

## **KATA RULES**

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- Kata competition takes the form of team and individual matches. Team matches consist of competition between three person teams. Each team is exclusively male or exclusively female. The individual Kata match consists of individual performance in separate male and female divisions.
- Kata competition may be conducted using the flag system of judging. Unless otherwise decided by the Tournament Director and Chief Referee, the flag system shall always be used.
- The winner of the first round will move to second round.
- The elimination system with repechage shall be applied at USA KARATE Signature Events.
- Any traditional karate kata maybe performed in kata divisions with the exception of weapons kata (kobudo), which can only be performed in weapons kata divisions.

Variations as taught by the contestant's school of Karate will be permitted.

## **KATA EVALUATION**

### **1. Technical Performance**

- a. Stances
- b. Techniques
- c. Transitional movements
- d. Timing/Synchronization
- e. Correct Breathing
- f. Focus (kime)

### **2. Athletic Performance**

- a. Strength
- b. Speed
- c. Balance
- d. Rhythm
- e. Technical difficulty of the kata