

Power of Won Karate - Tournament Rules

Uniform: Traditional white Gi is to be worn.

Judges/Referees: There will be a least two judges to each score an individual's KATA out of 100. When judging kata, the following items will be considered: Knowledge, fluency, timing, strength and correctness of techniques, complexity of movements, age, rank, kias and embusen.

For Kumite and Sumo Wrestling there should be two Shimpan (Referees). With only one centre Shimpan taking control of a particular match. The other Shimpan should be there to mirror, assist and support in any matters of concern or question.

Ring or Fighting arena: This will be 5m x 5m. or 6m x 6m rings/ arenas (Kumite and Sumo).

Match Times: Sumo Wrestling and Kumite bouts will be for 60 seconds - may be 90 seconds depending on age, rank or event.

Scoring/Points: One half of a point (Wazari), one full point (Ippon) or a Match point may be given.

*All competitors will compete in at least two Sumo Wrestling or Kumite matches. Competitors with sufficient amount of tallied points between two matches will qualify to then be involved in a knockout type scoring system. Therefore, if a competitor scores fewer points than their opponent after their second match (third or more) they will automatically be eliminated. Please refer to kumite, or Sumo Wrestling rules for a list of techniques needed to earn points. The first competitor to reach 3 points will win the match. If 3 points are not reached within the given time, then the competitor with the most tallied points wins the match. In the event of a tie, at the conclusion of time, the match will continue until the point is awarded. The competitor who is the first to be awarded with any point will then be declared the winner.

Illegal Techniques: Please refer to Kumite and Sumo Wrestling rules.

Warnings/ Point Deduction: Please refer to Kumite and Sumo Wrestling rules.

Miscellaneous:

- The following items are COMPULSORY- 1) Mouthguards 2) Groin Protectors 3) Breast Protectors (if necessary) 4) Handmits (Kumite only)

Without the above mentioned items, a competitor is unable to participate in the Sumo Wrestling or Kumite areas of the Tournament.

- Competitors will compete against other competitors of the allocated (similar) age division. Therefore, competitors may compete against other competitors of different rank or of different sex.
- Remember to bow to the Shimpan and your opponent at the start and end of each match.
- Remember to shake your opponents hand and to aim to enjoy each and every match, irrespective of the score. Always remember: to compete is to win! Give it your best and enjoy the day.



Sumo Wrestling (All Ages)

Two opponents bow into the ring, walk to the kamae (fighting stance) line, bow to the Shimpan (Referee) then to their opponent. The Shimpan will motion for the two competitors to go into a kiba dachi (horse riding) stance and on the Shimpan's signal, the wrestle begins. Both competitors endeavour to get the other to step out of the ring, or to the other to fall to their knee, hand or body to the mat. The Shimpan will award one and a half a point every time one of these factors occurs. A match will go for one minute. If the Shimpan stops the match for any reason, the timer will stop and then re-start on his signal. A match concludes, 1) at the end of the 60 seconds period, 2) If a competitor reaches three full points before the 60 second time period or 3) in the result of a disqualification. The competitor who has the greatest number of points at the conclusion of time is declared winner. In the event of a tie at the conclusion of time, the match continues until a point is awarded. The competitor who is the first to be awarded with any point, will then be declared the winner.

No score/ Simultaneous event:

In the event of two competitors falling to the mat at the same time, or stepping out of the ring together, the Shimpan will announce Ai Uchi (Simultaneous attack/ occurrence) and no points will be awarded to either of the two competitors.

Scoring: One half of a point (Wazari)

The following techniques will be awarded (Wazari) if successful:

- To get an opponent to step out of the ring with one foot or both feet.
- To get an opponent to fall to the mat landing on a knee or both knees.
- To get an opponent to fall to the mat and land on a hand or both hands.
- To get an opponent to touch the mat with any body parts other than their feet.
- If both competitors fall onto the mat, or go out of the ring at the same time, the competitor who is judged to have over powered the other will be awarded a half a point.

Legal Techniques

The following techniques have been deemed legal and may be performed with care in sumo wrestling:

- **Grabbing** - **Pushing** - **Pulling** - **Lifting** - **Take downs** - **Tripping**

Illegal Techniques

The following techniques have been deemed as unsafe and are not to be performed in Sumo Wrestling:

- Interlocking fingers - Kicking - Punching - Hair pulling - Striking - Pinching
- Scratching - Performing any attack on a fallen opponent

Warnings/ Point Deduction

- If any illegal techniques are performed, a warning will be issued. If this is repeated, point(s) will be deducted at the discretion of the Shimpan.
- If a competitor displays undisciplined behaviour, ie queries a decision, swears or displays excessive or over confidence, a warning will be issued or point(s) deducted, depending on the severity of the situation.
- If accidentally, illegal technique contact occurs, one warning will be given. If this is repeated, point(s) will be deducted.
- If accidentally severe contact occurs, an automatic disqualification will be issued. The offending competitor must turn and stay kneeling at their kamae line until told otherwise.

Special Note:

Sensei Michael Caruana reserves the right to override, change or add any rules at any time. This would only be in the event of an unforeseen occurrence and would only be enforced in the best interest of all competitors.

Kumite: (Fighting / Sparring. 7y.o. & over)

Two opponents bow into the ring, walk to the kamae (fighting stance) line, bow to the Shimpan (Referee), then to their opponent. The Shimpan will motion for the two competitors to go into fighting stance at their line and the kumite (fight) begins. The opponents endeavour to attack with techniques above the belt, remembering to kiai (shout) when attacking. The Shimpan will award either one and a half or one full point, if an attack penetrates through their opponents defence. In the case of an absolutely devastating attack, or to have attacked their opponent to the back, declaring a match point may be awarded. A kumite match will go on for one and a half continuous minutes. The time clock continues, unless the timekeeper is informed otherwise & will restart again on the Shimpans signal. A match concludes, 1) at the end of the one minute period, 2) if a competitor reaches three full points before the one minute. 3) if a match point is awarded, or 4) in the result of a disqualification. The competitor who has the greatest number of points at the conclusion of time is declared the winner. In the event of a tie at the conclusion of time, the match continuous until a point is awarded. The competitor who is the first to be awarded with any point will then be declared the winner.

Scoring: One half point (Wazari)

The following techniques will be awarded one half of a point (Wazari), if the attempted penetrates a block or is partially effective.

- Straight Punch- Choku zuki
- Lunge punch- Oi zuki
- Reverse punch- Gyaku zuki
- Vertical punch- Tate zuki
- Jab punch- Kizami zuki
- Front kick- Mae keru
- Crescent kick- Mikazuki keru
- Back kick- Ushiro keru
- Side jumping kick- Yoko tobi keru
- Backfist strike- Uraken uchi
- Side kick- Yoko keru
- Roundhouse kick- Mawashi keru
- Back roundhouse kick- Mawashi ushiro keru
- Reverse roundhouse kick- Gyaku Mawashi keru
- Stomp or cutting kick (fallen opponent)- Fumikomi/ Fumikeru
- Hammerfist strike- Tetsui uchi
- Back kick- Ushiro
- To force opponent out of ring: warning; then half point deduction

Scoring: One full point (Ippon)

One full point (Ippon) will be awarded if any of the previously mentioned one half point (Wazari) techniques are performed cleanly, with strength and is totally unblocked by an opponent.

Scoring: Match point

If a competitor turns around and the other competitor attacks successfully with one of the following techniques to the back, then a match point may be awarded. The technique must be performed cleanly, be unblocked and executed powerfully. If a match point is given, the receiving competitor is automatically declared the winner of that match.

- Straight punch- Choku zuki
- Straight kick- Mae keru
- Side kick- Yoko keru
- Lunge punch- Oi zuki
- Reverse punch- Gyaku zuki

No score/ Simultaneous event:

In the event of two opponents attacking at the same moment, with neither attack being blocked successfully, the Shimpan will either allow the match to continue, or announce Ai uchi (simultaneous attack/ occurrence) and no point will be awarded to either of the two opponents.

Kumite continued...

Illegal Techniques:

The following techniques have been deemed to be too strong and unnecessarily powerful for a Non Contact Tournament. These techniques require precision and may cause injury if not performed correctly.

- Grabbing/ Grappling
- Elbow strikes
- Uppercut punch
- Roundhouse punch
- Knee kicks
- ANY open hand technique. E.g. Knifehand, spearhand, palm, finger strikes etc.
- ANY technique below the waist. E.g. foot sweeps, thigh or groin kicks etc.

Warnings/ Point Deductions:

- If any of the illegal techniques are performed, a warning will be issued. If this is repeated, point(s) will be deducted at the discretion of the Shimpan.
- If a competitor displays undisciplined behaviour, ie queries a decision, swears or displays excessive or over confidence, a warning will be issued or point(s) deducted, depending on the severity of the situation.
- If accidentally, illegal technique contact occurs, one warning will be given. If this is repeated, point(s) will be deducted.
- If accidentally sever contact occurs, an automatic disqualification will be issued. The offending competitor must turn and stay kneeling at their kamae line until told otherwise.

Special Note:

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KATA (All Ages)

The following factors will be taken into account when judging Kata. Kata will be scored out of 100 points.

A student will be called up. Once called, the student should immediately stand and bow. The student should get to a position where they can walk in a straight line towards the Judge(s), bow again and then walk to the marked (cross on ground) position and stand in Yoi Dachi (ready stance).

ANNOUNCEMENT

Once students are in ready stance, it is encouraged that students say their name, the club (Power of Won Karate) and then announce their Kata; hopefully all with strength and confidence. Students should try to announce in Japanese, otherwise in English if this is too difficult. Once announced, the judge will nod approval to begin. The student then needs to stand with feet together and hands by their side and confidently announce their Kata name again; bow looking down, then stand back into ready stance and then begin the Kata.

COMPLEXITY OF KATA

A student may choose to any Shotokan Kata. (Black Belts may select any Kata). If a student performs a Kata below or above their own rank, this is taken in to consideration when scoring.

EMBUSEN

All Kata should start and end at the same starting position. Therefore, students should endeavour to land back on "Embusen" where they begin their Kata.

KIAS

Most Kata have 2 Kias. Students should shout their Kias with strength and confidence. Remember a kia comes from within and not all from the throat.

STRENGTH

This is a very important part of your Kata. Students should be trying to perform all moves with power and grace. Strong breathing is also very beneficial in scoring well.

CORRECTNESS OF TECHNIQUE

Students should be trying to perform all stances, blocks, strikes, punches and kicks correctly. Most stances should be long and low and all blocks and attacks should be sharp and strong

FLUENCY / TIMING

Students should be aiming for their Kata to flow well and be sure not to rush or perform the Kata too slow. Hopefully there will be no mind lapses, and if an error occurs, either stop and re-start the Kata (points may be deducted) or ignore it and continue confidently.

