

**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

First published in Tokyo, Japan by the World Koshiki Karatedo Academy
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ISBN Published by the World Koshiki Karatedo Academy, World Koshiki Karatedo
Federation

20 Kikuicho, Shinjuki-ku, Tokyo 162, Japan

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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 HISTORY OF WORLD KOSHIKI KARATEDO

Koshiki Karatedo is a controlled competition and training system, which allows karateka to truly test his or her karate techniques through the use of Supersafe™ protective equipment. The development of this ultra-light, resilient and streamlined equipment enables karateka to fully develop kicking, punching and striking techniques without injury to either yourself or your partner. This means that all people– women, children and seniors alike – can rapidly hone their karate skills in a pragmatic and realistic manner. Not having to worry about injuries while being able to actually test techniques at full speed not only leads to a stronger and healthier body but also makes both training and competition more dynamic and enjoyable. It also heightens the excitement of competitive meets for the participant and spectator alike. Yet another benefit of being able to actually strike protected areas is that the audible consequence of a kick or punch makes judging at competitions easier and clearer. Together with Koshiki Karatedo's progressive set of competition rules, competitors can now aggressively display their karate skills in the form of combination attacks and formerly prohibited techniques such as open – hand strikes, thereby allowing the advancement of a more free and creative style. Koshiki Karatedo is not limited to any particular school or style of Karatedo, and has been designed to permit practitioners of all martial arts to test their skills against one another under conditions of safety, fairness and impartiality. Koshiki Karatedo has its roots in the *bogu kumite* (sparring practice making use of kendo armour) developed by *Kaiso* Masayoshi Kori Hisataka (10th dan Karatedo, 6th dan judo), the founder of Shorinjiryu Kenkokan Karatedo, the traditional competition system employed in this style. However, the steel mask covering the kendo face guard imposed certain restrictions since it could not be struck with the bare hands or feet without risk of injury. Although a number of other Karatedo sensei were also experimenting with kendo amour, boxing gloves and the like at and even before *Kaiso* Hisataka's time, the high cost of such equipment and their inherent limitations when applied to Karatedo caused this form of training and competition to take second place to *sundome*, or non-contact karate. Nevertheless, it should be noted that many Karatedo instructors viewed *sundome* as a temporary measure to be implemented until a more effective system could be introduced.

Hanshi Masayuki Hisataka (9th dan Karatedo, 5th dan judo), building on his father's knowledge and experience, consequently adopted a scientific approach to the development of a superior form of protection specifically suited to meet Karatedo's needs. He also drew upon the knowledge he had acquired from studying the protective equipment used in western sports such as football, hockey, boxing and fencing when teaching Karatedo in the US and Canada during the 1960s and 1970s. After much intensive research, laboratory testing and impact studies, Hanshi Hisataka finally perfected the Supersafe™ protective equipment currently utilised in Koshiki Karatedo. This equipment consists of two major components: a face guard and body protector. The face guard's visor is made of transparent, lightweight, bullet-proof material, giving complete protection to the teeth, jaw, nose, and eyes, thus preventing the facial injuries which commonly occur at both non-contact and full – contact karate tournaments, while still allowing a clear and unimpaired field of vision. The body protector covers the chest and stomach to just above the groin, surrounds the ribs under the armpits, and has two extensions protecting the collarbones. It is light, easy to put on, and does not hamper or restrict the users' movement techniques.

In order to ascertain the efficiency and suitability of this equipment, a technical research committee composed of instructors from a wide range of Karatedo styles was formed.

Hanshi Hisataka was also able to draw on years of training, competition and teaching in both the non-contact and full – contact arenas in Japan and overseas. As early as 1961, he had already established a name for himself by meeting a group of kempo practitioners who he challenged and defeated and all other styles of Karatedo in full contact matches with gloves. He won all his fights by knockouts, crediting his victories, which saved the reputation of Karatedo in Japan, to the fact that Shorinjiryu Kenkokan Karatedo stresses controlled – contact techniques using special protection. In trying to overcome the inherent weaknesses and shortcomings of non-contact and full – contact competition systems, Hanshi Hisataka also acquired invaluable assistance from leading Karatedo instructors such as Professor Wayne Donovan of Canada, Dr. Laurence Van Niekerk of Australia, Dr. David Chu of Switzerland and Alain Hourde-Baight of Africa.

[Eleven international Koshiki Karatedo tournaments have already been held to date. The first three were held in Tokyo, Japan, followed by Venezuela, Australia, USA, Canada, Amsterdam, the Netherlands and once again in Tokyo, Japan, India, Indonesia and once again in Australia. Tournaments have been held in these and a host of other countries as well, such as Algeria, India, Spain, Switzerland, Russia, Azerbaijan, Georgia, and Philippines. It is hoped that Koshiki Karatedo will help Karate to become immersed in School systems around the globe and to bring karate into the Olympic Games.]

1. 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 with attentiveness and concentration every detail of the competition or contest they attend, and pass correct judgement 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 referee's attention or if called to conference by the referee.
5. The quality of the judgement 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 demonstrate exemplary efficiency, speed and refined behaviour.

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.

2. THE RULES OF THE KUMITE COMPETITION

2.1 SHIAIJO (MATCH AREA)

- 2.1.1 The match area (*shiai*) 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.
- 2.1.2 The size of the shiai shall, in principle, be 9 square meters or equivalent.
- 2.1.3 As a general rule, all the line markings on the floor shall be in distinct white and shall be .05 meters in width. The warning track shall have a minimum width of 1 meter, marked by a red line or tatami.
- 2.1.4 All measurements shall be made between the outer sides of the lines.
- 2.1.5 In the event that the match is to be elevated from the floor level, the height shall be 1 meter and the floor space 9.2 m x 1.5 m square in principle. The chair for the arbitrator should be placed in this elevated area. For junior or female competition, the floor space may be reduced to 7.2 m x 1.5 m square.
- 2.1.6 Two parallel lines perpendicular to the front side line, each one meter long, shall be drawn at a distance of 1.6 m from and on both sides of the centre point of the shiai. These lines shall be the standing lines for the contestants.
- 2.1.7 A 0.5 m long line shall be drawn parallel to the back-side line, two meters away from the centre point, towards the back-side line. This line shall designate the regular position of the referee.
- 2.1.8 The arbitrator and the record keeper(s) shall, as a rule, be seated at the front-side of the shiai, facing the referee, and more than two meters removed from it.
- 2.1.9 The coach's box shall be 1 meter from the parameter of the shiai adjacent to the players' box on the side closest to the arbitrator. The box shall have dimensions of 1 meter in length and 0.5 meters in width.
- 2.1.10 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.

2.2 OFFICIAL ATTIRE (KARATEDOGI)

- 2.2.1 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.
- 2.2.2 The jacket when tightened around the waist with the belt must be of an even length covering the hips.
- 2.2.3 The length of the sleeves must not only cover the elbows, but also cover at least half of the forearm.
- 2.2.4 The length of the pants shall cover at least 3/4 of the skin down from the knees
- 2.2.5 The length of the belt from knot to end shall be no less than 15 cm.
- 2.2.6 The red and white strings which contestants will wear for a kumite match must be approximately 5 cm. wide and of a length sufficient to allow 15 cm of length to hang from the knot at both ends. They must be distinctly coloured, 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.
- 2.2.7 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.
- 2.2.8 The use of bandages, supports, fist guards or kick guards for reasons of injury must be approved by the referee, in consultation with the chief medical officer.
- 2.2.9 Referees, judges and arbitrators shall wear the official "Super Safe" karatedogi, with the official W.K.K.F. Referee's 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.

2.3 PROTECTIVE EQUIPEMENT (ANZEN BOGU)

- 2.3.1 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.

- 2.3.2 Junior competitors may wear the Junior standard "Supersafe Guard" consisting of the main body protector (*do*) and face protector (*men*) as well as a groin guard, which is compulsory.
- 2.3.3 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.
- 2.3.4 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.
- 2.3.5 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.
- 2.3.6 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.
- 2.3.7 The use of a mouth guard is optional but highly recommended.

2.4 SHIAI (MATCHES)

2.4.1 The types of *shiai* shall be as follows:-

- individual-title *shiai*
- team *shiai*

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

2.4.3 Team Composition

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

2.4.3.2 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 one half 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.

- 2.4.4 *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*.
- 2.4.5 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 automatically be awarded *kiken*, and the opposing contestant shall be the winner.
- 2.4.6 Failure of the player or the team to arrive on time for the tournament may result in disqualification (*shikkaku*).
- 2.4.7 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.
- 2.4.8 Competitors attempting to compete without having completed the appropriate application procedures may be refused.
- 2.4.9 There shall be one method of conducting a *shiai*, being the "number of winners method".
- 2.4.10 In the "number of winners method", the winning team is that team which has had the greatest 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.
- 2.4.11 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, the representatives of each team shall be replaced by another member of the team. Victory through a foul or disqualification being counted as *ippon*.
- 2.4.12 No competitor may compete in more than two successive *shiai*. Once withdrawn, a contestant shall not compete again until the entire team has competed.

2.4.13 The official W.K.K. F weight categories are:-

Men	
Lightweight	Less than or equal to 63.5 kg
Middleweight	Greater than 63.5 kg and less than or equal to 73 kg
Cruiserweight	Greater than 73 kg and less than or equal to 82 kg
Heavyweight	Greater than 82 kg

Women	
Lightweight	Less than or equal to 54 kg
Middleweight	Greater than 54 kg and less than or equal to 61 kg
Cruiserweight	Greater than 61 kg

2.4.14 The correct composition and order for team events are as follows: -

Men: Lightweight, Middleweight, Cruiserweight, and Heavyweight

Women: Lightweight, Middleweight, and Cruiserweight

Mixed: Male Lightweight, Female Lightweight, Male Middleweight, Female Middleweight, Male Cruiserweight, Female Cruiserweight and Male Heavyweight

2.5 JUDGES AND ARBITRATORS

2.5.1 The judgement of the shiai shall be made by judges (one referee and two corner judges) who are sanctioned by the W.K.K.F. and the Rules Sub-Committee.

2.5.2 An arbitrator shall be appointed to ensure the fairness of the conduct of the shiai and the judgement 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 or individual coach, as the case may be.

2.5.3 As a general rule, each of the judges shall be positioned 0.5 m away from the corner of the match area (see Appendix A). Where technically difficult due to floor layout, this Rule may be circumvented.

2.5.4 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*).

- 2.5.5 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 (*taijo*) and shake hands with fellow competitors. Courtesy suggests that all competitors then thank the referees, judges, arbitrators, other official and coaches.
- 2.5.6 The red/white distribution shall be red (*aka*) to the right and white (*shiro*) to the left from the referee's perspective. (Refer to the layout in Appendix A)
- 2.5.7 Participating contestants shall be positioned according to the diagram shown (see Appendix [A]). No alteration to this order may be made once the match has commenced.
- 2.5.8 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 purposes of consultation with the Chief Referee.

2.6 CONDUCT OF SHIAI

- 2.6.1 When the referee calls "*nyujo*", the contestants waiting to compete in the next match shall bow and enter the shiai, taking up their positions of 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*".
- 2.6.2 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 sore made*", the contestants shall again return to their prescribed positions (*motono ichi*) to await the referee's awarding of the match. When this is given, the contestants 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 (*taijo*).
- 2.6.3 The *shiai* shall be conducted exclusively under the instructions of the referee.

2.7 SHIAIJKAN (MATCH TIME)

- 2.7.1 *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.
- 2.7.2 When there are 30 seconds remaining in the match the timekeeper shall announce "*ato san-ju byo*", to which the referee shall respond by announcing "*ato shi-baraku*".
- 2.7.3 An *encho-sen* (first extension) of one minute shall be staged if no decision is reached or if no conclusive judgement 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 or her assessment of the contestants' conditions.

- 2.7.4 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.
- 2.7.5 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.
- 2.7.6 *Shiai* time shall be taken from the referee's signal to commence the *shiai* and shall be counted until the final cessation of the match. However, any time spent in discussion amongst the referee and judges, or in relation to an injury, shall not be included in the *shiai* time. The command "*jikan*" must be called by referee to stop the counting of *shiai* time.
- 2.7.7 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 signalled "*yame, soremade*" shall be counted as part of the score.

2.8 VICTORY AND DEFEAT

- 2.8.1 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.
- 2.8.2 Areas of attack:-
- controlled contact attacks may only be delivered to "Super Safe Guard" Protected areas;
 - contact to the *jodan* area must be light, controlled contact;
 - non-contact controlled techniques may be executed to the back of the torso area and if successfully executed and recognized, such an attack may be awarded a single *waza-ari*.

2.9 CRITERIA FOR DECIDING AN "IPPON" (WINNING POINT)

- 2.9.1 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 vigour; *zanshin*; proper timing; and adequate *ma-ai* (distancing).

- 2.9.2 An *ippon* may be awarded for a technique which meets the above criteria and was preceded by a throwing or sweeping technique.
- 2.9.3 Techniques delivered outside the prescribed *shiai* 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.
- 2.9.4 A sequence of three or more effective techniques in an unbroken combination (*renzoku waza*) shall be awarded "ippon".
- 2.9.5 In the event that the opponent has lost the will to fight, the other contestant shall be awarded *ippon*.
- 2.9.6 Techniques which force the opponent to submit, such as strangulation (*shime waza*), joint locking (*kansetsu waza*) and throwing techniques (*nage waza*) may at the discretion of the referee be awarded *ippon*, provided that such techniques are fully controlled and are applied with full regard to the safety of the opponent. Contestants who execute any such techniques in violation of this Rule are subject to the imposition of penalties.

2.10 CRITERIA FOR DECIDING A WAZA-ARI

- 2.10.1 The criteria for deciding a *waza-ari* (one point) are the same as those for deciding an *ippon* (Rule 2.9), 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*.
- 2.10.2 In the case of overtime extensions (*encho-sen*) and final extensions (*sai encho-sen*) all points shall be counted cumulatively.
- 2.10.3 Kicking techniques (*keri-waza*) to "Super Safe" Protected areas shall be counted as two *waza-ari*, except when they are considered suitable for *ippon*.
- 2.10.4 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.
- 2.10.5 Techniques scored simultaneously by both contestants and recognized by the referee shall be awarded *ai-uchi* and a *waza-ari* shall be awarded to each contestant.

2.11 CRITERIA FOR DECISION (HANTEI)

- 2.11.1 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 vigour and fighting spirit;
- (e) the number of valid attacking moves; and
- (f) relative excellence in strategy.

2.12 PROHIBITED ACTS AND TECHNIQUES

The following acts and techniques are prohibited in *shiai*:-

- (a) direct attacks to unprotected areas, including joints;
- (b) striking while holding the "Super Safe" equipment;
- (c) attacks to the groin area;
- (d) attacks to the head without correct pullback;
- (e) excessive contact to jodan;
- (f) unnecessary grabbing, clinching and bodily crashing against the opponent;
- (g) any unsportsmanlike like or discourteous behaviour, such as name-calling, provocation and unjustifiable utterances;
- (h) kicking techniques executed to the legs, however, foot sweeping techniques are allowed, provided that they are immediately followed by another valid attacking technique;
- (i) elbows strikes to the head (*jodan hiji-ate*);
- (j) knee kicks to the head (*jodan hiza-geri*);
- (k) any stalling or avoiding of competition;
- (l) any stepping or moving outside of the designated *shiai*jo; and
- (m) any attack directed to the area of the ear.

2.13 FOUL AND DISQUALIFICATION

- 2.13.1 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.
- 2.13.2 In case a contestant, after having once been warned, repeats prohibited techniques, the referee may award *ippon* to the opponent.
- 2.13.3 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.
- 2.13.4 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.
- 2.13.5 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.
- 2.13.6 When a contestant commits any of the acts described below, the contestant shall be awarded *hansoku* or *shikkaku*, and the 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 Referees' Council. These acts are:-
- (a) being deemed to be acting maliciously, wilfully 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*.
- 2.13.7 If a contestant crosses the outside line of the contest area with both feet, he/she shall be given a *jogai chi* and the opponent a *waza-ari*.
- 2.13.8 A contestant who steps out of bounds shall automatically be given a *jogai chui*, and the opponent awarded a *waza-ari*.
- 2.13.9 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.

2.14 INJURIES OR ACCIDENTS DURING THE SHIAI

- 2.14.1 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.
- 2.14.2 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.
- 2.14.3 In the event of an injury occurring when no medical office is in attendance for consultation, the referee shall consult the Chief Referee as to whether the match should continue or be halted.
- 2.14.4 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 contestant's safety and well-being (*shikkaku make*).
- 2.14.5 In the event that the situation referred to in Rule 2.14.4 arises during a team event, the opposing team shall be declared victorious.

2.15 PROTESTS AND OTHER MATTERS

- 2.15.1 No contestant may personally protest to the referee and/or judges in relation to any decision(s) rendered.
- 2.15.2 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.
- 2.15.3 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.
- 2.15.4 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.
- 2.15.5 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.

- 2.15.6 Protests shall be made prior to the completion of the match in accordance with this Rule 2.15. Protests made after the completion of the match shall not be entertained.

2.16 MISCELLANEOUS RULES

2.16.1 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 Chief Referee shall consult amongst themselves to find a suitable solution thereto.

2.16.2 Amendments to, or abolition 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 Referees' Council, and submittal to the Directing Committee for approval.

2.16.3 These Rules shall be effective as of [], 2000, and shall be enforced as of that date. These Rules are entirely based on the previous "Rules of Ippon Shobu" issued by the World Koshiki Karatedo Federation, effective from 29 November, 1981, and amendments and additions made at subsequent World Koshiki Karatedo Federation Championships as follows:

[

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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 layer 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 (s) 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.]

3. THE RULES OF JUDGING OF KUMITE COMPETITION

3.1 PURPOSE

3.1.1 These Rules are instituted for the purpose of ensuring 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.

3.2 METHODS OF DECISION

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

3.3 METHODS OF JUDGEMENT

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

3.3.2 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.

3.4 POWER AND DUTY OF THE CHIEF REFEREE

The Chief Referees powers and duties shall include the following: -

- to ensure 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.;
- to decide in advance the allocation and appointment of referees and judges; and
- to pass any final judgement 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.

3.5 POWER AND DUTY OF THE DEPUTY CHIEF REFEREE

- 3.5.1 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 honour and responsibility the powers and duly discharge the duties thus devolving upon him.

3.6 THE POWER AND DUTY OF REFEREES AND JUDGES

The referees and judges shall be vested with the following powers:-

- (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 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 judgement by means of flags, and exercise their right to express their decision or view. The voting right of a judge shall be one point.

3.7 STARTING, SUSPENDING AND ENDING MATCHES, AND ANNOUNCING

- 3.7.1 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*".
- 3.7.2 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 return 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*".

- 3.7.3 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*). Returning 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 *waza-ari* 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*".
- 3.7.4 When time up is with no *ippon* having been scored during the match, the referee shall announce "*yame soremade*", order the contestants to return to their positions (*motono ichi*), and then return to his/her own designate position. Having allowed the judges time to weigh their judgement, 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 judgement must be made according to the opinion of the referee.
- 3.7.5 When faced with the situations described below, 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 during which the match is delayed.
- (a) 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.
 - (b) when the referee orders a contestant to adjust his/her uniform or Super Safe Guard armour.
 - (c) 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.
 - (d) 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 contestant's opponent *ippon*.
 - (e) 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.

- (f) 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.
- (g) when he/she has observed an *ippon* or *waza-ari*.
- (h) when he/she has noticed that a contestant is about to commit or has committed a prohibited act or technique.
- (i) when he/she has noticed the injury or illness of a contestant before the referee notices it.
- (j) when both or either of the contestants have moved out of the match area.
- (k) in other cases when he/she deems it necessary to call the attention of the referee.
- (l) each judge shall continuously evaluate the relative excellence of the contestants and form his/her opinion independently.
- (m) when the referee calls "*hantei torimasu*", each of the judges shall express his/her opinion in the prescribed manner.
- (n) the timekeeper shall give signals by a gong or buzzer indicating 30 seconds remaining and announce "*ato san ju byo*".
- (o) 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.

3.8 PROTESTS TO THE ARBITRATOR AND REVISION OF DECISIONS

- 3.8.1 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, a revision or confirmation of the decision must be made by the referee in consultation with the judges.

3.9 POWER OF THE CHIEF ARBITRATOR

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

3.10 POWER AND DUTY OF THE DEPUTY ARBITRATOR

3.10.1 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.

3.11 ARBITRATOR

3.11.1 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. In the event that he/she finds the decision patently unreasonable, he/she may demand the panel of judges to review the decision.

3.11.2 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

3.11.3 When a full panel of judge 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.

3.12 OTHER MATTERS

3.12.1 Matters relating to judgement not prescribed in these Rules and the Rules for Operation shall be discussed amongst the judges and the decisions thereby reached shall be referred to the arbitrator of the match and the Chief Referee for approval.

4. THE CONDITIONS FOR OPERATING THE JUDGING RULES

- 4.1.1 When a judge signals (by flags) an effective technique executed by one of the opponents, the referee may ignore the signals and continue the match. When both judges signal likewise, however, the referee must acknowledge their opinion and render a judgement 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.
- 4.1.2 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.
- 4.1.3 When the contestants have stepped out of bounds, the match shall continue until the referee orders it to be halted.
- 4.1.4 The power of the arbitrator as match supervisor shall include supervision, inspection and director of the time, record and scorekeepers.
- 4.1.5 Records kept of the match shall become official records subject to the approval of the arbitrator.
- 4.1.6 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.
- 4.1.7 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 then fall upon the referee to take necessary precautions to prevent injuries or confusion.
- 4.1.8 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.
- 4.1.9 The terms and signals to be used by the referee and judges shall be those set out in Appendix C.

- 4.1.10 The signals to be made with the flags by the judges during the match shall be as specified in Appendix C.
- 4.1.11 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.
- 4.1.12 In the case of an injury to the contestants, the referee shall at once halt the match and take appropriate steps to provide the injured contestant with prompt and effective treatment.
- 4.1.13 In case a contestant is deemed to be unable to continue with the match owing to an injury or for 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.
- 4.1.14 All international referees and judges should be certified by a recognized medical authority in C.P.R. and First Aid.

5. THE RULES OF KATA CONTEST

5.1 CONTEST AREA

- 5.1.1 In general, the same match area conditions that apply to *shiai* matches should also apply to kata contests.
- 5.1.2 If the conditions referred to in Rule 5.1.1 cannot be met, the Chief Referee shall make alternative arrangements that adhere to such Rule as closely as possible.

5.2 ATTIRE

- 5.2.1 The attire to be worn by contestants, referees and judges shall be identical to that set out in the *shiai* competition Rules.
- 5.2.2 Any person who fails to comply with the above may, at the discretion of the Chief Referee, be disbarred from participation in the contest.

5.3 ORGANIZATION OF THE CONTEST

- 5.3.1 The kata contest shall consist of individual contests.
- 5.3.2 The contest shall be divided into the following categories:
- Junior Female
 - Junior Male
 - Senior Female
 - Senior Male
- 5.3.3 For the elimination round, a *Toroku* Kata (Registered Kata) shall be performed. In the following rounds, a different *Tokoru* Kata must be performed..
- 5.3.4 The list of *Tokuru* Registered Kata shall be updated regularly by the World Koshiki Karatedo Federation.

5.4 JUDGING PANEL

- 5.4.1. The contest shall be conducted at the hands of one referee and four judges previously selected by the Chief Referee. If there are insufficient judges, the Chief Referee may elect to appoint one referee and two judges.
- 5.4.2. The referee shall be seated in the front central position, while the judges shall take positions in each of the four corners.

5.5 CONTEST OPERATION

- 5.5.1 The contest shall proceed in the following manner. When a contestant's name is called by the announcer, 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.
- 5.5.2 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*), withdraw and bow again on exiting the contest area.
- 5.5.3 All matters relating to the match during its conduct shall be handled under the exclusive direction of the referee.

5.6 VICTORY AND LOSS

- 5.6.1 The result of each contestant shall be determined by adding the points awarded by each member of the judging panel. Each judge shall have up to ten points to award to each contestant, in a mark range previously designated by the referee.
- 5.6.2 The highest and lowest scores, respectively, awarded to each contestant by a member of the judging panel shall be subtracted prior to adding the total score. The score awarded by the referee shall not be eliminated.
- 5.6.3 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. The sole criteria for selection to proceed to the next round, or final round, will be the scores calculated using the above process.
- 5.6.4 In the event of a tie for a placing, the eliminated scores of the tied contestants will be compared to determine the result. Firstly the lower scores eliminated shall be compared.

If there is still no result, the higher score eliminated shall be compared. In the event that the results are still tied, the tied contestants shall be requested to perform a further kata to determine the outcome. This kata shall be a Tokui Kata (Favourite Kata) that must be taken from the Toroku list (registered kata) of Katas, and shall be judged according to the standard criteria.

5.7 CRITERIA FOR JUDGEMENT

5.7.1 All judgement shall be made and passed in compliance with the criteria contained in Rules 5.4 and 5.5.

5.8 RULE VIOLATION AND DISQUALIFICATION

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

5.9 PROTEST AND OTHER MATTERS

5.9.1 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.

5.9.2 If the arbitrator feels the protest is justified, he or she can request the judging panel to explain its decision and/or review it.

5.9.3 The decision of the arbitrator shall be final.

5.9.4 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.

6. THE RULES OF JUDGING KATA CONTESTS

6.1 PURPOSE

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

6.2 METHOD OF JUDGING

6.2.1 A match shall in principle be attended by one referee and four (4) judges. In addition, Announcers, Record Keepers and Contest Expeditors shall be available to ensure smooth contest operation.

6.2.2 ANNOUNCERS. An announcer serving a contest shall inform the Recorders, in a 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.

6.2.3 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.

6.2.4 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) ensure impeccable order in the contest area; and
- (e) any other matter which may be considered necessary by the organizing authorities.

6.2.5 The contestants are required to perform *Toroku* Kata (Registered Kata) according to the Kata Contest Rules.

6.2.6 *Hantei* (Decision) of the Judging Panel: -

- (a) all judges shall, at the signal of the referee, simultaneously indicate the *hantei* points awarded, which shall be in a range designated by the referee;
- (b) 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.

6.3 CRITERIA FOR JUDGEMENT

6.3.1 The following criteria are the basis for judgement of a kata performance (*kata no hantei no yoso*):-

- (a) the performer's manner and attitude (*reigi saho to taido*);
- (b) the performer's expression of his/her level of achievement in martial arts training (*tanren no do-ai*);
- (c) the performer's focus, technical strength and completeness of execution (*kime to zanshin*);
- (d) the performer's expression of inner fighting spirit (*seishin ryoku*); and
- a. (e) the harmony and rhythm of a contestant's performance (*choshi*).

6.4.2 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*. 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.
- (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 than defensive ones; and
- (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.

6.4 FOUL AND DISQUALIFICATION

- 6.4.1 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.

6.5 OTHER MATTERS

- 6.5.1 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.
- 6.5.2 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.

7. THE RULES OF KATA BUNKAI KUMITE CONTEST

7.1 CONTEST AREA

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

7.2 ATTIRE

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

7.3 ORGANISATION OF THE CONTEST

- 7.3.1 The Bunkai Kumite consist of a team contests, each team made up of three individuals.
- 7.3.2 The contest shall be held in one category only.
- 7.3.3 For the elimination and final rounds, a Toroku Kata (Registered Kata) shall be performed. The list of Registered Kata shall be updated regularly by the World Koshiki Karatedo Federation.
- 7.3.4 Kata Bunkai Kumite includes the technique of Juho (soft way, throwing (nage), arm lock (gyaku) techniques), Goho (hard way, blocking (uke), punching (tsuki), striking (ate) and kicking (keri)), and Bukiho (Weapons techniques using both Bo and Boken) and must be performed in the order described.
- 7.3.5 The defending contestant should be unarmed for the performance.
- 7.3.6 The defending position must be changed between the contestants of the Team as all three members of the team must perform in both offensive and defensive positions.

7.4 JUDGING PANEL

7.4.1 The contest shall be conducted at the hands of one referee and four judges previously selected by the Chief Referee. If there are insufficient judges, the Chief Referee may elect to appoint one referee and two judges.

7.4.2 The referee shall be seated in the front central position, while the judges shall take positions in each of the four corners.

7.5 CONTEST OPERATION

7.5.1 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.

7.5.2 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).

7.5.3 All matters relating to the contest during its conduct shall be handled under the exclusive direction of the referee.

7.6 VICTORY AND LOSS

7.6.1 The result of each team shall be determined by adding the points awarded by each member of the judging panel. Each judge shall have up to ten points to award each team, in a mark range previously designated by the referee.

7.6.2 The highest and lowest scores, respectively, awarded to each team by a member of the judging panel shall be subtracted prior to adding the total score. The score awarded by the Main referee shall not be eliminated.

7.6.3 At the end of the elimination round, a pre-determined number of teams 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.

7.6.4 In the event of a tie for a placing, firstly the scores of the referee will be compared to determine the result. Secondly the lower scores eliminated shall be compared. If there is still no result, the higher scores eliminated shall be compared. In the event that the results are still tied, the tied teams shall be requested to perform once again Kata Bunkai Kumite to determine the outcome. This Kata Bunkai Kumite shall be judged according to the standard criteria.

7.7 CRITERIA FOR JUDGEMENT

7.7.1 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.

7.8 RULE VIOLATION AND DISQUALIFICATION

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

7.9 PROTESTS AND OTHER MATTERS

7.9.1 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.

7.9.2 If the arbitrator feels the protest is justified, he or she can request the judging panel to explain its decision and/or revise it.

7.9.3 The decision of the arbitrator shall be final.

7.9.4 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.

8. THE RULES OF JUDGING KATA BUNKAI KUMITE CONTEST

8.1 PURPOSE

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

8.2 METHOD OF JUDGING

8.2.1 A match shall in principle be attended by one referee and four (4) judges. In addition, Announcers, Record Keepers and Contest Expeditors shall be available to ensure smooth contest operation.

8.2.2 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.

8.2.3 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.

8.2.4 CONTEST EXPEDITERS. A contest expediter 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.

8.2.5 The contestants are required to perform "Toroku" Kata (Registered Kata) according to the Kata Bunkai Kumite Contest Rules.

8.2.6 Hantei (Decision) of the Judging Panel

- a) 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.

- b) 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.

8.3 CRITERIA FOR JUDGEMENT

8.3.1 The following criteria are the basis for judgment of a Kata Bunkai Kumite performance (kata bunkai kumite no hantei no yoso):

- a) The performers manner and attitude (reigi saho to taido);
- b) The performers expression of their 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 the contestants' performance (choshi).
- f) The difficulty level of the techniques used, in particular, the use kicks.

8.3.2 In addition the judging panel should consider the performers' 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. 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.
- 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. How well are the body dynamics related to the effectiveness of the technique.

- f) Waza no yu retsu. Technical excellence
- g) ()Technical realism, ()proper execution
- h) ()Timing and distance.
- i) ()Natural flow.
- j) Three minds: Zenshin (preparatory mind), Tsushin (concentration mind) and Zanshin (mind of completion)

8.4 FOUL AND DISQUALIFICATION

- 8.4.1 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.

8.5 OTHER MATTERS

- 8.5.1 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 Kumite Competition.
- 8.5.2 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.

9. CLASSIFICATION OF INTERNATIONAL REFEREES AND JUDGES

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

9.1 Master Referee

- 9.1.1 May referee, arbitrate or judge at any W.K.K.F Championships. Can act as Chief Referee for any W.K.K.F. World Championships.
- 9.1.2 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.
- 9.1.3 Master Referees official W.K.K.F. Referees Crest will be gold, red and black in colour.

9.2 Senior Referee

- 9.2.1 May referee, arbitrate or judge at any W.K.K.F. Championships. Can act as Chief Referee at any W.K.K.F. International Championships.
- 9.2.2 Must have a minimum grade of Godan, be at least 30 year of age, have a minimum of 12 years karatedo experience, and must have been an A Grade Referee for at least 3 years.
- 9.2.3 Senior Referees official W.K.K.F. Referees Crest will be silver, red and black in colour.

9.3 A Grade Referee

- 9.3.1 Referee, arbitrate or judge at any W.K.K.F. Championships.
- 9.3.2 Must have a minimum grade of Yondan, be at least 27 years of age, have a minimum of 9 years karatedo experience, and must been a B Grade Referee for at least three years.

9.4 B Grade Referee

- 9.4.1 Referee or judge at W.K.K.F. Championships.
- 9.4.2 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.

9.5 C Grade Referee

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

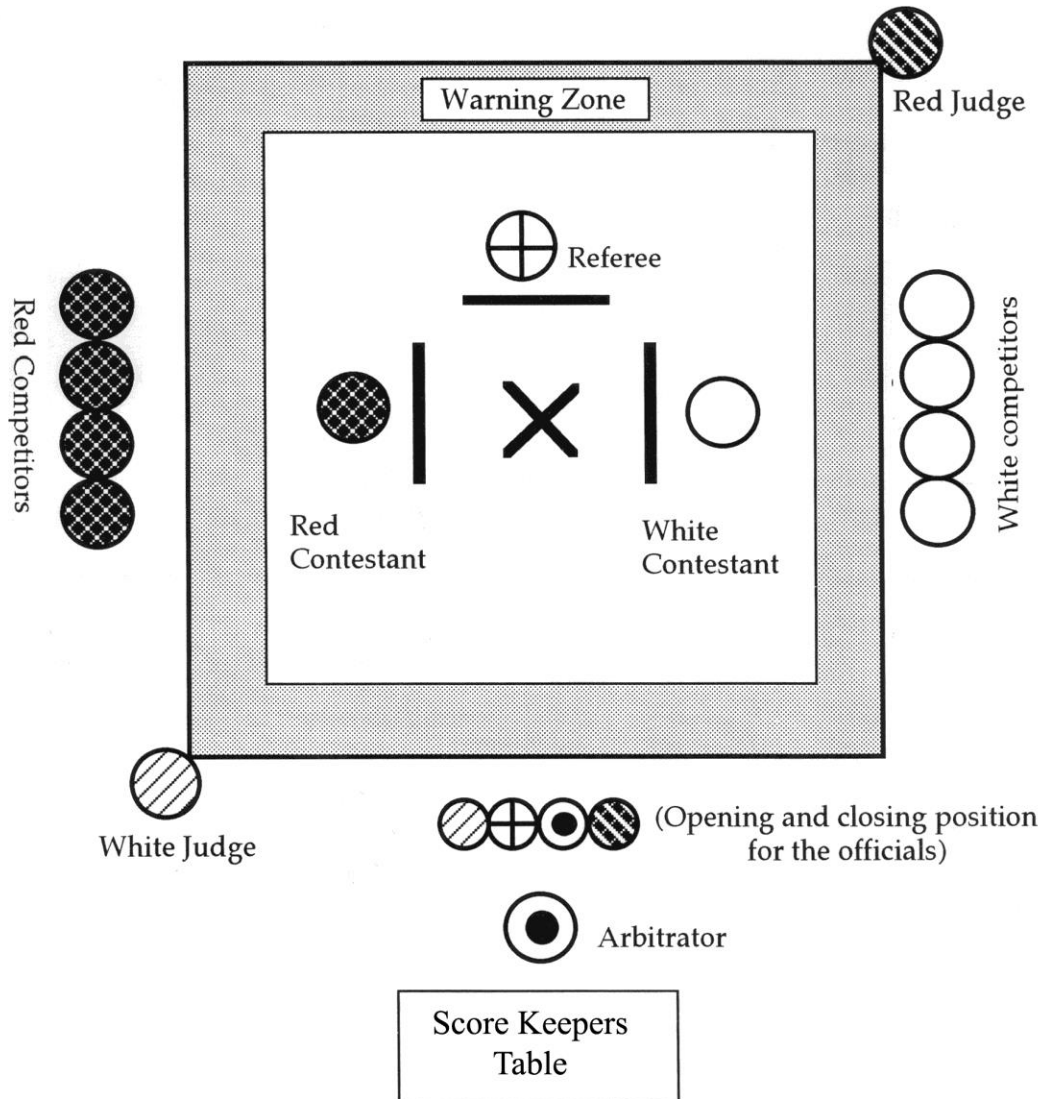
9.5.2 Must have a minimum grade of Nidan, be at least 21 years of age, have a minimum of 3 years karatedo experience, and must have been certified as a Referee by a National Koshiki organization for at least two years.

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

9.5.4 A Referee's certification shall be valid for two years from the date of issue. Updated certification must be obtained in order for a Referee to continue to have refereeing privileges.

APPENDIX A

THE MATCH AREA AND THE POSITIONING OF THE REFEREE, JUDGES AND ARBITRATOR



- 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 0.05m away from the corner of the contest area.

APPENDIX B

TARGET AREAS AND MAJOR SCORING TECHNIQUES

CONTROLLED CONTACT TARGETS

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	Chuda
TARGET	Top & Back of Head Neck	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

CLASSIFICATION OF MAJOR SCORING TECHNIQUES

GENERAL – Based on Motion

<i>Tsuki Waza</i>	Punching Techniques
<i>Keri Waza</i>	Kicking Techniques
<i>Uchi Waza</i>	Striking Techniques
<i>Ate Waza</i>	Hitting Techniques

SPECIFIC SCORING TECHNIQUES

***Tsuki Waza* - Punching Techniques**

<i>Tate Ken</i>	Vertical Fist
<i>Yoko Ken</i>	Horizontal Fist
<i>Gyaku Ken</i>	Reverse Fist

***Keri Waza* – Kicking Techniques**

<i>Jo Sokutei</i>	Ball of Foot
<i>Ka Sokutei</i>	Heel of Foot
<i>Sokuto</i>	Edge of Foot
<i>Sokko</i>	Instep

***Uchi Waza* – Striking Techniques**

<i>Shuto</i>	Knife Hand
<i>Haito</i>	Ridge hand
<i>Haishu</i>	Back Hand
<i>Shotei</i>	Heel of Palm
<i>Uraken</i>	Back Knuckle Fist
<i>Kentsui</i>	Hammer Fist

***Atte Waza* – Hitting Techniques**

<i>Empi</i>	Elbow
<i>Hiza</i>	Knee

APPENDIX C

THE TERMS AND THEIR MEANINGS AND THE METHODS OF SIGNALLING USED BY 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 palms outwards towards the shomen
2. Shinban ni Rei	Bow to the referee	The referee turns his/her palms inwards, bringing them in 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 (<i>shuto</i>)
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 scoring the number of points (1-5)
13. Tsuzukete hajime	Resume; begin	Referee, in the prescribed position, withdraws his leg (<i>zenkutsu-dachi</i>) and closes 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 timekeeper to subtract the time
17. Soremade	That is all	Time is completed; referee pushes his/her palms forward in front of his/her face, palms outwards
18. Hantei Torimasu	Judgement	The referee requests 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 hand showing to the front. The arms are stopped in a low, half open position
20. Enchosen	Extension	Match reopened with the command " <i>enchosen hajime</i> "
21. Sai Enchosen	Final extension	Match reopened with the command " <i>sai-enchosen hajime</i> "
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 belly of offending contestant then awards waza-ari to the opponent
31. Hansoku	Foul	Referee points to the face of the offender, then awards ippon (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 the outside of the contest area, then awards victory to the opponent
34. Fukushin shugo	Judges assemble	Referee calls the judges to conference; signalling 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), the circles his/her hands in front of his/her own stomach
36. Mukogeki chui	Penalty for stalling	Referee points at the stomach of the offender(s) then circles hands in front of own stomach and awards waza-ari to the opponent
37. Taijo	Leave the contest area	Referee pushes hands out to sides, palms outwards
38. Suwatsute	Sit	Referee pushes palms downwards towards the floor
39. Tatsute	Stand	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 left hand to the two point 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 point position and 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 point position and left hand to the four point 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 point position and left hand to the one point position.
44. Nukeru	Technique passed through the target	Referee indicates that a technique passed through the target
45. Soreru	Technique missed the target	Referee indicates that a technique missed the target
46. Uketeru	Blocked technique	Referee indicates that a technique was blocked by the opponent

REFEREE TERMINOLOGY AND HAND SIGNALS

THE METHODS OF SIGNALLING AS USED BY THE JUDGES

TERM	MEANING	DEFINITION; DESCRIPTION OF THE JUDGE'S MOVEMENT
1. Teiichi	The judge's 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 floor repeatedly
9-11. Ai-uchi waza-ari	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 a 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 continuousl
19. Mukogeki	Stalling	Flags are circled in front of the chest
20. Kawasu	Avoid contestants	Judge stands and moves chair to avoid contestants

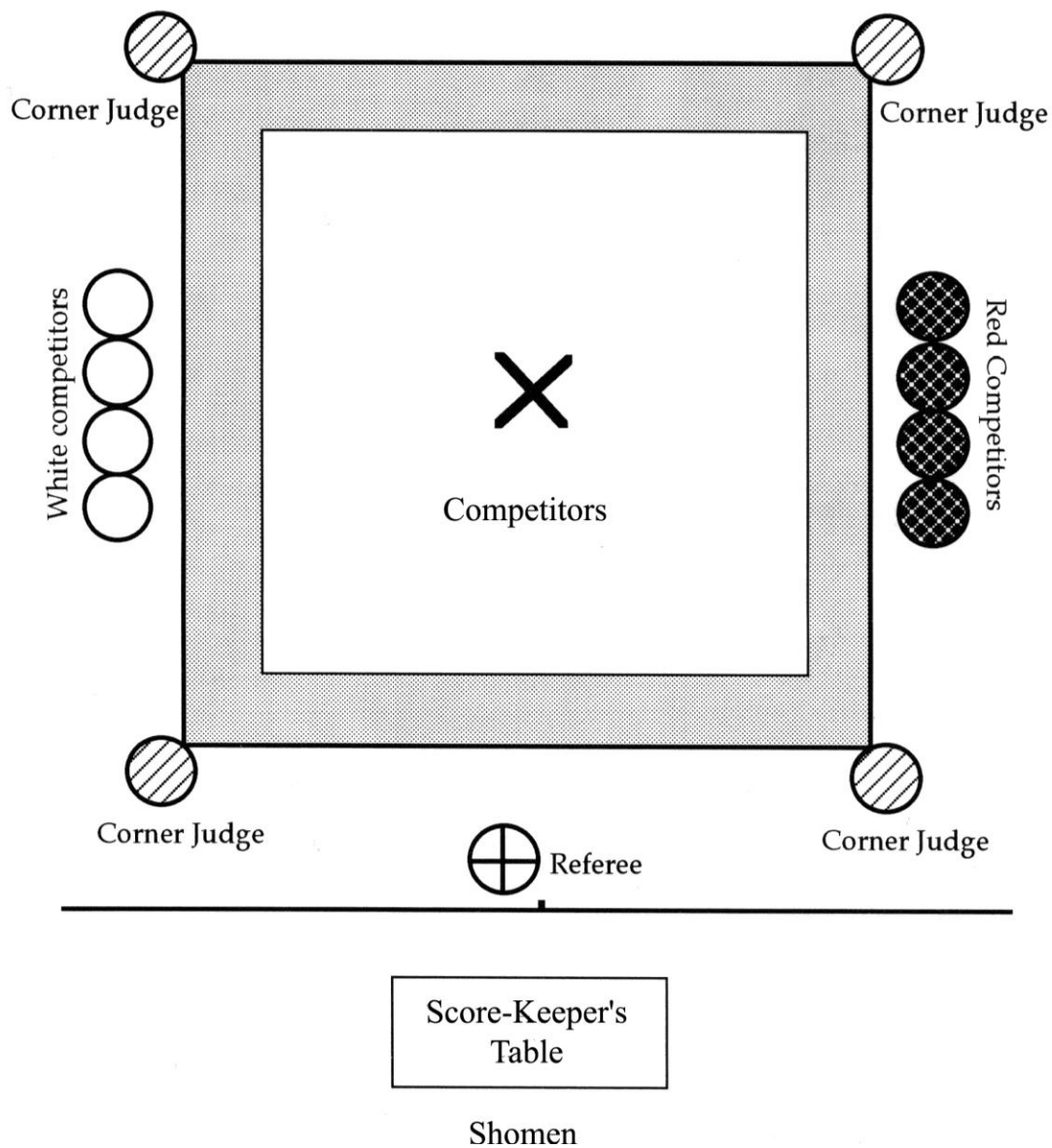
APPENDIX D
SCORING SYMBOLS

△	Tsuki	Punching
○	Keri	Kicking
□	Uchi	Striking
	Ate	Hitting
◎	Kachi	Winner
⊙	Make	Defeat
	Ippon	Win by full point
	Hantei	Win by decision
X	Hikiwaki	Draw
▽	Chui	Penalty for a foul
	Jogai	Out of bounds
□	Shikaku	Expulsion
	Hansoku	Foul
T	Jikan	Time

E	Enchosen	Extension
	Jodan	Upper level
	Chudan	Middle level
	Gedan	Lower level
	Kiken	Absence

APPENDIX E

KATA CONTEST AREA



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. Seipai
13. Saifua
14. Seienchin

15. Sanchin
 - Kudaka no Sanchin; Omote; Ura; Sanchin
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

APPENDIX G

WEARING THE HAKAMA

1. Hold the top portion of the Hakama at the front side, at waist height, in front of you.
2. Step into the Hakama, placing both legs in the appropriate positions.
3. Holding the front side of the Hakama, bring it up to waist height.
4. Taking hold of the cords of the front side, wrap these around your body and tie them at the rear.
5. Lift the back side of the Hakama, and position the solid portion under the obi(belt).
6. Take the strings of the rear side and wrap these around your body, tying them at the front.

APPENDIX H

FOUNDING MEMBERS OF THE W.K.K.F.

FOUNDING PATRONS & ADVISERS

Kaiso Dr. 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 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
Rensi R.V.T. Mani, Goju-Ryu, India
Sensei Katsuaki Sato, Kyokushin, Japan
Sensei Takashi Azuma, Kyokushin / Daidojuku, Japan
Sensei David Chan, Shorinjiryu Kenkokan, Singapore
Sensei Steve Bellamy, Okinawan Goju-Ryu, United Kingdom
Sensei Dr. Till Sturmer, Shorinjiryu Kenkokan, Switzerland
Sensei Curzio T. Marconi, Shorinjiryu Kenkokan, Switzerland
Shihan Hajime Ishikawa, Shorinjiryu Kenkokan, Japan
Shihan Alexei Sturhmin, Shorinjiryu Kenkokan, Japan
Shihan Luce Campbell, Shorinjiryu Kenkokan, Canada
Shihan George Manoli, Shorinjiryu Kenkokan, Canada

APPENDIX I

BACKGROUND INFORMATION ABOUT KOSHIKI KARATEDO

Koshiki Karatedo is both an old and a new form of karatedo competition. It is derived from armour used by the Japanese samurai. Due mainly to the cost of such equipment (essentially similar to Kendo body armour) 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 venue for karateka to test themselves and their abilities; at worst it becomes an almost academic game of tag.

NB The last sentence does not make sense

Perhaps its most serious deficiency is that the karateka has no real way of testing the strengths or weaknesses or his/her techniques, thereby sacrificing learning and development, without risking serious injury to the opponent. This is one of the primary reasons why some Okinawan styles have never entered non-contact tournaments. It is worth noting that non-contact karatedo competition was seen by many Sensei 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) 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 developed 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 of this competition system 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 since some restrictions do 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 foot pads. Thirdly, the emphasis in Koshiki Karatedo is to protect the targets, not the weapons, and thus there are no gloves or foot pads 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.

Tadashi Kondo
Founding Member, World Koshiki Karatedo Federation

APPENDIX J

INDIVIDUALS RESPONSIBLE FOR THE DEVELOPMENT OF SUPERSAFE GUARD EQUIPMENT

Inspiration & Advice

Kaiso Dr. Masayoshi Kori Hisataka

Inventor

So, Shihan Masayuki Kukan Hisataka

Technical Research Committee of the Federation of All Japan Karatedo Organizations

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 Kunikiko Tosa, Genseiryu Butokukai

Shihan Morio Higaonna, Okinawan Gojuryu

Shihan Michihara, Kenkyukai

Shihan Tadahiko Otsuka, Gojukensha

So, Shihan Masayuki Kukan Hisataka, Shorinjiryu Kenkokan

Other Major Supporters

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Sensei Shoichi Kojima, Shorinjiryu Kenkokan, Japan

Shihan Scott Brown, Shorinjiryu Kenkokan, Australia

Shihan Richard Bryant, Shorinjiryu Shibukai, Australia

Shihan Toru Yoshizawa, Shorinjiryu Shinbukai, Japan

Shihan Hajime Ishikawa, Shorinjiryu Kenkokan, Japan

APPENDIX K

DEVELOPMENT OF SUERSAFE 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, [what year?] 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 envisages and believes 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 paragraph needs updating

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 coloured mat, fully marked for the competition floor.

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, thereby 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 prevents 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 other's 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 colour 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.

NB Do you really want to say that there is assurance of no injury?

Super Safe Guard protective equipment was developed for and around karateka by karateka, not adapted 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 [*offers superior protection to*] 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.

NB Needs to be reworded

Super Safe Guard has reduced the high drop-out 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. A substantial increase in technical ability and skill has been observed over a shorter period of time by students beginning with Super Safe Guard protective equipment. They show superior judgement in distance, timing, focus and power control over advanced students not experienced in Anzen Bogu training. Reflex 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 which 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 Super safe Anzen Bogu; also focus power and timing are enhanced. The current trend seen in our non-contact tournaments of not scoring jodan keri 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 emi 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 remodelled around them.

By studying Super Safe Guard equipment in use at inter-dojos 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 cannot 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 adherence to the rules regarding controlled contact 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.

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 responses to both of these events was highly pleasing and favourable.

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 Russian 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.

NB Last 4 paragraphs require updating

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

NB Not sure what exactly Hanshi is trying to say in the last paragraph

Masayuki Hisataka
Inventor of Super Safe Guard Buda 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.

APPENDIX L

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APPENDIX N

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UNITED STATES	Shihan Michel Laurin Shihan John Gaddy Shihan Mega Martinez Shihan John Gaddy
VENEZUELA	Shihan Kunio Tanabe

APPENDIX O

DOJO KUN (SCHOOL PRINCIPLES)

1. Maintain propriety, etiquette, dignity and grace.
2. Gain self-understanding by tasting the true meaning of combat.
3. Search for pure principles of being truth, justice, beauty.
4. Exercise positive personality that is to say - confidence, courage and determination.
5. Always seek to develop the character further, aiming towards perfection and complete harmony with creation.

APPENDIX P

FREQUENTLY ASKED QUESTIONS

1. If one of the opponents has one foot within the boundaries of the Shiaijo and the other outside of the boundaries, under which circumstances can he score a point?

The Shiai Jo is to be considered as if it was elevated from the ground, therefore the validity of a technique is to be evaluated keeping the above under consideration. As one could technically still stand on the platform with one leg, techniques delivered by the other leg or with arms could be deemed valid under the following conditions:

- Provided that the technique is executed rapidly following his stepping out of bounds with one foot only and that it meets the required criteria for scoring, a technique could be scored under the following circumstances.
- - Any punching (*tsuki waza*), striking (*Uchi Waza*) or hitting (*Atte waza*) technique would be deemed valid, provided that the foot remaining inbounds does not leave the ground.
 - Any kicking (*Keri Waza*) technique delivered with the leg that is out of bounds can be deemed valid, once again provided that the leg remaining inbounds does not leave the ground.
 - Should the front leg leave the ground, the player would then be considered as out of bounds (*Jogai*) and given a *Jogai Chui*. His opponent would then receive a *waza ari*.

APPENDIX Q

RECORD OF SEMINARS & COURSES

Name:

Date of Birth:

Address:

Style:

Rank:

Chief Instructor:

DATE	PLACE COURSE	SEMINAR TYPE	DIRECTOR/EXAMINER