms must capture the essence of Korean style patterns. Only traditional moves will be allowed. Adaption of traditional forms will be allowed if the moves are traditional in nature.

*Commentary: In this division we will see versions of Korean style patterns from ITF, WTF, Tang Soo Do and other Korean based martial arts. The height of the kick is up to the individual competitor. However judges are looking for good technique, power and focus on all techniques. Therefore kicks are scored on technique and not the height.*

**Chinese / Soft Style Forms** These forms must capture the essence of Chinese or soft style martial arts. The two basic arts will be kung fu and wushu, however there other types of soft style systems. Emphasis is placed on traditional criteria of good flowing techniques that demonstrate balance, speed, focus and power.

*Commentary: This is not a free style division. Gymnastic type moves are permissible, provided that they are practical and within the style of wushu. \*A traditional kung fu form may be as "hard" as a Japanese style kata. The difference is the circular techniques.\**

**Free Style Forms** The Freestyle forms division includes contemporary martial techniques that have evolved over the past 30 years. These techniques may be added to a traditional form or the form may be devised in its entirety by the competitor. Only techniques which originated from the martial arts can be used. Spinning kicks, jump kicks, flying kicks, multiple kicks, splits and spinning hand techniques can be used. No gymnastic moves are allowed. No martial arts move originating from gymnastics can be used. Music is optional in this division. If the competitor uses music judges may take into account how well a form corresponds to the music. Competitors are scored on good solid techniques, balance, speed, power and focus.

*Commentary: This division is for competitors who do not want to compete in the traditional divisions, however do not perform gymnastics. At no time can a competitor be inverted more than parallel to the floor. {No aerial kicks, no kip ups}. Competitors cannot spin more than 360 degrees in the air as well. \*No words or lyrics are allowed in the music. This is to prevent objectionable language. A Hum, chant or sound effects are allowed.*

**Extreme Forms** The extreme division allows competitors to perform any movement whether they originate from traditional or contemporary martial arts systems or otherwise. Competitors must perform at least one technique that involves an

inverted move or greater than a 360 degree spin in the air. Emphasis is still placed on the quality of execution of techniques and movements, martial arts skills, balance, speed, power, degree of difficulty and showmanship. Music must be used in this division. Judges may take into account how well a form corresponds to the music.

*Commentary: No stage props can be used. No weapons can be used. Competitors must keep his or her complete uniform on at all times in the ring.*

**Veterans Traditional Forms** This forms division is open to any style of traditional form, be it Hard Style, Soft Style or Korean. There is no Free Style or Extreme Style form allowed. Competitors must use only traditional techniques based upon the style they are performing.

*Commentary: Judges and competitors must be aware that this traditional division covers forms not only from the Japanese based systems, but also Korea and China.*

**Traditional Weapons Forms** In this division must capture the essence of classic martial arts movements and traditional techniques with a weapon. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances and focus. All weapons used must be of a traditional nature. {No tapered bo staffs, no plastic kamas.} Modifications to forms are acceptable as long as they only include traditional techniques.

*Commentary: Since the WKC is an open organization we expect to see adaptations of traditional forms. However there will be no releases, complicated spins or throws with the weapon. No plastic weapons or skinny Bo staffs will be used. The centre judge will inspect all weapons before the division starts.*

**Creative Weapons Forms** In this division allow competitors the opportunity to include contemporary martial arts techniques that have evolved over the past 20 years. These moves include one handed spins or complicated passes of the weapon around the body for example. Competitors may use the newer light weight weapons. Competitor cannot perform releases, throws, palm spins or gymnastic moves. Competitors are judged on execution of technique, balance, speed, power, solid stances and focus.

*Commentary: This division allows competitors a bridge between the traditional weapons divisions and musical open weapons division. Complicated spins and pass-offs are allowed, however competitors must still demonstrate good martial arts technique.*

**Open / Musical Weapons** In this division judges are looking for manipulation of the weapon, speed of the techniques, the degree of difficulty, showmanship, balance,

power and focus. Competitors have the option to use music and can use any throw, release or gymnastic move. Judges may take into account how well the form corresponds to the music.

*Commentary: Even though competitors may use any type of martial arts or gymnastic movement in their form, they must still demonstrate solid basic martial arts skills.*

**Traditional Team Forms** – Adults/ Juniors This division is open to Teams of 2 to 5 competitors. Competitors on the Team may be of any age or sex. The junior Team must consist of only junior competitors {17yrs & under} In the adult division a team may carry 1 junior competitor. Teams may compete with Traditional style forms. Teams may use the choice of Hard Style, Soft Style or Korean Style. All techniques and movements must capture the essence of classical martial arts. Judges are looking for synchronization, execution of technique, overall team power, balance, speed and focus.

*Commentary: This division is open to competitors of all ages. Teams are allowed to use various angles and staggered starts in an attempt to demonstrate creativity and showmanship.*

**Open Team Forms** This division is open to Teams of 2 to 5 competitors.

Competitors on the Team may be of any age or sex. Judges are looking for synchronization, showmanship, speed of techniques, degree of difficulty, execution of techniques, overall team power, balance, speed and focus. Music and/or weapons may be used in this division.

*Commentary: No props may be used in this division. Competitors may at times do individual movements or techniques. However the overall concept is still a “team” form and not a demonstration show*

**Classical Kata** This division will showcase the time-honoured patterns of recognized Karate systems from Japan (Shotokan, Shito-Ryu, Goju-Ryu, Wado-Ryu, Chito-Ryu) and Okinawa (Shorin-Ryu, Isshin-Ryu, Goju-Ryu, Uechi-Ryu). Competitors MUST perform a recognized unaltered/unmodified kata from one of the above systems and no additions or deletions of movements are allowed. School variations are permitted provided the movements maintain the structural integrity of the original kata. Competitors will be judged on focus (kime), proper execution of technique (punches, kicks, stances), proper breathing and hip rotation. Competitors are only allowed to do a MAXIMUM OF 4 KIAI, standing kicks must not go above the competitors shoulder and stances must not break parallel. In addition, competitors must say the name of the kata they are performing before commencing.

*Commentary: Unlike the Hard Style or Traditional divisions, competitors must only perform unmodified katas from Japanese or Okinawan Karate systems. Competitors who*

*choose to alter/modify a classical working or add/delete moves are strongly encouraged to enter the Hard Style or Traditional divisions as such changes to the kata may result in disqualification.*

