

TEAM KATA

Team Kata: 3 Athletes per Team

- Registration form must include team members' names
- All team kata divisions will be judged by the flag system
- No limit as to how many teams per club
- All teams are mixed genders and mixed ranks
- Spirit medals will not be awarded for team kata for ages 6 thru 11
- The kata performed must fall in line with the rank of the competitors
- If a team is short one competitor, they have the option of using a younger age competitor. However, older competitors cannot compete in the younger age group.

Team Categories and Groups: 9th kyu thru 4th kyu and 3rd kyu thru black belt

Children Team: Ages 6 – 11

- Four groups: Group A – ages 6 thru 8 - 9th kyu thru 4th kyu
Group B – ages 6 thru 8 - 3rd kyu thru black belt
Group C – ages 9 thru 11 - 9th kyu thru 4th kyu
Group D – ages 9 thru 11 - 3rd kyu thru black belt

Youth Team: Ages 12 – 17

- Four groups: Group A – ages 12 thru 14 - 9th kyu thru 4th kyu
Group B – ages 12 thru 14 - 3rd kyu thru black belt
Group C – ages 15 thru 17 - 9th kyu thru 4th kyu
Group D – ages 15 thru 17 - 3rd kyu thru black belt

Adult Team: Ages 18 – 34

- Two groups: Group A – ages 18 thru 34 - 9th kyu thru 4th kyu
Group B – ages 18 thru 34 - 3rd kyu thru black belt

Senior Team: Ages 35 and above

- Two groups: Group A – ages 35 and above - 9th kyu thru 4th kyu
Group B – ages 35 and above - 3rd kyu thru black belt

Judging Performance

In assessing the contestant or team, the Judges will evaluate the performance based on three (3) major criteria. The performance is evaluated from the bow starting the kata until the bow ending the kata. The 3 major criteria are:

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| <ol style="list-style-type: none">1. Conformance to the form itself and the standards of the applicable style2. Athletic Performance<ol style="list-style-type: none">a. Strengthb. Speedc. Balanced. Rhythm | <ol style="list-style-type: none">3. Technical Performance*<ol style="list-style-type: none">a. Stancesb. Techniquesc. Transitional movementsd. Timinge. Focus (kime)f. Difficulty of techniques |
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* Commands to start and stop performance, such as, stomping of the feet, slapping the chest, arms or karate-gi, and inappropriate exhalation are all examples of external cues and will be taken into account by the judges when arriving at a decision.