

**WORLD KOSHIKI KARATEDO
FEDERATION
NPO**



**RULES OF
KUMITE COMPETITION
KATA
& KATA BUNKAI CONTEST**

WORLD KOSHIKI KARATEDO FEDERATION

RULES OF KUMITE COMPETITION, KATA CONTEST AND BUNKAI CONTEST

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Budo is dual in nature: it has a physical athletic aspect, the martial arts, and it has a spiritual or philosophical aspect, which permeates all the sports of Budo as Kant says. "Two things fill the mind with ever new and increasing admiration and awe, the oftener and more steadily I reflect on them, the starry heavens above me and the moral law within me"

The philosophy of Budo, this is its spiritual aspect makes up "the moral law within me" for practitioners of Budo.

This is as it should be, for Budo provides an excellent group of sports, which not only train the body but also discipline the spirit.

The Roman poet called for "a sound mind in a sound body" and Budo with its meld of martial arts and spiritual philosophy, offers both.

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THE ETHICS OF REFEREEING

Referees and Judges must always bear the following points in mind:

1. Referees and Judges must always be absolutely neutral and impartial.
2. Referees and judges must always comport themselves with dignity and self-possession.
3. Referees and judges must with the utmost attentiveness and concentration watch and observe every detail of the competition or contest they attend, and pass correct judgment on every move of the contestants.
4. During a match, the arbitrator, referees and judges shall speak only to each other. They shall not speak to spectators or other persons. The referee shall give all commands and make all announcements. In principle, judges shall communicate exclusively by the use of their flags. However, they may speak to attract the referees attention or if called to conference by the referee.
5. The quality of the judgment and attitude in match operation shown by the referees and judges has a profound effect on the progress of Koshiki Karatedo match operation. It is therefore required that every referee and judge demonstrates exemplary efficiency, speed and refined behavior.

In summary it is therefore absolutely necessary for officials of true martial arts (budo) competitions to not only arbitrate and safeguard, but to educate. To do this, they must be superior in training, experience and knowledge to the contestants, and in this way, and only in this way, can the true spirit of budo ... true combat ... be controlled and maintained to the highest possible standards. This is the spirit that forms the basis of Koshiki Karatedo.

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**INTERNATIONAL KOSHIKI KARATEDO COMPETITION RULES
THE RULES OF KUMITE COMPETITION**

ARTICLE 1- SHIAIJO (MATCH AREA)

1. The match area (shiaiyo) shall have a flat surface and will, in principle, be surfaced with "Super Safe" Anzen Tatami, or equivalent. The area is to be provided with proper hazard prevention measures.
2. The size of the shiaiyo shall, in principle, be 9.0 square meters or equivalent.
3. As a general rule, all the line markings on the floor shall be in distinct white and 0.05m in width. The warning track shall have a minimum width of 1 meter, marked by a red line or tatami.
4. All measurements shall be made between the outer sides of the lines.
5. In the event that the match is to be elevated from the floor level, the height shall be 1 meter and the floor space 9.2m x 1.5m square in principle. The chair for the arbitrator should be placed in this elevated area.
6. Two parallel lines perpendicular to the front sideline, each one-meter long, shall be drawn at a distance of 1.6m from and on both sides of the center point of the shiaiyo. These lines shall be the standing lines for the contestants.
7. A .5m long line shall be drawn parallel to the back-side line, two meters away from the center point, towards the back-side line. This line shall designate the regular position of the referee.
8. The arbitrator and the record keeper(s) shall, as a rule, be seated at the front-side of the shiaiyo, facing the referee, and more than two meters removed from it.
9. The coaches' box shall be 1 meter from the parameter of the shiaiyo adjacent to the players box on the side closest to the arbitrator. The box shall have dimensions of 1m in length and 0.5m in width.
10. A Safety Supervisor shall be appointed to oversee the overall safety of all conditions at each tournament. This person should be a high-ranking referee, and in conjunction with the Chief Referee, should ensure the safety of all conditions at the tournament.

ARTICLE 2- OFFICIAL ATTIRE (KARATEDOGI)

- The contestants shall wear clean official "Super Safe" Karatedogi or equivalent clean white Karatedogi. Each contestant may wear on his/her chest a designated identification mark of his/her country and on the left sleeve midway between the elbow and shoulder, the emblem of his/her style. The opposite sleeve shall display the official W.K.K.F. Badge.
- The jacket when tightened around the waist with the belt must be of an even length covering the hips.

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- The length of the sleeves must not only cover the elbows, but also cover at least half of the forearm.
- The length of the pants shall cover at least 3/4 of the skin down from the knees.
- The length of the belt from knot to end shall be no less than 15cm.
- The red and white strings which will be worn by contestants for a kumite match must be approximately 5cm wide and of a length sufficient enough to allow 15cm of length to hang from the knot at both ends. They must be distinctly colored, one red and one white, so as to be easily identifiable during the match. This requirement shall be waived when red and white Super Safe face protectors are available.
- Hair should be clean, reasonable in length and should not interfere with the competition. The referee can under certain circumstances, with the approval of the chief referee, declare a competitor who violates this rule to be disqualified.
- The use of bandages, supports, fist guards, kick guards for reasons of injury, must be approved by the referee, in consultation with the chief medical officer.
- Referees, judges and arbitrators shall wear the official "Super Safe" karatedogi, with the official W.K.K.F. Referees Crest worn on the left side of the chest. The standard official W.K.K.F. Crest should be worn on the right sleeve. In addition, worn over the karatedogi shall be a black hakama. Finally, the karatedo obi shall be worn over the hakama. No footwear of any kind is to be worn.

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ARTICLE 3 - PROTECTIVE EQUIPMENT (ANZEN BOGU)

1. All contestants are required to wear the standard "Super Safe Guard" shiai protectors, consisting of the main body protector (do), face protector (men) and groin guard (kin-ate). For safety reasons, only certified "Super Safe" protectors are approved as the official shiai protectors for tournaments. It is mandatory for contestants to wear the official shiai protectors unless prior certification has been obtained from the W.K.K.F.
2. Super Safe Equipment will be certified for use in competition for a maximum of three years from the year of manufacture. Super Safe Equipment manufactured from 1993 will bear a label indicating the year of manufacture. Undated Super Safe Equipment will not be valid for use in competition after 1995.
3. The Safety Supervisor will ensure that Super Safe Equipment used at a tournament is valid. In addition, the Safety Supervisor will have the responsibility to ensure that equipment used is safe, even if valid. Any equipment deemed by the Safety Supervisor to be unsafe, regardless of whether it is still within three years of manufacture, cannot be used in competition unless it is repaired to the satisfaction of the Safety Supervisor.
4. The use of any type of supporting bandages or protectors by contestants is strictly forbidden unless prior permission has been sought from and given by the proper tournament authority. The use of such devices will normally only be allowed for medical reasons. A decision of the tournament chief medical officer shall be regarded as final.
5. All female contestants may wear official "Super Safe" mitts and shin guards. An additional chest protector under the gi may be worn by female contestants, subject to the provision that such equipment must be endorsed by the W.K.K.F., or have the approval of the Chief Referee prior to being worn.
6. The use of a mouth guard is optional.

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ARTICLE 4 - "SHIAI" (MATCHES)

1. The types of shiai shall be as follows:

- a. Individual-title shiai
- b. Team shiai

The shiai shall in principle be decided by "ippon shobu" (or "sanbon shobu")

2.a. The number of persons composing a team shall be an odd number.

b. A team shiai shall be considered complete if a minimum of 3 out of 5, 4 out of 7, or 2 out of 3 is present for the match. However, any team with less than 1/2 of the required members present, shall automatically forfeit the match. Three wins out of five matches (or equivalent) shall end a team shiai in a championship tournament.

3.a. Shiai ("ippon shobu") between individual members of each team shall be held in a pre-determined order and the winning team shall be decided on the basis of these individual shiai.

b. The order of the shiai for each member of the team cannot be changed once the official order list has been submitted. In case a recorded member fails to show up to that fight, he/she shall be automatically awarded kiken, and the opposing contestant shall be the winner.

c. Failure of the player or the team to arrive on time for the tournament may result in disqualification (shikkaku).

d. If a team or individual fails to attend a tournament after sending in an application form, or quits during the match, the W.K.K.F. Executive Board may bar that team or individual from future events.

e. Competitors attempting to compete without having completed the appropriate application procedures may be refused.

4. There shall be one method of conducting a shiai, being the "number of winners method".

5. In the "number of winners method", the winning team is that team which has had the greater number of winning contestants. If both teams have an equal number of winning contestants, the points of both contestants shall be counted. Firstly, the number of "ippon" each team has been awarded. If there is still no clear result, the number of "waza-ari" awarded shall be compared.

6.a. If the final points are still equal, a final deciding shiai shall be held between two chosen representatives of the contending teams. In case the deciding shiai exceeds two rounds, another member of the team shall replace the representatives of each team. Victory through a foul or disqualification being counted as "ippon".

b. No competitor may compete in more than two successive shiai. Once withdrawn, a contestant shall not compete again until the entire team has competed.

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7. The official W.K.K.F. weight categories shall be:

MEN

LIGHTWEIGHT	Less than or equal to 63.5kg
MIDDLEWEIGHT	Greater than 63.5kg and less than or equal to 73kg
CRUISERWEIGHT	Greater than 73kg and less than or equal to 82kg
HEAVYWEIGHT	Greater than 82kg.

WOMEN

LIGHTWEIGHT	Less than or equal to 54kg
MIDDLEWEIGHT	Greater than 54kg and less than or equal to 61kg
CRUISERWEIGHT	Greater than 61kg.

8. The correct composition and order for teams events is as follows:

MEN	Lightweight, Middleweight, Cruiserweight, Heavyweight
WOMEN	Lightweight, Middleweight, Cruiserweight
MIXED	Male Lightweight, Female Lightweight, Male Middleweight, Female Middleweight, Male Cruiserweight, Female Cruiserweight, Male Heavyweight

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ARTICLE 5 - JUDGES AND ARBITRATORS

- The judgment of the shiai shall be made by judges (one referee and two corner judges) who are sanctioned by the W.K.K.F. and Rules Sub Committee.
- An arbitrator shall be appointed to ensure the fairness of the conduct of the shiai and the judgment therein, to check that the scores are correctly recorded by the official recorders, to ensure that proper time is kept, and to receive protests from the official team / individual coach, as the case may be.
- As a general rule, each of the judges shall be positioned 0.5m away from the corner of the match area. Where technically difficult due to floor layout, this rule may be circumvented. Please refer to Appendix A for the official layout diagram.
- Prior to the match, and prior to taking up their prescribed positions, all of those concerned at the match site must first bow to the front (shomen ni rei), then to the referee (shinpan ni rei) and finally to each other (otagai ni rei).
- At the end of the match, all of those concerned must return to their original positions, stand correctly, and bow to each other (otagai ni rei), then to the referee (shinpan ni rei) and then to the front (shomen ni rei). After this they exit the shiai-jo (taijo), and shake hands with fellow competitors. Courtesy suggests that all competitors then thank the referees, judges, arbitrators, other officials, and coaches.
- The red/white distribution shall be red (aka) to the right, and white (shiro) to the left from the referees perspective. (Refer to the layout in Appendix A)
- Participating contestants shall be positioned according to the diagram shown (see Appendix). No alteration of this order may be made once the match is started.
- In the event that a referee fails to perform the duties of that position according to the rules of the match, the arbitrator may call for a suspension of the match for consultation with the chief referee.

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ARTICLE 6 - CONDUCT OF SHIAI

1. When the referee calls "nyujo", the contestants waiting to compete in the next match shall bow and enter the shiai-jo, taking up their positions on the prescribed lines. They shall then bow to the referee and judges (shinpan ni rei) and then to each other (otagai ni rei). The match shall commence on the referee's command of "shobu ippon hajime".
2. When the referee gives the call "yame", the contestants will disengage from the bout and return to their prescribed positions (motono ichi), to await an award from the referee. They shall continue the shiai on the referee's command of "tsuzukete hajime". When the referee announces "yame soremade", the contestants shall again return to their prescribed positions (motono ichi) to await the referees awarding of the match. When this is given, the contestant shall again bow to each other, to the referee, and then shake hands with each other. The shiai is then over, and the competitors should leave the shiai-jo (taijo).
3. The shiai shall be conducted exclusively under the instructions of the referee.

ARTICLE 7- SHIAI JIKAN (MATCH TIME)

1. Shiai time shall be three minutes in principle. The panel of judges, in Consultation with each other, may specify that the shiai time for specific events (e.g. female and/or junior events) be two minutes or one and a half minutes, as deemed appropriate.
 - a. When there is 30 seconds remaining in the match, the time-keeper shall announce "ato sanju byo", to which the referee shall respond by announcing "ato shi-baraku".
2. An encho-sen (first extension) of one minute shall be staged if no decision is reached or if no conclusive judgment can be given in the main bout. In this case, the rules of shiai shall be followed in the normal manner. Prior to the extension, the contestants may be given a short rest period as deemed appropriate by the referee, based on his/her assessment of the contestants conditions.
 - If no conclusion is reached after the encho-sen, a sai encho-sen (final extension) shall be staged, again following all normal rules of the match. Only one sai encho-sen shall be staged, after which the judges must indicate a decision. No draw shall be permitted in a final extension.
1. The sai encho-sen shall take the form of "sagidori", in which the first point scored (ippon or waza-ari), from technique or foul, shall determine the winner.
 - (a) Shiai time shall be taken from the referees signal to commence the shiai, and shall be counted until the final cessation of the match. However, any time spent in discussion among the referee and judges, or in connection to an injury, shall not be included in the shiai time. The command

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"jikan" must be called by the referee to stop the counting of shiai time.

- (b) An effective technique delivered simultaneously with the time-up signal shall be counted as part of the score. No technique executed after the referee has signaled "yame, soremade" shall be counted as part of the score.

ARTICLE 8 - VICTORY AND DEFEAT

1. Victory or defeat shall be awarded on the basis of "ippon", the greatest number of waza-ari's, decision, or defeat due to a foul or disqualification.
2. Areas of attack:
 - a. Controlled contact attacks may only be delivered to "Super Safe Guard" Protected areas.
 - b. Contact to the jodan area must be light, controlled contact.
 - c. Non-contact controlled techniques may be executed to the back of the torso area. If successfully executed and recognized, such an attack may be awarded a single waza-ari.

ARTICLE 9 - CRITERIA FOR DECIDING AN "IPPON" (WINNING POINT)

- l.a. An "ippon" shall be awarded when an accurate, well controlled, powerful and effective punch (tsuki), kick (keri) or strike (uchi) is executed to a recognized target area with the following conditions: good form, good attitude, strong vigor, zanshin, proper timing, and adequate ma-ai (distancing).
- b. An "ippon" may be awarded for a technique which meets the above Criteria, and was preceded by a throwing or sweeping technique.
- c. Techniques delivered outside the prescribed shiai-jo shall be invalid. If however the attacking contestant was entirely within the boundary at the time of executing a technique, it shall be considered valid provided it was delivered prior to the referee's "yame" signal.
- d. A sequence of three or more effective techniques in an unbroken combination (renzoku waza) shall be awarded "ippon".
- e. In the event that the opponent has lost the will to fight, the other contestant shall be awarded "ippon".
- f. Techniques which force the opponent to submit, such as strangulation (shime waza), joint locking (kansetsu waza) and throwing techniques (nagewaza) may at the discretion of the referee be awarded "ippon", provided that such techniques are fully controlled, and applied with full regard to the opponent's safety. Such techniques executed that violate this rule are subject to penalties.

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ARTICLE 10 - CRITERIA FOR DECIDING A "WAZA-ARI"

1. The criteria for deciding a "waza-ari" (one point) are the same as those for deciding an "ippon" (Article 9), except that the techniques are judged to be slightly less powerful and perfect in execution. Such techniques must in all other ways be comparable to an "ippon".
2. In the case of overtime extensions (encho-sen) and final extensions (sai encho-sen), all points shall be counted cumulatively.
3. Kicking techniques (keri waza) to "Super Safe" protected areas shall be counted as two waza-ari, except when they are considered suitable for "ippon".
4. Non-contact controlled techniques (punches, strikes and kicks) delivered to the back of the torso area shall only be awarded a single waza-ari, if judged to be suitable.
5. Techniques scored simultaneously by both contestants and recognized by the referee shall be awarded ai-uchi and a waza-ari awarded to each contestant.

ARTICLE 11- CRITERIA FOR DECISION (HANTEI)

1. In the absence of an "ippon" or victory due to a foul or disqualification during the prescribed shiai time including extensions, a decision shall be awarded on the basis of the following:
 - a. Which contestant has scored the greatest number of waza- ari;
 - b. The relative excellence of fighting attitudes;
 - c. Ability and skill;
 - d. The degree of vigor and fighting spirit;
 - e. The number of valid attacking moves; and
 - f. Relative excellence in strategy.

ARTICLE 12 - PROHIBITED ACTS AND TECHNIQUES

1. Direct attacks to unprotected areas, including joints.
2. Striking while holding the "Super Safe" equipment.
3. Attacks to the groin area.

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4. Attacks to the head without correct pullback.
5. Excessive contact to jodan.
6. Unnecessary grabbing, clinching and bodily crashing against the opponent.
7. Any un-sportsman like, discourteous behaviour, such as name- calling, provocation and unjustifiable utterances.
8. Kicking techniques executed to the legs. However, foot sweeping techniques are allowed, provided that they are immediately followed by another valid attacking technique.
9. Elbow strikes to the head (jodan hiji-ate).
10. Knee kicks to the head (jodan hiza-geri).
11. Any stalling or avoiding of competition.
12. Any stepping or moving outside of the designated shiai-jo.
13. Any attack directed to the area of the ear.

ARTICLE 13 - FOUL AND DISQUALIFICATION

1. When a contestant is about to commit a prohibited act, or has just done so, the referee shall give him/her a warning or a foul.

a. In case a contestant, after having once been warned, repeats prohibited techniques, the referee may award "ippon" to the opponent.

b. In the event that a contestant actually violates the rules by executing a prohibited technique, the referee may award hansoku or hansoku chui as deemed necessary. In the event that a hansoku is awarded, an ippon shall be awarded to the opponent. In the event that a hansoku chui is awarded, a waza-ari shall be awarded to the opponent.

c. In the event that a contestant is deemed to have deliberately committed a prohibited technique, that contestant shall be awarded a hansoku or shikkaku. In either case the opponent shall be awarded ippon. In the event that shikkaku is awarded, the offending contestant may face exclusion from future events, at the discretion of the Referees Council.

d. If a contestant is deemed by the referee and judges to be stalling or avoiding competition, he/ she will be given a warning (mukogeki keikoku). Following the reprimand, the offending contestant must deliver an attack within ten seconds, after which time a "mubobi chui" shall be awarded and a waza-ari awarded to the opponent, if no attack is executed.

2. When a contestant commits any of the following acts, the contestant shall be awarded

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hansoku or shikkaku, and referee shall award ippon to the opponent. If shikkaku is awarded, the contestant may be barred from participating in the remainder of the tournament in progress at the discretion of the Chief Referee, and from future events at the discretion of the Referee's Council. These acts are:

- a. Being deemed to be acting maliciously, willfully violating the rules;
 - b. Failing to obey the instructions of the referee; and
 - c. Becoming overexcited, to the extent that the contestant is considered unfit for engagement in the shiai.
3. In the event of a contestant crossing the outside line thus stepping out of the shiaijo with one foot during a defensive action, he/she shall be given a jogai. However, if a contestant is stepping out of the Shiaijo while executing an attack (offensive action) the contestant will not be given a jogai.
- a. A contestant who steps out of bounds shall automatically be given a jogai chui, and the opponent awarded a waza-ari.
 - b. In the event that a contestant is pushed, hit or thrown out of bounds, a jogai chui shall not be awarded. If it is deemed that a contestant deliberately pushed an opponent out of bounds, a hansoku chui shall be awarded, and a waza-ari awarded to the opponent.

ARTICLE 14 - INJURIES OR ACCIDENTS DURING THE SHIAI

1. If a contestant suffers any injury, minor or disabling, which is not as a result of a foul and requests permission to quit or is unable to continue due to injury sustained or other reasons, his/her opponent shall be awarded ippon and declared the winner.
2. In the event that a contestant receives a waza-ari and the other contestant receives an injury not caused by a foul and cannot continue, the contestant with the single waza-ari shall be declared the winner.
3. In the event of an injury occurring when no medical officer is in attendance for consultation, the referee shall consult the chief referee as to whether the match should continue or be halted.
- 4a. If a contestant wishes to continue the shiai against the advice of the medical officer, his/her opponent shall be declared the winner, so as to ensure the injured contestants safety and well-being (shikkaku make).
- b. In the event that the same situation arises during a team event, the opposing team shall be declared victorious.

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ARTICLE 15 - PROTESTS AND OTHER MATTERS

1. No contestant may personally protest to the referee and/or judges in relation to any decision(s) rendered.
2. If a decision given by the referee and judges is suspected of having violated the "Rules of Shiai" or the "Rules of Judging", the registered coach of the team or individual involved may protest to the arbitrator against the decision.
 - a. The coach may signal his/her protest to the arbitrator by taking the musubi dachi (attention stance) with his/her arm extended above his/her head at the edge of the designated Coaches Box closest to the arbitrator.
 - b. The coach must remain in the Coaches Box until summoned by the arbitrator. The arbitrator has the right to waive a protest, and having done so, the coach will withdraw the protest and resume coaching duties.
 - c. Coaches leaving the Coaches Box without having being summoned, or behaving inappropriately (e.g. abusive language or gestures) may be relieved of their duties for the match and / or the remainder of the tournament in progress, at the discretion of the arbitrator in consultation with the Chief Referee.
3. Protests shall be made prior to the completion of the match in accordance with ARTICLE 15. Protests made after the completion of the match shall not be entertained.

ARTICLE 16 - MISCELLANEOUS RULES

1. In the event of a situation not foreseen in these Rules, or in case that there is doubt about the applicability of these Rules to a given situation, the judges, the referee, the arbitrator and the chief referee shall consult amongst themselves to find a suitable solution thereto.
2. Amendments to, or abolition of, of these Rules in part or in whole, requires an affirmative vote of more than two- thirds of the title-holding members of the World Koshiki Karatedo Federation Referee's Council, and submittal to the Directing Committee for approval.
3. These Rules shall be effective as of 25th of April 1992, and shall be enforced as of that date. These Rules are entirely based on the previous "Rules of Ippon Shobu" of the World Koshiki Karatedo Federation, effective from 29 November, 1981, and amendments and additions made at subsequent World Koshiki Karatedo Federation Championships as follows:

The 1st International Koshiki Karatedo Championships, Tokyo Japan, November, 1980

The 2nd World Koshiki Karatedo Championships, Tokyo Japan, November 29, 1981

The 3rd World Koshiki Karatedo Championships, Tokyo, Japan, November 3, 1982

The 4th World Koshiki Karatedo Championships, Maracaibo, Venezuela, August 26, 1983

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The 5th World Koshiki Karatedo Championships, Brisbane, Australia, September 27, 1985

The 6th World Koshiki Karatedo Championships, Irvine, California, USA, June 27,1987

The 7th World Koshiki Karatedo Championships, Montreal, Canada, July 29, 1989

The 8th World Koshiki Karatedo Championship in Amsterdam, Netherlands 1991

The 9th World Koshiki Karatedo Championship in Tokio, Japan 1994

The 10th World Koshiki Karatedo Championship in Tokio, Japan 1996

The 11th World Koshiki Karatedo Championship Gold Coast, Australia 1997

The 12th World Koshiki Karatedo Championship in Sydney, Australia 2000

The 13th World Koshiki Karatedo Championship in Lisbon/ Portugal 2003

The 14th World Koshiki Karatedo Championship in Greece 2004

The 15th World Koshiki Karatedo Championship in Tokyo/ Japan 2005

The 16th World Koshiki Karatedo Championship in Montreal/ Canada 2007

The 17th World Koshiki Karatedo Championship in Tokyo/ Japan 2009

The Okinawa Super Karatedo Championship in Naha/ Okinawa Japan 2019

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Summary of Rule Changes:

1981 (Tokyo)

- A player who is warned for stalling shall have ten seconds to attempt an attacking movement, or be awarded a "mubobi chui", and the opposing player shall be awarded a waza-ari.

1982 (Tokyo)

- A controlled kick to jodan shall be worth the equivalent of two points.

1983 (Maracaibo)

- In calling for the judges decision at the completion of a match, the referee shall announce "hantei torimasu".
- When there are 30 seconds of match time remaining, the timekeeper will alert the referee by announcing "ato san-ju byo". The referee will acknowledge this and alert the players by announcing "ato shi baraku".

1985 (Brisbane)

- When a player in a match deliberately stalls or delays, the referee may caution that player with the warning "mukogeki keikoku".
- Foot sweeping techniques (ashi barai) must be immediately followed by a single or combination technique.
- Techniques scored simultaneously and recognized by the referee as valid, successful attacking techniques, shall be announced as "ai uchi" by the referee, who shall give the appropriate hand signals to award a waza-ari to each player.

1989 (Montreal)

- A controlled contact kick to a protected area of the body (chudan) shall be awarded a waza-ari that is equivalent to two (2) points, if it satisfies the criteria for waza-ari.
- The contestants shall wear clean official "Super Safe" Karatedogi or equivalent clean white Karatedogi and referees, judges and arbitrators shall wear the official "Super Safe" karatedogi, with the official W.K.K.F. Referees Crest worn on the left side of the chest. In addition, worn over the karatedogi shall be a black hakama.

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THE RULES OF JUDGING OF KUMITE COMPETITION

ARTICLE 1- PURPOSE

These rules are instituted for the purpose of insuring strict fairness and uniformity of the methods of judging, and thus to enhance the authority of the judges, and they shall be applicable to matches held under the auspices of the World Koshiki Karatedo Federation.

ARTICLE 2- METHODS OF DECISION

Referees and judges shall judge matches in accordance with the "Rules of the Shiai".

ARTICLE 3 - METHODS OF JUDGEMENT

The panel of judges for each match shall consist of one arbitrator, one referee and two judges.

In addition, for the purpose of facilitating the operation of the matches, several time-keepers, caller-announcers, record-keepers and score-keepers shall be appointed.

ARTICLE 4 - POWER AND DUTY OF THE CHIEF REFEREE

The Chief Referees powers and duties shall include the following:

- (a) To secure proper preparation for any given match in consultation with the match operation authorities with respect to match area arrangements, necessary facilities, match operation and supervision, safety precautions, etc.
- (b) To decide in advance the allocation and appointment of referees and judges.
- (c) To pass any final judgment on matters of a technical nature that may arise in the course of a given match and for which the Rules of the Shiai stipulate no explicit provision.

ARTICLE 5 - POWER AND DUTY OF THE DEPUTY CHIEF REFEREE

The Deputy Chief Referee shall assist the Chief Referee and, should the latter be prevented from attending to his/her duties, or upon his/her request, exercise in his/ her stead with honor and responsibility the powers and duly discharge the duties thus devolving upon him.

ARTICLE 6 - THE POWER AND DUTY OF REFEREES AND JUDGES

The referees and judges shall be vested with the following power:

- (a) The referee shall have the power to conduct matches (including announcing the commencement and conclusion of the match), to award ippon and waza-ari for accurate and effective techniques, to explain when necessary the grounds on which he/she awarded such decisions, to announce hansoku or shikkaku, to issue warnings (prior to or during a Match), to take other disciplinary actions (to dismiss or suspend a contestant from a match), to obtain advice from judges, to decide

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victory by casting his/her vote in the case of a tied decision, and to announce the extended match. A referee's casting vote shall be equivalent to two points.

- (b) The judges shall take up their positions at prescribed locations outside the match area, carrying a pair of flags (one red and one white). They shall assist the referee, give their opinion regarding the awards to be given, signal their judgment by means of flags, and exercise their right to express their decision or view. The voting right of a judge shall be one point.

ARTICLE 7- STARTING SUSPENDING AND ENDING MATCHES AND ANNOUNCING

- (a) The referee shall take up his/her position, and following the exchange of bows by the contestants to the referee and then each other shall start the match with the announcement of "shobu ippon hajime".
- (b) When the referee recognizes a technique executed by a contestant as being ippon, he/she shall stop the match by announcing "yame" and order the contestants to their original positions (motono ichi). The referee shall also return to his/her original position and by raising his/her hand on the side of the contestant, shall declare the ippon, identifying the decisive technique with the announcement of "ippon" and then "shiro (or aka) no kachi".
- (c) When a contestant has scored one or more waza-ari during a match, the referee shall announce "yame" and order the opponents back to their original positions (motono ichi), and return to his/her prescribed position. He/ she shall then declare the points scored, raising his hand to the appropriate position identifying the total number of wazaari scored by that contestant, and identify the decisive techniques used with the announcement "shiro (aka) waza- ari". The referee shall then continue the match with the announcement "tsuzukete hajime".
- (d) When time up is with no ippon having been scored during the match, the referee shall announce "yame soremade" and order the contestants to their positions (motono ichi), and return to his / her own designated position. Having allowed the judges time to weigh their judgment, the referee shall call for the judges decision with the command "hantei torimasu" and a signal with his/her whistle. He/she shall then declare the winner with the announcement of "shiro (aka) no kachi", or, in the case of a draw, "hikiwake". The final judgment must be made according to the opinion of the referee.
- (e) When faced with the following situations, the referee shall call "yame" and halt the match temporarily, ordering the contestants to return to their original positions (motono ichi). When resuming the match, he/she shall announce "tsuzukete hajime". If necessary (if the match is held up for more than ten seconds), the referee may instruct the timekeeper to deduct the time for which the match is delayed.
2. When both or either of the contestants are out of bounds, or when a judge signals "jogai" with his / her flag. When the contestants are at their positions, the referee shall point to the feet of the offending contestant, then to the out of bounds area, calling "jogai" and award a waza-ari to the other contestant.
2. When the referee order a contestant to adjust his/her uniform or Super Safe Guard armor.

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2. When the referee notices a contestant is about to commit a prohibited act or technique, or when a judge signals the same, he/she shall stop the match and give the contestant a warning.
2. When a contestant is recognized as having committed a prohibited act or technique, or when a judge signals the same, the referee shall immediately stop the match and make a decision. In the case of hansoku, the referee shall award the offending contestants opponent ippon.
2. When the referee deems that one or both of the contestants cannot continue the match due to injuries, illness or other causes, he/she shall immediately halt the match and, heeding the medical officer's opinion, decide as to whether or not the match should be continued.
2. The judges shall carefully observe the actions of the contestants within his/her range of vision, and in the following cases he/she shall at once signal the referee by means of a flag, accurately expressing his/her opinion.
 - a. When he/she has observed an ippon or waza-ari.
 - b. When he/she has noticed that a contestant is about to commit or has committed a prohibited act or technique.
 - c. When he/she has noticed the injury or illness of a contestant before the referee notices it.
 - d. When both or either of the contestants have moved out of the match area.
 - e. In other case when he/she deems it necessary to call the attention of the referee.
7. Each judge shall continuously evaluate the relative excellence of the contestants and form his/her opinion independently.
8. When the referee calls "hantei torimasu", each of the judges shall express his/her opinion in the prescribed manner.
9. The timekeeper shall give signals by a gong or buzzer indicating 30 seconds remaining and announce "ato san ju byo".
10. If the match remains interrupted for more than 10 seconds, the referee shall signal "jikan" (time out), and the timekeeper shall, with reference to the arbitrator, stop the time until the referee resumes the match.

ARTICLE 8 - PROTESTS TO THE ARBITRATOR AND REVISION OF DECISIONS

When a protest is made to the arbitrator, the referee and judges shall explain to the arbitrator in detail the circumstances that led to that protest. In the event that the arbitrator demands a review of the decision, the referee in consultation with the judges must make a revision or confirmation of the decision.

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ARTICLE 9 - POWER OF THE CHIEF ARBITRATOR

The Chief Arbitrator shall organize and head an arbitrator team and decide in advance the positioning of the arbitrators.

ARTICLE 10 - POWER AND DUTY OF THE DEPUTY ARBITRATOR

The Deputy Arbitrator shall assist the Chief Arbitrator and, should the latter be prevented from attending to his/ her duties, or upon his/ her request, shall be vested with the duty and responsibility to act in his/her stead and in his/her capacity.

ARTICLE 11- ARBITRATOR

1. An arbitrator shall be appointed for each match. He/she shall oversee the operation of the match and the decisions of the referee, and, when appropriate, express his/her opinion to the referee. When he receives a protest against a decision from the registered coach of a team or individual, the arbitrator shall personally review the complaint, and may call for an explanation from the referees and/or judges, and in the event that he/she finds the decision patently unreasonable, he/she may demand the panel of judges to revise the decision.
2. Only when taking part in consultation with a full panel of referees and judges, or when referred to for an opinion, shall the arbitrator be entitled to exercise the right of one vote. Under no other circumstances shall the arbitrator have voting rights.
3. When a full panel of judges holds consultation, the arbitrator shall take part. When the arbitrator has an opinion to express, he/she may do so through the intermediary of the referee who shall consequently summon the panel of judges. This full procedure may be omitted when the referee simply refers to the arbitrator for an opinion.

ARTICLE 12 - OTHER MATTERS

Matters relating to judgment not prescribed in these Rules and the Rules for Operation shall be discussed among the judges and the decisions thus reached shall be referred to the arbitrator of the match and the Chief Referee for approval.

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THE CONDITIONS FOR OPERATING THE JUDGING RULES

ARTICLE 1

When a judge signals (by flags) an effective technique executed by one of the opponents, the referee may ignore the signal and continue the match. When both judges signal likewise, however, the referee must acknowledge their opinion and render a judgment on the technique. If the referee decides not to award such a technique, he/she must briefly and audibly announce the reasons for his/her decision.

ARTICLE 2

Only the referee shall have the authority to suspend or terminate the match. No one other than the referee shall be permitted to halt the match arbitrarily. An attack even if effective, delivered after an order to halt the match, shall not be recognized, and shall not constitute the basis for a decision.

ARTICLE 3

When the contestants have stepped out of bounds, the match shall continue until the referee orders it to be halted.

ARTICLE 4

The power of the arbitrator as match supervisor shall include supervision, inspection and direction of the time, record and score keepers. Records kept of the match shall become official records subject to the arbitrator's approval.

ARTICLE 5

In the event of the disability of a judge owing to an accident or other causes, the Chief Referee and the Chief Arbitrator shall, by mutual agreement, nominate and assign a substitute judge to fill the vacancy. The composition of a panel of judges may not be changed at the discretion of the judges alone.

ARTICLE 6

When a match develops into infighting (or when one or both contestants fall or are thrown) and no effective techniques are used immediately the referee shall announce "yame" and separate the contestants. It shall thus devolve upon the referee to take necessary precautions to prevent injuries or confusion.

ARTICLE 7

When the match develops into a deadlock without the exchange of effective techniques, the referee may temporarily stop the match and announce a "mukogeki keikoku" (warning for stalling) requiring the contestants to exchange techniques within a 10 second period. If a contestant seizes the opponent by the hands, the referee shall forthwith separate them.

ARTICLE 8

The terms and signals to be used by the referee and judges shall be according to Appendix C.

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ARTICLE 9

The signals to be made with the flags by the judges during the match shall be as specified in Appendix C.

ARTICLE 10

When a referee awards a decision by hantei on the basis of the signals given by the judges, his decision shall be governed by the rules.

ARTICLE 11

1. In the case of an injury to the contestants, the referee shall at once halt the match and give the injured prompt and effective treatment.
2. In case a contestant is deemed unable to continue with the match owing to an injury or other physical reasons on the basis of the advice of the tournament doctor, the referee shall terminate the match or suspend the injured from the match.
3. A recognized medical authority in C.P.R. and First Aid should certify all international referees and judges.

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THE RULES OF KATA CONTEST

ARTICLE 1- CONTEST AREA

1. In general, the same match area conditions that apply to shiai matches should also apply to kata contests.
2. If the conditions above cannot be met, the Chief Referee should make alternative arrangements that adhere to the above as closely as possible.

ARTICLE 2- ATTIRE

1. The attire worn by contestants, referees and judges shall be identical as that defined in the shiai competition rules.
2. Any person who fails to comply with the above may be disbarred from participation in the contest at the discretion of the chief referee.

ARTICLE 3 - ORGANISATION OF THE CONTEST

- 1a. The kata contest shall consist of individual contests.
- 1.b. The contest shall be divided into the following categories:
Junior Female
Junior Male
Senior Female
Senior Male
2. The contestants may be asked to perform either a "Toroku" Kata (Registered Kata) or a "Tokui" Kata (Favorite Kata). For the elimination round, a Toroku Kata shall be performed. In the following rounds, a Tokui Kata may be performed, which may be any of the Toroku Kata, or any other kata of the contestant's style or school. The list of Registered Kata shall be updated regularly by the World Koshiki Karatedo Federation.

ARTICLE 4 - JUDGING PANEL

1. The contest shall be conducted at the hands of three referee's previously selected by the Chief Referee.
2. The referee's shall be seated in the front central position.

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ARTICLE 5- CONTEST OPERATION

1. The contest shall proceed in the following manner. When the announcer calls a contestants name, the contestant shall enter the contest area from the area directly opposite the referee. Prior to entering the contest area, the contestant shall bow (nyujo) and proceed to the designated starting position. The contestant shall then bow to the referee (shomen ni rei) and announce the name of the kata to be performed, in a loud voice, with kiai. At the referee's call of "hajime" (start), the contestant shall commence the performance.
2. Upon completion of the performance, the contestant shall return to the designated position, and wait for the referee's announcement of the result. The contestant shall then bow to the referee (shomen ni rei), and withdraw, bowing on exiting the contest area.
3. All matters relating to the match during its conduct shall be handled under the exclusive direction of the referee.

ARTICLE 6 - VICTORY AND LOSS

1. The result of each contestant shall be determined by adding the points awarded by each member of the judging panel. Each judge has his own scoring sheet (Appendix Q).
2. At the end of the elimination round, a pre-determined number of competitors shall be selected to proceed to the next round. This is repeated until the final round, when the final place getters will be determined. The sole criteria for selection to proceed to the next round, or selection of place getters, will be the scores calculated using the above process.
3. In the event of tied contestants shall be requested to perform a further Kata to determine the outcome. This Kata shall be a Tokui Kata (Favourite Kata), and shall be judged according to the standard criteria.

ARTICLE 7 - CRITERIA FOR JUDGEMENT

1. All judgment shall be made and passed in compliance with the criteria contained in Articles 4 and 5 of the Rules of Judging the Kata Contest.

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ARTICLE 8 - RULE VIOLATION AND DISQUALIFICATION

1. No contestant's participation in a match shall be considered valid unless he or she correctly follows the instructions of the referee.

ARTICLE 9 - PROTESTS AND OTHER MATTERS

- 1a. The coach of a contestant shall be entitled to protest to the arbitrator if he or she believes that the judging panel has acted in violation of the Rules of Judging.
 - b. If the arbitrator feels the protest is justified, he or she can request the judging panel to explain its decision and/or revise it.
 - c. The decision of the arbitrator shall be final.
2. In the event of the occurrence of a case not covered in these rules, the Chief Referee, in consultation with the judging panel, shall handle the matter.

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THE RULES OF JUDGING KATA CONTESTS

ARTICLE 1- PURPOSE

1. These Rules have been conceived in order to ensure fair and impartial judging, and for establishing the authority of the referee and judges.

ARTICLE 2 - METHOD OF JUDGING

1. Three referees shall in principle attend a match. In addition, Announcers, Record Keepers and Contest Expeditors shall be available to ensure smooth contest operation.
2. ANNOUNCERS. An announcer serving a contest shall inform the Recorders, in consistent form and order, of the points awarded by the referee and judges, starting from the referee and proceeding clockwise. The announcer shall then clearly announce for the benefit of the judging panel and other officials concerned the points added up by the recorders.
3. RECORDERS. A recorder shall accurately record on the designated "Point Addition Form" the points reported by the announcer, and in compliance with Article 3, Item 2b of these Rules, correctly record the total score.
4. CONTEST EXPEDITERS. A contest expeditor shall perform the following functions to help smooth contest operations:
 - (a) Matters related to the efficient and smooth operation of the contest;
 - (b) Contact with contestants;
 - (c) Contact with the judging panel;
 - (d) Insure impeccable order in the contest area; and
 - (e) Any other matter which may be considered necessary by the organizing authorities.

ARTICLE 3 -

1. The contestants may be required to perform either a "Toroku" Kata (Registered Kata) or a "Tokui" Kata (Favorite Kata), according to the Kata Contest Rules.
2. Hantei (Decision) of the Judging Panel
 - a. The points awarded by the referee's shall then be added to obtain the score awarded to the contestant.

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ARTICLE 4 - CRITERIA FOR JUDGEMENT

1. The following criteria are the basis for judgment of a kata performance (kata no hantei no yoso):
 - a. The performers manner and attitude (reigi saho to taido);
 - b. The performers expression of his/her level of achievement in martial arts training (tanren no do-ai);
 - c. The performers focus, technical strength, and completeness of execution (kime to zanshin);
 - d. The performers expression of inner fighting spirit (seishin ryoku); and
 - e. The harmony and rhythm of a contestant's performance (choshi).
2. In addition the judging panel should consider the performer's use and understanding of the five elements of Kata Performance.
 - a. **Mettsuke.** Eye control - when and where to look, understanding the target, the opponent's intention, technique and strategy. Also involves the expression of self-confidence and fighting spirit.
 - b. **Kokyu.** Breathe control. When to inhale and exhale, and how the breath is retained during a particular sequence. Also how well the performer concentrates his/her mind, body and technique into one.
 - c. **Chikara No Kyojaku.** Power control. When to use power and when to relax. Often, especially in the basic kata, offensive techniques require power, and defensive techniques involve the release of power.
 - d. **Waza No Kankyu.** Speed control. When to be fast and when to slow down. Again, offensive techniques are often faster then defensive ones;
 - e. **Tai No Shinshuku.** Body and motion control. When to expand the motion and when to contract. Expansion often occurs with offensive movements, and contraction with defensive ones.

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ARTICLE 5 - FOUL AND DISQUALIFICATION

1. A contestant shall be disqualified when he/she interrupts the performance of the kata, or when he/she performs a kata which is at variance with the kata announced.

ARTICLE 6 - OTHER MATTERS

1. All matters relating to the function and competence of the referee and judges, as well as other relevant matters, shall be based on the provisions and stipulations of the Rules of Kumite Competition, and the Rules of Judging of Kumite Competition.
2. Matters not explicitly specified or implicitly covered in these Rules shall, if the need arises, be handled at the discretion of the Chief Referee, in consultation with the members of the judging panel. These matters shall be communicated to other officials and others concerned prior to the commencement of the contest, and if necessary, are announced publicly.

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THE RULES OF KATA BUNKAI KUMITE CONTEST

ARTICLE 1- CONTEST AREA

1. In general, the same match area conditions that apply to shiai matches should also apply to Kata Bunkai Kumite contests.
2. If the conditions above cannot be met, the Chief Referee should make alternative arrangements that adhere to the above as closely as possible.

ARTICLE 2- ATTIRE

1. The attire worn by contestants, referees and judges shall be identical as that defined in the shiai competition rules.
2. Any person who fails to comply with the above may be disbarred from participation in the contest at the discretion of the chief referee.

ARTICLE 3 - ORGANISATION OF THE CONTEST

- 1a. The Bunkai Kumite consists of team contests, each team made up of three individuals.
- 1b. The contest shall be held in one category only.
2. The contestants may be asked to perform a Kata Bunkai Kumite of either a "Toroku" Kata (Registered Kata) or a "Tokui" Kata (Favourite Kata). For the elimination round, a Kata Bunkai Kumite of a Toroku Kata shall be performed. In the following rounds, a Kata Bunkai Kumite of a Tokui Kata may be performed, which may be any of the Toroku Kata, or any other Kata of the contestant's style or school. The list of Registered Kata shall be updated regularly by the World Koshiki Karatedo Federation.
3. Kata Bunkai Kumite includes the technique of Goho (hard way, blocking, punching, striking and kicking), Juho (soft way, throwing (nage), arm lock (gyaku) techniques) and Bukiho (Waepons techniques).
4. The defending contestant should be weapon less for the performance.
5. The defending position has to be changed between the contestants of the Team.

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ARTICLE 4 - JUDGING PANEL

1. The contest shall be conducted at the hands of three referees previously selected by the Chief Referee.
2. The referees shall be seated in the front central position.

ARTICLE 5- CONTEST OPERATION

1. The contest shall proceed in the following manner: When the contestants' names are called by the announcer, the contestants shall enter the contest area from the area directly opposite the referee. Prior to entering the contest area, the contestants shall sit down and bow to the shomen (Zarei). After rising again the contestants shall bow again (nyujo) and proceed to the designated starting position. The contestants shall then bow to the referee (shomen ni rei) and announce the name of the Kata Bunkai Kumite to be performed in a loud voice, with Kiai. At the referee's call of "Hajime" (start), the contestants shall commence the performance.
2. Upon completion of the performance, the contestant shall return to the designated position, and wait for the referees announcement of the score. The contestants shall then bow to the referee (shomen ni rei), and exit the contest area bowing as they do so (taijo). After exiting the contest area the contestants shall sit down and bow to the Shomen again (Zarei).
3. All matters relating to the contest during its conduct shall be handled under the exclusive direction of the referee.

ARTICLE 6 - VICTORY AND LOSS

1. The result of each contestant shall be determined by adding the points awarded by each team of the judging panel. Each judge has his own scoring sheet (Appendix Q).
2. At the end of the elimination round, a pre-determined number of competitors shall be selected to proceed to the next round. This is repeated until the final round, when the final place getters will be determined. The sole criteria for selection to proceed to the next round, or selection of place getters, will be the scores calculated using the above process.
3. In the event of tied contestants shall be requested to perform a further Kata Bunkai Kumite to determine the outcome. The Kata Bunkai Kumite shall be a Tokui Kata (Favourite Kata), and shall be judged according to the standard criteria. However, for this moment it can be decided by the judging panel that this Kata Bunkai Kumite can also be one of the two performed already.

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ARTICLE 7 - CRITERIA FOR JUDGEMENT

1. All judgement shall be made and passed in compliance with the criteria contained in Articles 4 and 5 of the Rules of Judging the Kata Bunkai Kumite Contest.

ARTICLE 8 - RULE VIOLATION AND DISQUALIFICATION

1. No teams' participation in a contest shall be considered valid unless the team correctly follows the instructions of the referee.

ARTICLE 9 - PROTESTS AND OTHER MATTERS

- 1.a. The coach of a team shall be entitled to protest to the arbitrator if he or she believes that the judging panel has acted in violation of the Rules of Judging.
 - b. If the arbitrator feels the protest is justified, he or she can request the judging panel to explain its decision and/or revise it.
 - c. The decision of the arbitrator shall be final.
2. In the event of the occurrence of a case not covered in these rules, the matter shall be handled by the Chief Referee, in consultation with the judging panel.

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THE RULES OF JUDGING KATA BUNKAI KUMITE CONTESTS

ARTICLE 1- PURPOSE

1. These Rules have been conceived in order to ensure fair and impartial judging, and for establishing the authority of the referee and judges.

ARTICLE 2 - METHOD OF JUDGING

1. A match shall in principle be attended by three referees. In addition, Announcers, Record Keepers and Contest Expeditors shall be available to ensure smooth contest operation.
2. ANNOUNCERS. An announcer serving a contest shall inform the Recorders, in consistent form and order, of the points awarded by the referee and judges, starting from the referee and proceeding clockwise. The announcer shall then clearly announce for the benefit of the judging panel and other officials concerned the points added up by the recorders.
3. RECORDERS. A recorder shall accurately record on the designated "Point Addition Form" the points reported by the announcer, and in compliance with Article 3, Item 2b of these Rules, correctly record the total score.
4. CONTEST EXPEDITERS. A contest expeditor shall perform the following functions to help smooth contest operations:
 - Matters related to the efficient and smooth operation of the contest;
 - Contact with contestants;
 - Contact with the judging panel;
 - Insure impeccable order in the contest area; and
 - Any other matter which may be considered necessary by the organizing authorities.

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ARTICLE 3 -

1. The contestants may be required to perform either a "Toroku" Kata (Registered Kata) or a "Tokui" Kata (Favourite Kata), according to the Kata Bunkai Kumite Contest Rules.
2. Hantei (Decision) of the Judging Panel
 - b. All judges shall, at the signal of the referee, simultaneously indicate the hantei points awarded, which shall in principle be in a range designated by the referee.
 - c. Of the hantei points awarded by the judging panel, the highest and lowest points awarded by the judges (excluding the referee) shall be excluded. The points awarded by the referee and the remaining judges shall then be added to obtain the score awarded to the contestant.

ARTICLE 4 - CRITERIA FOR JUDGEMENT

1. The following criteria are the basis for judgment of a Kata Bunkai Kumite performance (kata bunkai kumite no hantei no yoso):
 - f. The performers manner and attitude (reigi saho to taido);
 - g. The performers expression of their level of achievement in martial arts training (tanren no do-ai);
 - h. The performers focus, technical strength, and completeness of execution (kime to zanshin);
 - i. As this is a Koshiki Karatedo competition, similar to Kumite, in Kata kicking techniques should be scored higher than other techniques.
 - j. The performers expression of inner fighting spirit (seishin ryoku); and
 - k. The harmony and rhythm of the contestants' performance (choshi).
3. In addition the judging panel should consider the performers' use and understanding of the five elements of Kata Performance.
 - f. **Mettsuke.** Eye control - when and where to look, understanding the target, the opponent's intention, technique and strategy. Also involves the expression of self confidence and fighting spirit.
 - g. **Kokyu.** Breath control. When to inhale and exhale, and how the breath is retained during a particular sequence. Also how well the performer concentrates his/her mind, body and technique into one.
 - h. **Chikara No Kyojaku.** Power control. When to use power and when to relax. Often, especially in the basic kata, offensive techniques require power, and defensive techniques involve the release of power.

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- i. **Waza No Kankyu.** Speed control. When to be fast, and when to slow down. Again, offensive techniques are often faster than defensive ones;
- j. **Tai No Shinshuku.** Body and motion control. When to expand the motion, and when to contract. Expansion often occurs with offensive movements, and contraction with defensive ones. How well are the body dynamics related to the effectiveness of the technique.
- k. Technical excellence
- l. Technical realism, proper execution
- m. Timing and distance
- n. Three minds: **Zenshin** (preparatory mind), **Tsushin** (concentration mind) and **Zanshin** (mind of completion)

ARTICLE 5 - FOUL AND DISQUALIFICATION

- 1. A team shall be disqualified when it interrupts the performance of the Kata Bunkai Kumite, or when it performs a kata which is at variance with the Kata Bunkai Kumite announced.

ARTICLE 6 - OTHER MATTERS

- 1. All matters relating to the function and competence of the referee and judges, as well as other relevant matters, shall be based on the provisions and stipulations of the Rules of Kumite Competition, and the Rules of Judging of Kumite Competition.
- 2. Matters not explicitly specified or implicitly covered in these Rules shall, if the need arises, be handled at the discretion of the Chief Referee, in consultation with the members of the judging panel. These matters shall be communicated to other officials and others concerned prior to the commencement of the contest, and if necessary, be announced publicly.

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CLASSIFICATION OF INTERNATIONAL REFEREES AND JUDGES

Referees and judges must be certified by the W.K.K.F., as follows:

Master Referee

Referee, arbitrate or judge at any W.K.K.F. Championships. Can act as Chief Referee for any W.K.K.F. World Championships.

Must have a minimum grade of Rokudan, be at least 35 years of age, have a minimum of 15 years karatedo experience, and must have been a Senior Referee for at least 5 years.

Master Referees official W.K.K.F. Referees Crest will be gold, red and black in color.

Senior Referee

Referee, arbitrate or judge at any W.K.K.F. Championships. Can act as Chief Referee at any W.K.K.F. International Championships.

Must have a minimum grade of Godan, be at least 30 years of age, have a minimum of 12 years karatedo experience, and must have been an A Grade Referee for at least 3 years.

Senior Referees official W.K.K.F. Referees Crest will be silver, red and black in color.

A Grade Referee

Referee, arbitrate or judge at any W.K.K.F. Championships

Must have a minimum grade of Yondan, be at least 27 years of age, have a minimum of 9 years karatedo experience, and must have been a B Grade Referee for at least three years.

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B Grade Referee

Referee or judge at W.K.K.F. Championships

Must have a minimum grade of Sandan, be at least 23 years of age, have a minimum of 6 years karatedo experience, and must have been a C Grade Referee for at least two years.

C Grade Referee

Judge at W.K.K.F. Championships.

Must have a minimum grade of Nidan, be at least 21 years of age, have a minimum of 3 years karatedo experience, and must have been certified as a Referee by a National Koshiki organization for at least two years.

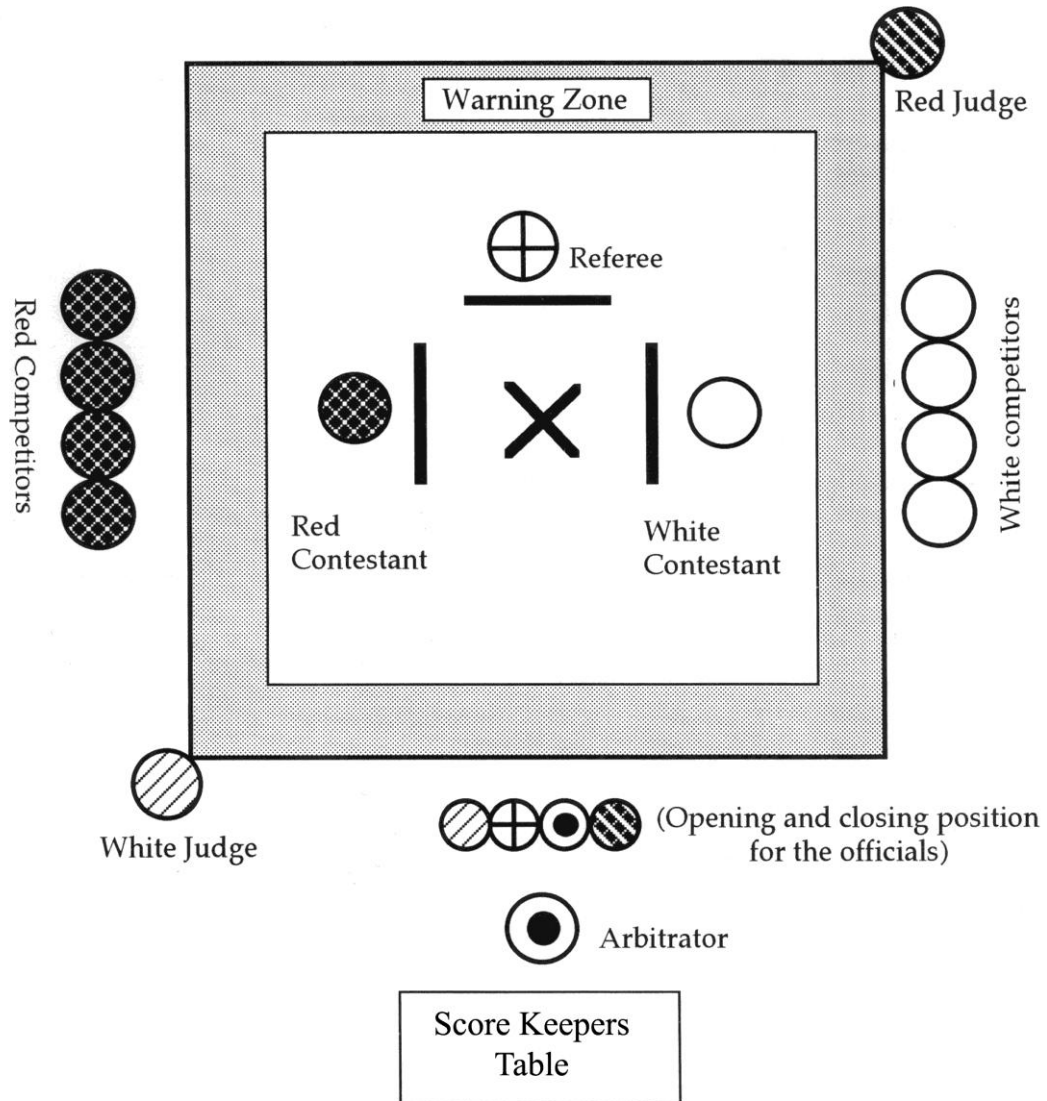
A, B, and C Grade Referees official W.K.K.F. Referees Crest will be white, red and black in color.

Referees certification shall be valid for two years from the date of issue. Updated certification must be obtained to continue to have refereeing privileges.

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Appendix A

The match area and the positioning of the referee, judges and arbitrator.



SHOMEN

All lines should be 0.05m in width.

Score keepers, Time keepers and Record keepers should in principle be seated behind the arbitrator.

All measurements should be made from the outer side of lines.

Judges seats should be 0.5 m away from the corner of the contest area.

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Appendix B

Target areas and major scoring techniques

Controlled contact areas

Level	Jodan	Chudan
Target	Faceguard	Body protector
Techniques	Tsuki Waza Keri Waza Uchi Waza	Tsuki Waza Keri Waza Uchi Waza
Point type	Ippon Waza-Ari	Ippon Waza-Ari

Non-contact targets

Level	Jodan	Chudan
Target	Top and Back of head	Back
Techniques	Tsuki Waza Keri Waza Uchi Waza	Tsuki Waza Keri Waza Uchi Waza
Point type	Waza-Ari	Waza-Ari

Order of announcing

Scorer	Aka Shiro
Target	Jodan Chudan
Techniques	Tsuki Keri Uchi
Point type	Ippon Waza-Ari

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Classification of major scoring techniques

General – based on motion

Tsuki Waza – Punching techniques

Keri Waza – Kicking techniques

Uchi Waza – Striking techniques

Ate Waza – Hitting techniques

Specific scoring techniques

Tsuki Waza - Punching techniques

Tate Ken – Vertical fist

Yoko Ken – Horizontal fist

Gyaku Ken – Reverse fist

Keri Waza - Kicking techniques

Jo Sokutei – Ball of the foot

Ka Sokutei – heel of the foot

Sokuto – Edge of the foot

Sokko - Instep

Uchi Waza - Striking techniques

Shuto – Knife hand

Haito – Ridge hand

Haishu – Back hand

Shotei – Heel of the palm

Uraken – Back knuckle of the fist

Kentsui – Hammer fist

Ate Waza - Hitting techniques

Empi - Elbow

Hiza – Knee

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Appendix C

**The terms, their meaning and the methods of signalling as used by the referees
and judges**

Term	Meaning	Definition; Description of the referee's movement
1. Shomen ni Rei	Bow to the front	The referee pushes his/ her hands palm outwards towards the shomen
2. Shinpan ni Rei	Bow to the referee	The referee turns his/ her palms inwards, bringing them towards himself/ herself
3. Otagai ni Rei	Bow to each other	The referee brings his/ her hands together in front of him/ her, palms inwards, as if bringing the contestants together
4. Shobu Ippon Hajime	Start the match	Start of match; referee stands straight on the prescribed spot
5. Yame	Stop	Interruption or end of the match; referee makes a vertical cutting motion downward (Shuto)
6. Motono Ichi	Original position	Contestants and referee return to their original positions
7-12. Waza-ari	Point	Points are awarded, referee signals with hand on the side of the contestant the number of points (1-5)
13. Tsuzukete Hajime	Resume, begin	Referee, in the prescribed position, withdraws his leg (zenkutsu dachi) and close his arms, opened widely obliquely upwards, to meet before his body.
14. Tsuzukete	Continue	Resumption of match when interruption not proclaimed by the referee.
15. Ato shibaraku	A little time remaining	Announced by the referee when the timekeeper signals that there are 30 seconds remaining
16. Jikan	Time	Instruction to the time keeper to subtract the time
17. Soremade	That is all	Time is completed; referee

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			pushes his/ her palm forward in front of his/ her face, palm outwards.
18.	Hantei torimasu	Judgement	The referee request the judges by a long-short whistling to express their opinions with their flags, and by a short whistling to put their flags down.
19.	Hikiwake	Draw	The arms are crossed over the chest, then brought down with the palms of hands showing to the front. The arms are stopped in a low, half open position,
20.	Enchosen	Extension	Match reopened with the commend „enchosen hajime“
21.	Sai Enchosen	Final extension	Match reopened with the commend „sai enchosen Hajime“
22.	Torimasen	Unacceptable	Technique not accepted as effective; arms crossed before the body are brought down to half-open position with the palms downwards.
23-25.	Ai-uchi waza-ari	Simultaneous technique	Points scored by both players; fists poked in front of the chest, then the hands signal the waza ari value.
26.	Aka (shiro) Ippon	Ippon for red (white)	Decisive technique is indicated, then one arm is raised upwards
27.	Aka (shiro) no kachi	Victory for red (white)	One arm raised high in oblique direction
28.	Jogai	Out of bounds	Contestant(s) out of the match area.
29.	Jogai chui	Penalty for being out of bounds	Referee points to feet of offending contestant, then to the boundary, then awards waza ari to the opponent
30.	Hansoku chui	Penalty for a foul	Referee points to the belly of offending contestant, then awards waza ari to the oppoment
31.	Hansoku	Foul	Referee points to the face of offender, then awards ippon

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		(victory) to the opponent
32. Shiro (Aka) kiken, Aka (Shiro) no kachi	Renunciation by white(red), victory to red (white)	Referee points to the position of the renouncing opponent, the awards victory to the opponent
33. Shikkaku	Expulsion	Referee points to the face of the offender, then to outside of the contest area, then awards victory to the opponent
34. Fukushin shugo	Judges assemble	Referee calls the judges to conference; signaling with both arms raised high; all assemble in front of the arbitrator.
35. Mukogeki keikoku	Warning for stalling	Referee points at the stomach of the offender(s), then circles his/ her hands in front of his/ her own stomach.
36. Mukogeki chui	Penalty for stalling	Referee points at the stomach of the offenders(s) then circles hans in front of own stomach and awards waza ari to the opponent.
37. Taijo	Leave the contest area	Referee pushes hands out to sides, palm outwards.
38. Suwatte	Sit down	Referee pushes palms downwards toward the floor.
39. Tatte	Stand up	Referee lifts hands from low to high, palms upwards
40. Aka Waza-ari (one Point) & Shiro Waza-ari (Two points)	One point (red) & Two points (white)	Referee extends right hand to the one point position and the left hand to the two points position.
41. Aka Waza-ari (Three Points) & Shiro Waza-ari (One Point)	Three points red & one point white	Referee extends right hand to the three points position and the left hand to the one point position.
42. Aka Waza-ari (Two Points) & Shiro Waza-ari (Four Points)	Two points red & Four points white	Referee extends right hand to the two points position and the left hand to the four points position.
43. Aka Waza-ari (Five Points) & Shiro Waza-ari (One Point)	Five points red & one point white	Referee extends right hand to the five points position and the left hand to the one point position.
44. Nukeru	Technique passed through the target	Referee indicates that a technique passed through the

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		target
45.	Soreru	Technique missed the target
46.	Uketeru	Blocked technique
47.	Nugyo	Enter the contest area
		Referee indicates that a technique missed the target
		Referee indicates that a Technique was blocked by the opponent
		Referee pushes hands inside, palm inwards.

The methods of signalling as used by the judges

Term	Meaning	Definition; Description of the judge's movement
1. Teiichi	The judges correct posture	
2. Shiro (Aka)-Ippon	Ippon for White (Red)	One flag is raised upwards
3-7. Waza-ari	Point	Points are awarded; judge signals with flag on the side of the contestant the number of points
8. Jogai	Out of bounds	Taps flag on the floor repeatedly
9-11. Ai-uchi	Simultaneous technique	Points scored by both players; flags poked in front of the chest, then signal the waza ari value
12. Torimasen	Unacceptable	Technique not accepted as effective; flags crossed before the knees repeatedly
13. Hansoku chui	Penalty for a foul	Flag is waved in small circle above the head
14. Hansoku	Foul	Flag is waved in large circle above the head
15. Mienai	Did not see	Flags crossed in front of the eyes
16. Hikiwake	Draw	The Flags are crossed over the head
17. Shiro (aka) no Kachi	Victory for red (white)	One flag raised high in oblique direction
18. Igiari	Calling referee's attention	Flags crossed above the head, and tapped continuously
19. Mukogeki	Stalling	Flags are circled in front of

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		the chest
20.	Kawasu	Avoid contestants Judge stand and moves his/ her chair to avoid contestant

		
1. Teiichi	2. Ippon	12. Torimasen
		
9.- 11. Aiuchi	8. Jogai	16. Hikiwake
		
Red one Point	Red two points	Red three points
		
Red four points	Red five points	15. Mienai

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20. Kawasu



20. Kawasu



Aka, Shiro waza-ari, one point



19. Mukogeki



18. Igiari



17. Aka no kachi



Aka, Shiro Waza ari, two points



14. Hansoku



13. Hansoku chui

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Signalling by the judge

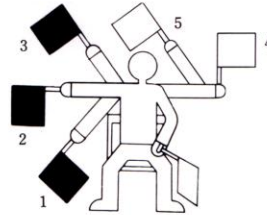
Ippon

Flag raised high



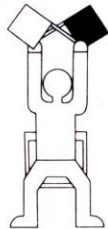
Waza-ari

1. Arm 45° down
2. Arm horizontal shoulder high
3. Arm 45° up
4. Arm shoulder level and elbow 90°
5. Arm shoulder level and elbow 45° inward



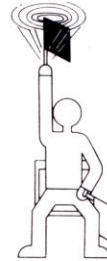
Hikiwake

Flags are crossed over the head



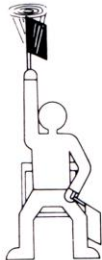
Hansoku

Flag is waved in large circle above the head



Hansoku chui

Flag is waved in small circle above the head



Fujubun (Torimasen)

Flags crossed before the knees repeatedly



Mienai

Flags crossed in front of the eyes













Jogai

Taps flag on floor repeatedly

















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Referee terminology and hand signals

 <p>1. Shomen</p>	 <p>ni</p>	 <p>Rei</p>
 <p>2. Shinpan ni</p>	 <p>Rei</p>	
 <p>3. Otagai ni</p>	 <p>Rei</p>	
 <p>4. Shobu</p>	 <p>Ippon</p>	 <p>Hajime</p>












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 <p align="center">5. Yame</p>			 <p align="center">5. Yame</p>
 <p align="center">6. Moto no</p>	 <p align="center">ichi</p>		
 <p align="center">7.-12. Aka Waza ari</p>			 <p align="center">One point</p>
 <p align="center">Aka waza ari,</p>	 <p align="center">two points</p>	 <p align="center">Aka waza ari,</p>	 <p align="center">Three points</p>

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 <p>Aka waza ari</p>	<p>Four points</p> 	<p>Aka waza ari</p> 	 <p>Five Points</p>
 <p>13. Tsuzukete</p>		 <p>Hajime</p>	
 <p>17. Soremade</p>	 <p>18. Hantei Torimasu</p>		
 <p>19. Hikiwake</p>			 <p>22. Torimasen</p>

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 <p align="center">26. Ippon</p>	 <p align="center">27. Aka no</p>	 <p align="center">Kachi</p>
 <p align="center">30. Shiro Hansoku chui</p>	 <p align="center">Aka Waza ari</p>	 <p align="center">One point</p>
 <p align="center">29. Shiro Jogai Chui</p>	 <p align="center">Aka waza ari</p>	 <p align="center">One Point</p>
 <p align="center">31. Shiro hansoku</p>	 <p align="center">Aka no kachi</p>	

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32. Shiro Kiken



33. Shikaku



Aka no kachi



34. Fukushin



Shugo



Shiro Mukogeki



36. Mukogeki chui



Aka waza ari



37. Taijo











47. Nyujo



39. Tatte

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 <p>Aka waza ari one point</p>	 <p>Shiro waza ari two points</p>	<p>38. Suwatte</p>
 <p>Aka one point</p>	 <p>Shiro four points</p>	
 <p>Aka two points</p>	 <p>Shiro four points</p>	
 <p>Aka five points</p>	 <p>Shiro one point</p>	

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44. Nukeu



45. Soreru



46. Uketeru

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Signalling by the referee

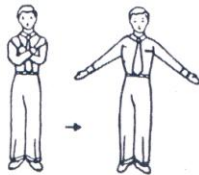
Hajime
Start match



Tsuzukete Hajime
Resume, begin



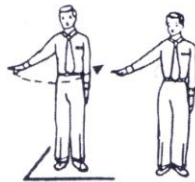
Torimasen
Unacceptable



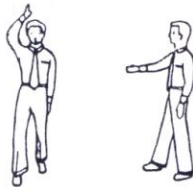
Hikiwake
Draw



Jogai-chui
Penalty for being
out of bound



Yame
Stop



Waza-ari
(1 point)



Hansoku
Penalty for a foul



Hansoku-chui
Foul



Kachi/ Ippon
Victory



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Appendix D

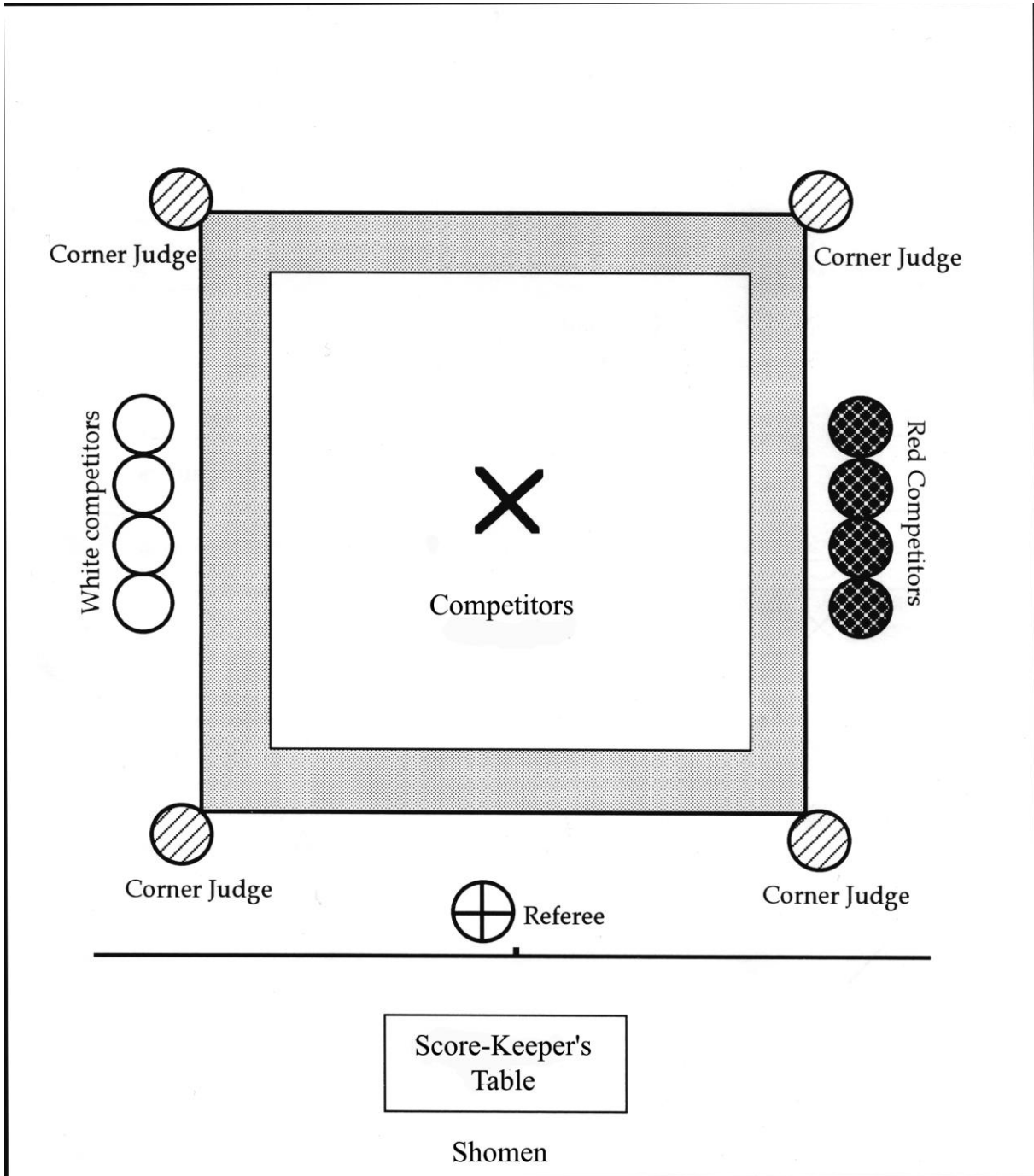
Scoring symbols

	Tsuki	Punching
	Keri	Kicking
	Uchi	Striking
	Ate	Hitting
	Make	Defeat
	Ippon	Win by full point
	Hantei	Win by decision
	Hikiwake	Draw
	Chui	Penalty for foul
	Jogai	Out of bounds
	Shikaku	Expulsion
	Hansoku	Foul
	Jikan	Time
	Enchosen	Extension
	Jodan	Upper level
	Chudan	Middle level
	Gedan	Lower Level
	Kachi	Winner
	Kiken	Absence

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Appendix E

Kata Contest Area



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Appendix F

List of Toroku (registered) Kata

1. Seisan
- Kudaka no Seisan; Seisan; Seishan; Hangetsu
2. Bassai
- Kudaka no Bassai; Koshiki Bassai; Matsumura no Bassai; Kyan no Bassai;
Bassai Sho; Bassai Dai; Sukumine no Bassai
3. Chinto
- Kudaka no Chinto; Koshiki Chinto; Chinto; Gankaku
4. Kusanku
- Kudaka no Kusanku; Koshiki Kusanku; Shiho Kusanku; Kyan no Kushanku; Kushanku (Kanku)
Dai; Kushanku (Kanku) Sho
5. Sochin
- Kudaka no Sochin; Aragaki no Sochin; Sochin
6. Sankakutobi
- Kudaka no Sankakutobi; Sankakutobi Sho
7. Happiken
8. Naihanchin
- Kudaka no Naihanchin; Koshiki Naihanchin; Naihanchin (Tekki) Shodan, Nidan, Sandan
9. Nijushiho
- Kudaka no Nijushiho; Nijushiho; Niseishi
10. Wankan
- Kudaka no Wankan; Wankan; Matsukaze
11. Jion
- Kudaka no Jion; Koshiki Jion; Jion
12. Saifua
13. Sanchin
- Kudaka no Sanchin; Omote; Ura; Sanchin
14. Seipai
15. Seienchin

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16. Heian

- Heian (Pinan) Shodan, Nidan, Sandan, Yondan, Godan

17. Shorinken

18. Hakkyokuken

19. Gokyo

- Te Waza Kogeki Dai Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo

- Ashi Waza Kogeki Dai Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo

20. Taikyoku

- Taikyoku Shodan, Nidan, Sandan

21. Ananko

-Kudaka no Ananko, Kyan no Ananko, Ananko

22. Sansai

23. Rohai

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Appendix G

Founding members of the W. K. K.F.

Founding Patrons & Advisers

Dr. Kaiso Kori Hisataka, Founder of Shorinjiryu Kenkokan
Shihan Shinki Gima, Shotokan
Shihan Yasuhiro Konishi, Founder of Shindo Shizen Ryu
Shihan Haruyoshi Kagawa, Goju Ryu

Founder of the World Koshiki Karatedo Federation

Hanshi Masayuki Kukan Hisataka, Shorinjiryu Kenkokan

Founding Members

Shihan Masaru Watanabe, Shito-Ryu Seiki-Kai
Shihan Dr. Laurence Vanniekirk, Shorinjiryu Kenkokan, Australia
Shihan Wayne Donivan, Shorinjiryu Kenkokan, Canada
Shihan Tadashi Kondo, Shorinjiryu Kenkokan, Japan
Shihan Robert Trias, Shuri-Ryu, U. S. A.
Shihan Mori, Nihon Kempo, Japan
Shihan Isei Koike, Shorinjiryu Kenseikai, Japan
Shihan Yukio Higo, Shotokan, Sei Ryu Kai, Japan
Shihan Hiroyuki Okamoto, Shorinjiryu Kenkokan, Japan
Shihan Dr. Alain Houdre-Baight, Shorinjiryu Kenkokan, Canada
Sensei Shoichi Kojima, Shorinjiryu Kenkokan, Japan
Shihan Graham Bullpit, Shorinjiryu Kenkokan, Australia
Shihan Scott Brown, Shorinjiryu Kenkokan, Australia
Shihan Michel Laurin, Shorinjiryu Kenkokan, Canada
Shihan Dr. David Chu, Shorinjiryu Kenkokan, Switzerland
Shihan Richard Bryant, Shorinjiryu Kenkokan, Australia
Sensei Nobuo Jimbo, Shorinji Kempo, Japan
Sensei Michio Sakai, Shorinji Kempo, Japan
Sensei Yuzo Ushimaru, Shorinji Kempo, Japan
Shihan Kunio Tanabe, Shorinjiryu Kenkokan, Venezuela
Renshi R. V. T. Mani, Goju-Ryu, India
Sensei Katsuaki Sato, Kyokushin, Japan
Sensei Takashi Azuma, Kyokushin/ Daidojuku, Japan
Sensei David Chan, Shorinjiryu Kenkokan, Singapur
Sensei Steve Bellamy, Okinawan Goju-Ryu, United Kingdom
Shihan Dr. Till Stürmer, Shorinjiryu Kenkokan, Switzerland
Shihan Curzio T. Marconi, Shorinjiryu Kenkokan, Switzerland
Shihan Hajime Ishikawa, Shorinjiryu Kenkokan, Japan
Shihan Alexei Sturhmin, Shorinjiryu Kenkokan, Russia
Shihan Luce Campbell, Shorinjiryu Kenkokan, Canada
Shihan George Manoli, Shorinjiryu Kenkokan, Canada
Shihan Phillip Hooper, Shorinjiryu Kenkokan, Australia

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Appendix H

BACKGROUND INFORMATION ABOUT KOSHIKI KARATEDO

Koshiki Karatedo is both an old and a new form of karatedo competition. It is derived from armor used by the Japanese samurai. Due mainly to the cost of such equipment (essentially similar to Kendo body armor) and the depressed economic climate in the late 1940's, protective equipment took second place to non-contact training and competition. Many Sensei realized that this type of competition, although fulfilling a need, had its dangers. At best it provides an excellent venue for karateka to test themselves and their abilities; at worst it becomes an almost academic game of tag.

Perhaps its most serious deficiency is that the karateka has no real way of testing the strengths or weaknesses or his/her techniques, and thus learning and development, without risking serious injury to the opponent. This is one of the primary reasons for some Okinawan styles not entering non-contact tournaments to this day. It is worth noting that non-contact karatedo competition was seen by many Senseis as a temporary measure until a more suitable form of contact competition could be introduced.

Koshiki Karatedo is a hard style of karatedo, which is a culmination of these earlier efforts and stems from initiative of two Japanese Sensei whose combined experience in the use of protective for karatedo training and competition exceeds eighty years.

The late Dr. Kori Hisataka (10th Dan Karatedo, 6th Dan Judo) has emphasized the use of protective equipment since his youth. Building on his father's knowledge and experience, Shihan Masayuki Kukan Hisataka (9th Dan Karatedo, 5th Dan Judo) applied an intensive scientific approach to developing a superior form of protection, and a realistic rules system for competition to go with it. After these years of intensive research and development Koshiki Karatedo has been realized as an effective form of training and competition.

The acceptance of Koshiki Karatedo as the true continuation of the traditional (pre-War) karatedo is evidenced by the acceptance of this form by teachers such as Sensei Gima (the man who initially demonstrated karatedo with Gichin Funakoshi when he first came from Okinawa to Japan); Sensei Yasuhiro Konishi (the most senior of the Shitoryu teachers in Japan); Sensei Eriguchi of Wadokai (who was previously the Secretary-General of WUKO); and Sensei Kagawa, the Chairman of Gojukai in Japan. The acceptance of Koshiki Karatedo by these very senior Karateka has provided the stimulus for recognition on an equal basis with

non-contact 'Mushiki' Karatedo, which has flourished since the War, and which initially owed its popularity primarily to economic rather than technical reasons.

There are several significant differences between Koshiki Karatedo and American style full-contact karatedo. Firstly, Koshiki equipment is different in both its material composition and its purpose. Koshiki Karatedo is not totally full contact, some restrictions apply. Only the body protector may be struck with full force as it is recognized that full force blows to the head in particular can cause undesirable physical damage, not only externally, but also to the brain. Secondly, in Koshiki Karatedo, techniques do not have to be adapted to suit the specific peculiarities of the equipment, as has been the experience of many full contact fighters using gloves and footpads. Thirdly, the emphasis in Koshiki Karatedo is to protect the targets, not the weapons, and thus there are no gloves

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or footpads in competitions. This results essentially in a moving makiwara, but one that can hit back at will. An indication of the equipment's effectiveness is the very low rate of competition injuries, especially facial injuries.

Koshiki Karatedo is now an established reality, with regular national and international tournaments being held with participants from many styles of karatedo, and from many countries.

Dr. Laurence Vanniekirk
Secretary General, World Koshiki Karatedo Federation

Tadashi Kondo
Founding Member, World Koshiki Karatedo Federation

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Appendix I

Individuals responsible for the development of Supersafe Guard Equipment

Inspiration& Advise

Dr. Kaiso Masayoshi Kori Hisataka

Inventor

So, Shihan Masayuki Kukan Hisataka

Technical research committee of the Federation of All Japan Karatedo Organisations

Shihan Hironori Otsuka, Founder Wadoryu
Shihan Hakuyasu Tamae, Otoryu Renbukai
Shihan Eiichi Eriguchi, Chairman FAJKO, Secretary General WUKO
Shihan Haruyoshi Kagawa, Chairman Gojukai
Shihan Manzo Iwata, Chairman Shitokai
Shihan Masahide Kato, Wadoryu
Shihan Masaru Watanabe, Shitoryu Seikikai
Shihan Norio Nakamura, Renbukai
Shihan Dr. Tomihide Arimoto, Wadoryu
Shihan Kunihiko Tosa, Genseiryu Butokukai
Shihan Morio Higaonna, Okinawan Gojuryu
Shihan Michihara, Kenkyukai
Shihan Tadahiko Otsuka, Gojukensha
So, Shihan Masayuki Kukan Hisataka, Shorinjiryu Kenkokan

Other major supportes

Mr. Ikuo Sugibayashi, Präsident, Winning Co. Ltd.
Mr. Shoji Ogura, Direktor, Adachi Shiki Kogyo, Co.
Mr. Shoichi Mori, Mitsubishi Gasu Kagaku Co.
Mr. Yoshiharu Watanabe, Tokio Shokai Co.
Mr Shigeyuki Iso, Isami Co.
Frau Noriko Hisataka, Asawa Welt Co.
Shihan Tadashi Kondo, Shorinjiryu Kenkokan,] apan
Sensei Shoichi Kojima, Shorinjiryu Kenkokan, Japan
Shihan Scott Brown, Shorinjiryu Kenkokan, Australia
Shihan Michel Laurin, Shorinjiryu Kenkokan, Canada
Shihan Richard Bryant, Shorinjiryu Shibukai, Australia
Shihan Toru Yoshizawa, Shorinjiryu Shinbukai, Japan
Shihan Hajime Ishikawa, Shorinjiryu Kenkokan, Japan

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Appendix J

DEVELOPMENT OF SUPERSAFE PROTECTIVE EQUIPMENT

It was obvious that for Karatedo as a tournament sport to be successful and elevated to a more refined level, some changes and developments had to occur.

In light of this, it was decided at the 4th World Congress to call upon a study of both weight categories and safety equipment, to be implemented into future World Championships. The weight categories have been implemented, and it was decided at a Directors Meeting of the World Union of Karatedo Organizations (WUKO), held in Stuttgart, Germany, to trial the Supersafe Guard equipment for one year.

The safety equipment study was carried out by the Technical Research Committee of F.A.J.K.O. (Federation of All Japan Karatedo Federations), and proved to be highly successful and enlightening, solving many of the problems impeding non-contact karatedo tournaments. Karateka can be assured they will see and experience Supersafe Guard protective equipment in future World Championships and International Tournaments. All that is required now is the education of karateka so they can be prepared for forthcoming international tournaments using Anzen Bogu Supersafe Guard protective equipment.

After implementing Supersafe™ Guard into karatedo initially, and through forty years experience in the use of protective equipment by Dr Kori Hisataka, the W.K.K.F. has followed his example. Shihan Masayuki Hisataka over the past six years has been adopting a highly scientific approach for intensive research into developing the ultimate in karatedo protection in conjunction with high level technology companies, laboratory research and testing into impact studies on material make-up for the most advanced and safe "Anzen Bogu" to be developed for karateka.

This equipment is ultra-light, resilient, streamlined, clean cut and constructed from material enabling terrific shock absorption and resistance to high impact force penetrating the head, face and body of players. Stringent and arduous testing has been carried out so that a completed and workable article with little possibility of fault shall enter our dojos.

The Technical Research Committee envisage and believe that this Super Safe Budo equipment is the ultimate safety protection that Karateka have been anticipating to emerge, catering for all styles, organizations and forms of Karatedo and Martial Arts, from non-contact, light contact to full contact styles: thus causing an evolution in Karatedo training and tournaments to a truly modern day sport, full of enjoyment and applicable to this decade, with future Olympic potential and also for the 21st Century.

This Super Safe Guard protective equipment consists of three major components which combined make a perfectly safe system for shiai and training:

- 1) A head guard with clear transparent face shield
- 2) The main chest and body guard
- 3) A light colored mat fully marked for the competition floor.

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The head guard consists of the super safe material and is unique in that a clear transparent bullet proof face shield is incorporated, giving complete protection for teeth, jaw, nose and especially the eyes, thus preventing facial injuries which are of major significance in present non-contact karatedo tournaments, while still enabling and allowing a clear, complete, unimpaired field of vision.

The one size is suitable for all players, being fully adjustable, easy to fit, comfortable, light and preventing shock to the player's cerebral region, thus eliminating the risk of concussion and brain damage should the player receive an uncontrolled technique to the jodan area.

The bullet proof visor is designed to force hard hitters to exercise the required control to the face. It also allows players to study each others expressions while in shiai and enables spectators to easily identify players thus stimulating spectator interest.

The main body guard protects all the chudan level from the top of the chest to just above the groin; surrounding the ribs under the armpits with two extensions protecting the collar bones which are highly susceptible in karatedo. The Anzen Bogu is quick and easy to put on. It does not hamper or restrict the player's movements or efficiency of techniques. Above all it supplies complete safety and protection to the players. A supplementary groin cup will also be available to provide the groin with the same high standard of protection.

The mat, which apart from its obvious advantages over a hard wooden floor, increases speed due to the elasticity and resilience without losing stability and a positive field. The mat prevents foot bruising and eliminates the possibility of serious injury to the player should he/she be swept, knocked down or fall awkwardly. The light blue color has a psychologically calming effect on the competitors. It is also easier for spectators and television, reducing glare and creating a suitable contrast to increase the ease of observing tournaments. The mat is non-slippery, water proof, easily cleaned and stable to move on.

We are now living in a modern and competitive age where sportsmen, women and children must be confident of competing in their sport with a high degree of safety, little risk of injury and enjoyment in order to get their satisfaction from the sport, while maintaining jobs, careers and studies.

The Technical Research Committee believes that this Super Safe Guard protective equipment will provide assurance of no injury to the protected areas of the players, eliminating the possibility that karateka will miss school or work due to injuries they once may have sustained in non-contact tournaments.

Super Safe Guard protective equipment was developed for and around karateka by karateka, not adopted from full contact kick boxing equipment or other contact oriented sports which do not fully cater to the unique aspects of Koshiki Karatedo.

With the acceptance of Super Safe™ Guard protective equipment which completely protects the body, head and face, a psychologically and technically superior karatedo player will emerge because of the security created that injury and pain will be eliminated by this efficient equipment with a good, healthy image.

Super Safe™ Guard has reduced the high dropout rate in karatedo as well as the injury rate of lower grades and beginners in the dojos due to their lack of experience and control. Students beginning

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with Super Safe Guard protective equipment have observed a substantial increase in technical ability and skill over a shorter period of time. They show superior judgment in distance, timing, focus and power control over advanced students not experienced in Anzen Bogu training. Reflexes and blocking techniques definitely become sharper and more improved as a constant vigilance is required while sparring to avoid scoring techniques to jodan level, whereas present non-contact tournaments create a false sense of security.

Players undergo far quicker self-education and improvement by truly testing the feeling of tangency, thus being able to feel the efficiency and effect of techniques. If the technique is not executed properly and has no scoring potential, then adjustment can be made quickly so that the technique does become practical in application with proper power control being observed. The flinching period that every karateka goes through also subsides more quickly.

A player emerges after diligent training with a strong spirit and correct attitude as he/she learns to accept a good scoring technique. He/she has an overall balance of technical ability for delivering not only chudan level but jodan level techniques, with a proper idea of Maai distance discovered by actually hitting this Supersafe Anzen Bogu; also focus power and timing are enhanced. The current trend seen in our non-contact tournaments of not scoring jodan keru waza shall also be halted by the introduction of Super Safe Guard equipment. Because of the efficiency of this Anzen Bogu, close-in fighting techniques like empi waza and hiza geri to the chudan level will be possible, thus creating a more realistic form of shiai, expanding the present level of limited techniques used in non-contact tournaments.

Super Safe™ Guard protective equipment emphasizes the need to protect the vital target areas and not the weapons like many protectors used for pro-karatedo, thus developing proper karatedo techniques and preventing the need to adopt to hand and feet protectors which require techniques to be remodeled around them.

By studying Super Safe™ Guard equipment in use at inter-dojo shiai and local tournaments, the committee was able to create a clear, definite and unbiased point scoring system for Koshiki Karatedo. A well and properly executed technique with control can not only be seen to hit the Anzen Bogu, but heard as well. The impact effect of the technique can also be seen.

The tournament becomes a true test of the individual's skill, an exchange of ability and knowledge, also the level of attainment in karatedo, thus keeping to the traditional aims of shiai in budo, where the player who delivers the first best scoring technique with proper control shall receive the point.

Pseudo players and actors, who fake injury to the jodan level, are eliminated because they are prevented from these performances as Super Safe Guard erases doubt that serious injury can be sustained. Thus the best and strongest competitor should win.

With proper understanding of rules by all official judges, referees and players prior to the tournament, strict abidement on control to the jodan area and the use of Super Safe™ Guard equipment in the tournament, time wasting for discussion over indefinite techniques and confusion over rules and decisions made have been drastically reduced due to the precise and definite scoring system Anzen Bogu shiai created. All people could appreciate well-delivered techniques from players and judges to spectators, thus creating a safe, pleasant atmosphere and an enjoyable tournament for all.

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Super Safe™ Guard protective equipment is far less expensive than current protective gear in use, being well in the range of dojos running on a mediocre budget. Because of the large number of karatedo players worldwide, production costs shall be extremely low due to the high volume of production required to service the members of karatedo throughout the world.

Super Safe™ Guard is highly durable, requires no maintenance, is easily transported, hygienic and completely water proof and non-staining.

With all the advantages over and above contemporary protective equipment in use, Super Safe Guard has created a mammoth increase in safety and realism in dojo training and current non-contact tournament karatedo. All karateka can expect to see protective equipment in use at Koshiki Karatedo World Championships in the very near future.

The spirit, cooperation and goodwill of all karateka is required to understand and utilize the safety aspect of karatedo in order to get a unified form of tournament standard to spread forth the possibility of Olympic acceptance and as a high grade modern competition sport with a good healthy image. As you can well appreciate, a positive attitude is required by us all to begin world awareness, education and acceptance of safety equipment into non-contact tournament karatedo.

Already many people in the martial arts field have been fortunate to observe Super Safe™ Guard in practical application at a demonstration given in August 1979 at the Tokyo Championships. The mat was tested and demonstrated at the Japanese National Sports Festival, Miyazaki Prefecture, Japan. The response to both of these events was highly pleasing and favorable.

The excellent response to the Premier Tokyo International tournament last year shows that this system is of great interest to karateka worldwide as representatives from Australia, USA, Canada, South America, Europe and of course Japan attended. We are also expecting South African and Russia teams to compete in the near future.

That the event is of much greater spectator value is evidenced by the fact that Tokyo's Channel 12 T.V. televised 80 minutes live on its "The Sports" program. A Karatedo breakthrough. This year's event will also be televised.

In order to begin the introduction of Super Safe Guard to the world's karateka, apart from previous projects, the Technical Research Committee would greatly appreciate your involvement, opinions, and ideas on the merits and any drawbacks, which you can find. We would like you to work with us in our quest to help solidify karatedo as a unified body through the means of Super Safe Guard.

On a final note, we must stress that the intention of Super Safe Guard is not to create a full contact situation, but to elevate, enhance and make the present level of non-contact competition to a highly safe, enjoyable sport especially captivating and realistic for the spectator area.

Masayuki Hisataka

Inventor of Super Safe™ Guard Budo Equipment Member of the Technical Research Committee of FAJKO Chairman of the International Koshiki Karatedo Committee (IKKC)

Scott A. Brown Founding Member of the W.K.K.F.

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Appendix K

Executive Members of the W. K.K.F.

Chairman

So Shihan Masayuki Kukan Hisataka (Japan)
Hanshi Masamitsu Kudaka (Japan)

Director General, Central

Shihan Tadashi Kondo (Japan)
Shihan Masaaki Enomoto (Japan) (†)

Director General Asia

Shihan Pierre M. Ingrassia (Hong Kong) (†)
Shihan Masamitsu Kudaka (Japan)

Director General NORTH AMERICA

Shihan Robin L. Campbell (Canada)
Shihan John Caddy (USA)

Director General SOUTH-AMERICA

Shihan Kunio Tanabe (Venezuela)
Shihan Mega Suzuki Martinez (Central)

Director General OZEANIA

Shihan Scott Brown (Austalia)
Shihan Hiroshi Hisataka (Indonasia)

Director General EUROPE

Shihan Mamadou Diallo (Swiss)
Shihan Olaf Lotze-Leoni (Germany)
Shihan Ciaran Mitchell (UK & Ireland)

Director General AFRICA& MIDDLE EAST

Shihan Mourad Louali (Algeria) (†)
Shihan Mamadou Diallo (Senegal)
Shihan Alassane Maiga (Mali)

Director General EURASIA

Shihan David Ivanishvili (Georgia)
Shihan Talib Berzigiarof (Aserbaidshan)

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Technical Adviser

Shihan Dr. Richard Kim, Hanshi (USA)
Shihan Fumio Demura (USA)
Shihan Dr. Laurence Vanniekirk (Australia)
Shihan Anton Geesink (Netherland)
Shihan Dr. Alain Hondre-Baight (Canada)
Shihan Alexei Sturhmin (Russia)
Shihan Jack Kanner (USA)
Shihan Dr. David Chu (Switzerland)
Shihan Dan Waxman (Israel)
Shihan Robert Bowler (USA)
Shihan George Anderson (USA)
Shihan Wayne Donivan (Canada)
Shihan Yoshisada Yonezuka (USA)
Shihan Kiyoshi Shiina (USA)
Shihan Mamoru Shimamoto (USA)
Shihan Iwau Shiuya (Japan)
Shihan Yoshino Nambu (Europe)
Shihan Shaun O'Leary (New Zeeland)
Shihan Rui Ribeliro (Portugal)
Shihan Olaf Lotze-Leoni (Germany)
Shihan William Nusz (USA)
Shihan Sidney Penouel (France)

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Appendix L

Referee Council of the W.K.K.F.

Founder

So Shihan Masayuki Kukan Hisataka (Japan)

Chairman

Shihan Masamitsu Kudaka (Japan)

Vice Chairman

Shihan Hitoshi Namekata (Japan)

Shihan Tadashi Kondo (Japan)

Shihan Kunio Tanabe (Venezuela)

Shihan Scott Brown (Australia)

Committee Members

Shihan Luce Campbell (Canada)

Shihan Hiroshi Hisataka (Japan)

Shihan Phillip Hooper (Australia)

Shihan Kenji Igarashi (Japan)

Shihan Issei Koike (Japan)

Shihan Nobuaki Konno (Japan)

Shihan Curzio Marconi (Switzerland)

Shihan Mega Suzuki Martinez (USA)

Shihan Dr. Dalil Denis Maschino (Canada)

Shihan Shaun O'Leary (New Zealand)

Shihan Luis Perez Santiago (Spain)

Shihan Toru Yoshizawa (Japan)

Shihan Takechika Miyazaki (Japan)

Shihan Dr. Dayn Derosé (USA)

Shihan Dr. Mikhail Kryssin (Russia)

Shihan Mourad Louali (Algeria) (†)

Shihan Luc Gilbert (Canada)

Sensei Sukumar Nambiar (India)

Shihan Olaf Lotze-Leoni (Germany)

Secretary

Shihan Des Paroz (Australia)

Sensei Samy Boukaila (Algeria)

Sensei Dr. Carlton Heine (USA)

Shihan Masaaki Enomoto (Japan) (†)

Sensei Alex Gallico

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Appendix M

Major representatives of the W. K. K F.

ALGERIA

Shihan Mourad Louali (†)
Sensei Samy Bonkaila

AUSTRALIA

Shihan Phillip Hooper
Shihan Scott Brown

CANADA

Shihan Luc Gilbert
Shihan Luce Campbell
Shihan Dr. Dalil Denis Maschino

GERMANY

Shihan Olaf Lotze-Leoni
Shihan Sandra Leoni
Shihan Jan Kittel

INDIA

Sensei M. N. Sukumar Nambiar

JAPAN

So Shihan Masayuki Kukan Hisataka
Shihan Tadashi Kondo
Shihan Hiroshi Hisataka
Shihan Masamitsu Kudaka

KOREA

Sensei Jeang Do Mo

MALAYSIA

Shihan Neon Thon Hock

MALI

Shihan Alassane Maiga
Shihan Mamadou Diallo

NETHERLANDS

Shihan Peter Lerk

NEW ZEELAND

Shihan Shaun O'Leary
Shihan Maasaki Enomoto (†)

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PORTUGAL

RUSSIA

SOUTH AFRICA

Imtiaz Abdulla
Sensei Devraj Ramddott

SPAIN

Shihan Luis Perez Santiago

SWITZERLAND

Shihan Mamadou Diallo

USA

Shihan John Gaddy
Shihan Mega Suzuki Martinez

UK & Ireland

Shihan Ciaran Mitchell

VENEZUELA

Shihan Kunio Tanabe

In memory of

Shihan Maasaki Enomoto (†)
Shihan Pierre M. Ingrassia (†)
Shihan Mourad Louali (†)

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Appendix N

Dojo Kun (The Kenkokan School Principles)

- I. Maintain propriety, etiquette, dignity and grace.
- II. Gain self-understanding by tasting the true meaning of combat.
- III. Search for pure principles of being, truth, justice and beauty.
- IV. Exercise positive personality - confidence, courage and determination.
- V. Always seek to develop the character further, aiming toward perfection and complete harmony with creation

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Appendix O

Record of seminars & courses

Name:

Dat of Birth:

Address.

Style:

Rank:

Chief Instructor:

Date Place Course/ Seminars Type Directos/ Examiner

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Appendix P

**Universal Bye Chart
for Koshiki Kumite/ Shiai competition**

<i>Number of contestants</i>	<i>Number of byes</i>	<i>Number who fight in round one</i>
2	0	2
3	1	2
4	0	4
5	3	2
6	2	4
7	1	6
8	0	8
9	7	2
10	6	4
11	5	6
12	4	8
13	3	10
14	2	12
15	1	14
16	0	16
17	15	2
18	14	4
19	13	6
20	12	8
21	11	10
22	10	12
23	9	14
24	8	16
25	7	18

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Appendix Q

Kata and Kata Bunkai Score

Kata Score

No. _____ Name _____
Referee _____ Name Of Kata _____

精神(心法) Mind Component	Eye Contact	1	2	3	4	5
	Breath Control	1	2	3	4	5
	Fighting Spirit	1	2	3	4	5
	Courtesy	1	2	3	4	5
技術点 Technical Component	Speed Control	1	2	3	4	5
	Power Control	1	2	3	4	5
	Body Control	1	2	3	4	5
	Height of Kick	1	2	3	4	5
気合と身体 Spirit and Body Component	Perfect Completion	1	2	3	4	5
	Total Level of Development	1	2	3	4	5
Total Point						

No. _____ Name _____
Referee _____ Name Of Kata _____

精神(心法) Mind Component	Eye Contact	1	2	3	4	5
	Breath Control	1	2	3	4	5
	Fighting Spirits	1	2	3	4	5
	Courtesy	1	2	3	4	5
技術点 Technical Component	Speed Control	1	2	3	4	5
	Power Control	1	2	3	4	5
	Body Control	1	2	3	4	5
	Height of Kick	1	2	3	4	5
気合と身体 Spirit and Body Component	Perfect Completion	1	2	3	4	5
	Total Level of Development	1	2	3	4	5
Total Point						

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Appendix R

Contacts:

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