

KATA (Forms)

Flag system:	Two at a time.
Ranks 10 Kyu – 5 Kyu:	Must perform basic kata such as: Taikyoku, Heian, Pinan, Gekisai & any other similarly categorized kata.
Ranks 4 Kyu – 2 Kyu:	Must perform Heian Godan and up.
Ranks 1 Kyu & above:	Must perform advanced katas from Bassai Dai and up.

Separate male & female divisions, if practical, divided by **similar** rank & age as follows.

Children -----	Ages 5 & 6–7 & 8–9 & 10–11
Youth -----	Ages 12–13 & 14–15 & 16–17
Adults -----	Ages 18 – 34
Seniors (1) -----	Ages 35 – 44
Seniors (2) -----	Ages 45 & older

Judging Performance

In assessing the contestants, 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:

- | | |
|--|----------------------------------|
| 1. Conformance to the form itself and the standards of the applicable style | 3. Technical Performance* |
| 2. Athletic Performance | a. Stances |
| a. Strength | b. Techniques |
| b. Speed | c. Transitional movements |
| c. Balance | d. Timing |
| d. Rhythm | e. Focus (kime) |
| | f. Difficulty of techniques |

FLAG SPARRING – 2 and 3 Person Competition

Intended for children not yet into free sparring (Kumite)

Headgear is **mandatory** for **all** competitors.

Separate male & female divisions, if practical, divided by **similar** experience, rank & age as follows.

Beginner: Under 9 months of training & less than 10 kyu.

Novice: Over 9 months of training or 10 kyu & over.

Children ----- Ages 5*, 6 – 7*, 8 – 9*, 10 – 11*

*Children Ages 5 – 11 may participate in either Kumite or Flag Sparring, but not both.

KUMITE (Sparring)

Separate male & female divisions divided by **similar** size, rank & age as follows.

Children Male ----- Ages 5* & 6–7* & 8–9* & 10–11*

Children Female ----- Ages 5* & 6–7* & 8–9* & 10–11*

*Children Ages 5 – 11 may participate in either Kumite or Flag Sparring, but not both

Youth Male – Ages 12–13 & 14–15 & 16–17

Adults Male – Ages 18 – 34

Seniors (1) Male – Ages 35 – 44

Seniors (2) Male – Ages 45 & older

Youth Female – Ages 12–13 & 14–15 & 16–17

Adults Female – Ages 18 – 34

Seniors (1) Female – Ages 35 – 44

Seniors (2) Female – Ages 45 & older