

Kata

Kata Rules for Adults

(1) CATEGORIES

Category- 22	Adults - Over 18 - Men and Women	4th Kyu and above
Category- 23	Adults - Over 18 - Men and Women	4 th Kyu and above

(2) MATCH AREA

1. The match area shall be 8 x 8 meters, with a one-meter safety perimeter.
2. The match area can be 6 x 6 meters for children's categories.

(3) COMPETITOR SAFETY

The competitors' safety should always be the main priority of the match officials.

In a case of an accident the referee must stay calm and act promptly to check the state of the competitor and if necessary, call the tournament doctor/first aids.

(4) HOW TO PRECEDE THE COMPETITION:

1. The Kata tournament will be judged using coloured flags for AKA and SHIRO, with a minimum score of three out of five.
2. There will be three rounds; the first and second rounds will consist of the competitor's choice of one of the SHITEI (mandatory) Kata from the list below and the other round will be TOKUI (free choice) Kata .

(5) GENERAL RULES

The following rules and regulations apply for both Men and Women:

1. The participation in the Kyokushin cup All UK Open Karate Tournament is on the competitors' responsibility only.
2. Tournament applications and parent's consent forms must be signed by parents for those who are under 18.
3. Competitors should be a minimum of 18 years of age on the date of the tournament; and at least 4th Kyu with 2 years' experience in Karate.
4. All competitors must provide information and registration requests through your Instructor/Branch Chief.
5. It is the Competitor's total responsibility to make a specific insurance for Kata competition. The Sekai Budo Karate-Do Renmei Kyokushin Karate, Kyokushin Karate Fernando Dojo will not in any way is responsible for any injury or accident that may come about during the Tournament.

(6) JUDGES

Consists of five judges.

In case the flags are tie, the winner will be determined by following order:

Two competitors will perform Kata at the same time and compete given by judges.

Example: Gekisai sho

(6) KATA FOR THE COMPETITION:

Shitei Kata

- The following SHITEAI Kata will be **mandatory** in the first round and second rounds :
- Taikyoku sono ichi, Pinan sono ichi, Pinan sono ni, Pinan sono san, Peenan Sono yon, Peenan sono go, Yantsu, Tsuki no Kata

Tokui Kata

- The last round will be the competitors' **choice** of any Kata from the list of Tokui Kata.
Please find the information requested in the table below on page 4 and 5.

(7) PROCEDURE OF THE COMPETITION:

1. The two competitors will enter the mat with a bow and stand on the starting point when the names are being called.
2. The two competitors will bow with the call of "Shomen ni rei " from the main judge.
3. The two competitors will start the Kata when the main judge raise his right hand high above his head.
4. When the competitor starts the Kata they must first start with "Mokuso" and say the name of Kata with a loud voice, slowly and accurately, then continue to "Ibuki" to move on.
5. When the competitor finishes the kata, he/she should stand still and wait for the decision from the main judge.
6. From the order of the main judge "Hantei o Torimasu. Hantei" all the judges should raise their flags at once with their whistle blowing as in Kumite competition.
7. The main judge will call the flags from corner judges and will announce the decision.
8. The competitors will move out of the mat with a bow after the main judge say "Shomen ni rei "
9. Each competitor must demonstrate a different Kata each round and cannot repeat the same Kata twice.

(8) KATA COMPETITION STANDARDS:

Accuracy of movements:

- 1) Standing form and techniques such as Tsuki, Keri, Uchi, and Uke should be performed with accuracy with the right eye points.
- 2) Shifting movements should be done correctly without any extra movements.
- 3) Should be excellent in shifting the weight and maintaining good balance.

Speed control of techniques:

- 1) Fast movement should be done fast.
- 2) Slow movements should be done slow.
- 3) Continuous movements should be done in appropriate rhythm.

Strengthen and loosening:

- 1) Strengthen where you have to strengthen.
- 2) Loosen where you have to loosen.
- 3) Expressing the effectiveness of the techniques.

Adjustment of breath:

- 1) Ibuki or Kiai should be done with the right timing.
- 2) Not losing breath and should be match with its movements.

(9) DISQUALIFICATION – GENTEN OR SHIKAKU

- 1) When the competitor sets foot outside of the competing area of the mat (Genten)
- 2) When the competitor cannot complete the Kata (Shikaku)
- 3) When a certain part is skipped (Shikaku)
- 4) When the competitor repeats the same Kata twice (Shikaku)

If the decision is difficult to make, it will be handled by the head of Kata competition Judge (Kata kyogi shinpancho) or the executive committee of the Kyokushin Cup All UK Open Karate Tournament.

(10) WINNING BOUT:

The Kata tournament will be judged using coloured flags for AKA and SHIRO, with a minimum score of three out of five.

- Other Karate styles are welcome but judging will be based on International Karate Organisation Kyokusinkaikan and Sekai Budo Karate-Do Renmei Kyokushin Karate.

Kyokushin Cup 2026 The 10th All UK Open Karate Tournament
Incorporating 1st International Cup

PLEASE NOTE: The organiser of the Tournament can adjust the rules due to special circumstances.

CATEGORIES AND ALLOWED KATA FOR THE COMPETITORS

Age over 18 Open – 4th to above

Age classification	Rounds	Section	Kata for the competition
Age over 18 Open 4th Kyu to above Men and Women (mixed)	1 st round	Shitei Kata (mandatory)	Peenan Sono-ni, Peenan Sono-san, Peenan Sono-yon and Peenan Sono-go
	2 nd round	Shitei Kata (mandatory)	Yantsu, Tsukino Kata, Gekisai sho, Gekisai dai
	3 rd round	Tokui Kata (free choice)	Saifa, Seipai, Garyu, Seienchin, Kanku, Sushiho
	Please note: Each category depending on the participation number of competitors. Tournament committee reserves the right to change the categories or add more rounds depending on entries.		

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