

Kata Rules

1. Katas will be judged on balance, focus, and intensity. Power, speed, and sharpness of movement when appropriate. Soft, slow, and smooth movements when appropriate. Correct breathing, correct stances, and correct weight distribution. Smooth and even transitions between stances, correct tension and focus, and unwavering concentration.

2. Open hand katas are allowed but flashy jumps and flips will not earn more points.

3. All kata competitors will be required to wear appropriate uniform.

4. If competitor has to start kata again, one full point will be deducted. No third restart. Any judge may deduct points for any pause, loss of balance or stumble.

5. Weapons kata will be judged with the same criteria as open hand kata, but usage of the weapon is mandatory (ie. Blocks and strikes with said weapon).

6. If a weapon is dropped, the competitor will be disqualified.