

Categories		White/ Blanche	Yellow/ Jaune	Orange	Green/Vert	Blue/Bleu Purple/Mauve	Brown/ Brune	Black/Noir
Rank		9 kyu	8kyu	7 kyu	6 kyu	5-4 kyu	3 - 1 kyu	Dan
Individual Kata Eliminations		Taikyoku1 or Heian 1	Heian 2	Heian 3	Heian 2,3,4	Heian 3,4,5	Heian 5, Tekki 1	Bassai Dai, Kanku Dai, Empi, Jion
Finals						Heian 5 or Tekki 1	Choice	Choice
Individual Kumite		Basic 3 step	Basic 3 Step	Basic 1 step	Basic 1 step	Basic 1 Step & Semi-free	Semi-free & Free	
		Sanbon Kumite	Sanbon Kumite	Kihon Ippon	Kihon Ippon	Kihon Ippon & Jyu Ippon	Jyu Ippon & Shobu Ippon	
Attacks/ Attaques		Jodan Chudan if tie	Jodan Chudan if tie	Jodan & Chudan migi if tie	Jodan (J) Chudan (C) Maegeri (M) Kekomi(K)			
8-11 mixed/ mixtes					JCM 1 side/côté	Basic Ippon JCM 1 side/côté	Jyu Ippon JCMK	Jyu Ippon JCMK
12-17 mixed/ mixtes					JCM 1 side/côté migi if tie	Basic Ippon JCMK migi if tie	Jyu Ippon JCMK	Jyu Ippon JCMK
18&up adult men/ hommes & women/ femmes					JCMK migi if tie	Jyu Ippon JCMK migi if tie	Shobu Ippon Kumite	Shobu Ippon Kumite (1point/ 2min)
TEAM KATA		Taikyoku1 Heian 1	Heian 2	Heian 3	Heian 4	Heian 5 , Tekki 1	Choice	Choice
TEAM KUMITE en Equipes								18 & up adult 3 men or 3 women

There will be a separate category for shodans. The top 2 shodans will join the Nidan & up eliminations. The final match for first place in adult kumite will be Shobu Sanbon Kumite (3 points - 3 minutes). A student cannot be on 2 team katas. Judges - bring whistle & JKA tie.

Hand covers - ONLY white, conservative Mouth guard Shin guards - none Arm protection - none

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