

The 3rd annual Alberta JKA-SKD Karate Tournament Events description

***JUNE 10, 2024: REGISTRATION DEADLINE**

Tournament Rules

Event Consolidation for Competitors

The tournament committee reserves the right to consolidate age, rank, and/or gender divisions in any tournament event as it deems necessary if there are not enough competitors in an event. Competitors may be moved up or down in age group, may be in a mixed gender group, or/and be with higher or lower ranks. The tournament committee will make decisions based on each case.

Team Kata:

Each team must consist of 3 contestants, any combination of Males or Females. Each competitor may only participate in one team kata.

FOR KATA

Guidelines for Flag System

- Competitors bow before entering the ring
- Competitors go to starting position
- Competitors bow to each other
- Head judge chooses a kata
- Head judge says the name of the kata
- Red bows and then says kata name - White bows and says kata name
- Head judge confirms - pause - says Yoi and then Hajime
- Competitors perform kata
- End of kata - Head judge says Naore
- Competitors bow after the kata
- Decision given - Aka/Shiro winner
- Competitors bow to each other and move back
- Competitors bow before exiting the ring

Guidelines for Point System

- Competitor bows before entering the ring
- Competitor goes to starting position, bows, and name kata
- Head Judge repeats kata
- Competitor starts on his own time and performs the kata
- Competitor returns to starting position on his own
- Decision/points - Scoring boards up - Scorekeeper announces score
- Head Judge repeats score to the competitor
- Head Judge whistle command to lower scoring boards
- Competitor move back and bow before exiting the ring

Tiebreak Rule for Jiyu Kumite

If there is a draw, another match will be held. This re-match is called Sai-Shiai. If this re-match ends up in a draw, a second re-match called Sai-Sai Shiai will be held as a “sudden death” match meaning that the competitor that scores first is declared the winner. In the event there is no score after a second re-match, the judges will determine a winner.

Criteria leading to Disqualification (Hansoku)

1. The following elements are forbidden:
 - a) Excessive contact, going beyond the target, “wild” swinging techniques.
 - b) Performing or intent to perform dangerous throws.
 - c) Grabbing, holding on, or wasting time by not attacking.
 - d) Using provocative language, attitude, gestures, verbal taunting, or not following the orders of a Judge.
 - e) Continuing to attack after a stop (Yame) or out of bounds (Jogai) is called.
 - f) Head butt attack or intent to use head butt attack.
 - g) Spear hand or Nukite attack to the eyes.
 - h) Purposely attacking the groin area or the joints.

Guidelines for Kihon-Ippon Kumite

Attacking Techniques

1. Punch to the face or Jodan Oi-Zuki: aiming for either just below the nose, or lower part of the chin.
2. Punch to the stomach or Chudan Oi-Zuki: aiming for the solar plexus.
3. Front kick to the stomach or Chudan Mae-Geri: using the back leg, aiming for the solar plexus.

NOTE: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.

4. There must be appropriate distance to attack. The attacking competitor steps the leg back and forms a downward block or Gedan-Barai. Each attack must be clearly announced before execution.

NOTE: For the execution of the front kick or Mae-Geri, both arms are extended downward to the side of the body.

5. After the completion of an attack and defense sequence, both competitors simultaneously return to the natural position or Shinzentai. The attacking competitor takes a step back to return to the natural position while the defending competitor takes a step forward to do the same.

Defensive Techniques

1. Any kind of blocking techniques and body shifting can be used.

2. Any kind of counterattack to the target areas can be used but only a single counterattack is allowed.

Additional points.

1. There is to be one sudden vocal release of energy or Kiai per attack and per counterattack.
2. From the natural position or Shizentai, the attack must follow a straight line forward and not follow the opponent who may have moved prior to completion of the attack. The foot of the attacking competitor that has stepped forward should end up positioned between the opponents' legs. Fundamental basic technique must be applied during the execution.

Prohibited Elements (Attack) for Kihon Ippon Kumite

1. Faking a movement in order to have the opponent move, and then attacking that opponent.
2. Lunging the body towards the opponent or taking more than one basic step forward to attack.
3. Face level and stomach level attacks that are executed with forceful motions such as pressing the arm downward while the opponent is executing a blocking technique.
4. Withdrawing the hand that is executing an attack too quickly without Kime.

Prohibited Elements (Defense)

1. Contact or hitting the attacking competitor other than the blocking technique that should be executed.
2. Any combination technique, sweeping the attacking competitor, any throwing techniques, or holds involving the joints.
3. During the execution of a blocking technique to the stomach, block to the other competitors elbow joint.
4. During the execution of a blocking technique to the face, any forceful motions that may cause a loss of balance of the attacking competitor.
5. During execution of a blocking technique to the stomach, use of any forceful downward motions.

Withdrawing the hand that is executing a counterattack too quickly without Kime. ***Guidelines for Jiyu-Ippon Kumite***

Attacking Techniques.

1. Punch to the face or Jodan Oi-Zuki: aiming for either just below the nose, or lower part of the chin.
2. Punch to the stomach or Chudan Oi-Zuki: aiming for the solar plexus.
3. Front kick to the stomach or Chudan Mae-Geri: using the back leg, aiming for the solar plexus.

Note: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.

4. There must be appropriate distance to attack. Each attack must be clearly announced before execution.

Defensive Techniques

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counterattack to the target areas can be used but only a single counterattack is allowed.

Additional points.

1. An attack or defensive technique can only be used once.
2. There is to be one sudden vocal release of energy or Kiai per attack and per counterattack.
3. When there is proper distance or Maai to attack, the competitor must initiate that attack. It has been seen that proper distance or Maai has been reached and no attack is initiated. This must not be done.
4. The defending competitor must not back away creating a longer distance from the attacking competitor.
5. Faking a movement or Kensei is not allowed.

Prohibited Elements (Attack)

1. Distance is too short, and lunging the body towards the opponent.
2. Withdrawing the attack hand too quickly without Kime.
3. Contact or hitting the opponent.
4. Blocking or shifting the body during the counterattack.
5. Grabbing or holding the opponent.

Prohibited Elements (Defense)

1. Stepping out of the ring three times. A caution or Keikoku is given for the first time, a warning or Chui is given for the second time and a disqualification or Hansoku is give for the third time.

Blocking and counter attacking at the same time.

FOR KUMITE

Adult Shobu Ippon Kumite. Each match is 2 minutes stop time JKA rules.

PLEASE READ

Contestants must wear a white karate gi.

Female competitors may wear a plain white T-shirt beneath the Karate jacket.

Contestants must have short fingernails and must not wear metallic or other objects, which might injure their opponents and/or themselves. The use of metallic teeth braces must be approved by the Referee and the Official Doctor. **The contestant accepts full responsibility for any injury.**

Glasses are forbidden. Soft contact lenses can be worn at the contestant's own risk.

The following protective equipment are compulsory:

- Mitts (JKA approved or similar design)
- Gum shield
- Groin Guards (male)

The following protective equipment are allowed:

- Breast protector for women
- Chest protector for under 18 years old

Hair: tied back (male & female). Nails: short. No glasses, jewelry, body piercing ornaments, verbal retaliation.

In KATA, a discreet hair clip is permitted. Ribbons and other decorations are prohibited.

In KUMITE matches hair slides are prohibited, as are metal hair grips.

At the discretion of the chief judge, the competitors may default to a kata known to both.

Judges : Please bring your own whistle and wear a JKA tie (or a red tie).

The wearing of unauthorized clothing or equipment is forbidden

3rd Alberta JKA-SKD Karate Tournament

Event Information

Rank categories	Kata		Kumite
	Eliminations	Medal rounds Team kata	Eliminations and finals
White - Red 11,10,9 Kyu	Taikyoku 1 (Flags)		Kihon Sanbon (3 steps) Jodan, Chudan Migi if tie
Yellow 8 Kyu	Taikyoku 1 (flags)	Taikyoku 1 (Flags)	Kihon sanbon (3 steps) Jodan, Chudan Migi if tie
Orange 7 kyu	Taikyoku 1 or Heian 1 (Flags)	Heian 1 (Flags)	Kihon sanbon (3 steps) Jodan, Chudan Migi if tie
Green 6 Kyu	Heian 1 or 2 (Flags)	Heian 1 or 2 (Flags)	Kihon Ippon (1 step) Jodan, Chudan, Chudan Maegeri Migi if tie 18 + Shobu Ippon (1 point - 2 mins stop time)
Blue-Purple 5-4 Kyu	Heian 1, 2, 3 or 4 (Flags)	Heian 3 or 4 (Flags)	Kihon Ippon (1 step) Jodan, Chudan, Chudan Maegeri, Migi if tie 18 + Shobu Ippon (1 point - 2 mins stop time)
Brown 3-1 Kyu	Heian 2, 3, 4, 5 or Tekki 1 (Flags)	Heian 5, Tekki 1 or Sentei (Bassai Dai, Kanku Dai, Jion, Enpi) (Flags or Scoring)	Jiyu Ippon Jodan, Chudan, c. Maegeri, c. Kekomi, Jodan Mawashi geri (Migi if tie) 18 + Shobu Ippon (1 point - 2 mins stop time)
Black Dan	Sentei (Bassai Dai, Kanku Dai, Jion, Enpi) (Flags)	Choice/Tokui kata (Flags or Scoring)	(8-17) Jiyu Ippon 18 + Shobu Ippon (1 point - 2 mins stop time)
50+ Brown and Black	Kata of choice (Scoring)		Shobu Ippon (1 point - 2 mins stop time)

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Waiver release form

Competitor's last name: _____ First name: _____

Date of birth: ____/____/____ Dojo: _____ Rank: _____ Gender: _____
month/ day / year

Upon the acceptance of my participation in the 3rd Alberta JKA-SKD Karate Tournament to be held on June 22, 2024 I hereby assure that:

1. I am physically, mentally and emotionally fit to participate in a karate tournament, and I have prepared for my events.
2. I will abide by the tournament rules and make every effort to exercise good sportsmanship.
3. I will respect the decisions of the judges, even if I, or one of my family members, do not win.
4. I hereby release and hold harmless Lilia Boaghi, JKA Karate-Do EMPOW LIL Academy and Daniel Verzotti, Airdrie JKA Karate, Goshindo karate Inc., Alberta JKA Karate Association, the judges, contestants, volunteers, and all individuals and groups associated with the tournament from all responsibility resulting from any injury or disability we may sustain while participating in this event.
5. I confirm that I have no past or present medical condition, injury or other physical or mental restriction which may cause or contribute to personal injury or property damage while participating at the 3rd Alberta JKA-SKD Karate Tournament and if in case I have such a condition, I agree to forthwith nullify the releases, as the case may be, and withdraw from the event.

There is a risk of injury from the activities involved in this program. I freely assume all risks and acknowledge full responsibility for my participation. I willingly agree to comply with the stated terms and conditions for participation.

My signature below confirms that I have carefully read the above and agree to all the conditions.

Competitor's signature: _____

Parent/guardian's signature: _____
(Required for participants 17 years old or younger)

Witness: _____ Signed on ____/____/____
month/ day / year