

Event

Beginner Showcase

Open to:
White Belts



Description: A fun event that all beginners can compete in! Competitors will demonstrate the moves they've learned in class to a panel of judges. Perfect for getting accustomed to tournament competition!

Required Attire/Equipment: Competitors must wear a full karate gi including rank belt.

Rules Summary: Competitors will have a set time to demonstrate the karate techniques they have learned in class.

Judging Criteria: Judges will award points for proper execution of techniques including solid stances, hand placement, focus, power, and kiais.



Event

Self-Defense

Open to:
White Belts
Yellow Belts
Green Belts

Description: Competitors demonstrate self-defense by breaking out of grabs from a simulated attacker.

Required Attire/Equipment: Competitors must wear a full karate gi including rank belt.

Rules Summary: A tournament official will perform the following grabs on competitors:
White Belt - Same Side Wrist, Two On One Wrist, Front Choke, Back Choke
Yellow Belt - Cross Side Wrist, Two On Two Wrist, Front Choke, Back Choke
Green Belt - Two On Two Wrist, Lapel Grab, Over Arms Bear Hug, Under Arms Bear Hug

Judging Criteria: Competitors will score based on effective karate self defense techniques, escaping holds and responding to the attack utilizing power and control.

Event

Traditional Kata

Open to:

Yellow, Green Belts

Blue, Purple, Orange Belts

Red, Brown, Black Belts



Description: Competitors demonstrate their skills by performing a kata, a traditional routine that forms the foundation of karate practice.

Required Attire/Equipment: Competitors must wear a full karate gi including rank belt.

Rules Summary: Competitors must perform a traditional karate kata learned in their regular karate class.

Judging Criteria: Scoring will be based on proper knowledge of the kata with emphasis on execution of techniques. This includes solid stances, power, timing, focus, intensity, breathing, and kiais.



Event

Weapons Kata

Open to:

Blue, Purple, Orange Belts

Red, Brown, Black Belts

Description: Competitors demonstrate their skills with a traditional martial arts weapon by performing a kata, a traditional routine designed to train core techniques with that weapon.

Required Attire/Equipment: Competitors must wear a full karate gi including rank belt. Competitors must provide their own weapon and it must be in good repair. No sharp weapons are permitted.

Rules Summary: Competitors must perform a kata utilizing their weapon of choice. Students should use a weapon and a kata learned in their regular karate class.

Judging Criteria: Scoring will be based on proper use of their weapon with emphasis on execution of techniques. This includes solid stances, power, timing, focus, intensity, breathing, and kiais.

Event

Point Sparring

Open to:

Yellow, Green Belts

Blue, Purple, Orange Belts

Red, Brown, Black Belts



Description: Competitors use controlled hand and kicking techniques to tag target areas on an opponent's body in order to score points!

Required Attire/Equipment: Competitors must wear gi pants, rank belt, and either a gi top or karate school t-shirt. Competitors must provide their own protective gear. Minimum required protective gear includes hand pads, foot pads, head gear, and mouth piece. Male competitors are required to wear a support cup. Only approved dipped foam sparring gear may be permitted.

Rules Summary: Competitors may use only their hands and feet to tag an opponent's target area. Scoring target areas include opponent's chest, stomach, ribs, collarbone, and kidney areas. The head is also a scoring area for red-black belts only. All strikes must be performed with proper karate technique and make light contact only. Penalties include, but are not limited to:

- Unsportsmanlike Conduct*
- Failure to Obey the Referee*
- Excessive Contact*
- Striking Illegal Targets*
- Illegal Techniques*
- Blind or Reckless Techniques*
- Attacking a Downed Opponent*
- Grabbing or Shoving an Opponent*
- Avoidance by Running, Falling, Turning, or Covering*

Judging Criteria: Competitors score 1 point for a properly executed hand technique and 2 points for a properly executed kicking technique. Scoring techniques must be unblocked and tag an opponent's target area with light contact. Penalties may cause points to be awarded to the opponent or competitor disqualification. The first competitor to score 10 points, or the competitor with the highest score after 2 minutes of match time is declared the winner. A tied score at the end of the match time will result in the match going into a sudden victory overtime in which the next scoring technique will win the match.