

# **BLACK BELT - RULES**

- Competitors compete their age as of January 1.
- No Junior will compete in Adult Divisions.
- No competitor can compete in both Advanced and Black Belt divisions.

## **KATA and WEAPONS**

- Competitors compete in random order.
- Judges will watch all competitors before giving out scores.
- Judges will use the two (2) point deviation rule before presenting scores.
- There are no introductions before forms.
- There are no re-starts. If a competitor drops his or her weapon or they forget their form, they cannot restart the form. If they pick up their weapon and finish the form, they receive a "zero" score. In the traditional weapon division, only non-tapered staffs (bo) are allowed.
- Competitors are responsible for their own music player. No words or lyrics in the music.
- Classical Forms Division - Includes Japanese & Okinawan - Competitors will be judged on focus (kime), proper execution of techniques, proper breathing and hip rotation. Competitors are only allowed to do a maximum of four (4) kiai; standing kicks must not go above the competitor's shoulders, and stances must not break parallel. In addition, competitors must say the name of the kata they are performing before commencing.
- Hardstyle Forms Division - Includes Japanese, Okinawan, Chinese, Korean, Kenpo - Judges will take into consideration the style of kata and judge on balance, speed, power, stances, focus and techniques.
- Traditional Challenge Division - will follow the same rules as the Classical Forms division and MUST perform a recognized unaltered/unmodified kata from either Japanese or Okinawan styles - no additions or deletions of movements are allowed.
- Open/Musical Challenge Division - Judges look for weapon manipulation, speed of the techniques, degree of difficulty, showmanship, balance, power, and focus. Weapon throws, releases, or gymnastic moves are allowed. Must demonstrate solid basic martial arts skills. Music is allowed (no words). Judges may consider how well the form corresponds to the music.

## **POINT SPARRING / KUMITE**

- All matches are one round of 2 minutes.
- The winner is determined by who is ahead at the end of the round.
- The winner must win by a two (2) - point margin of victory. If the match is tied or one competitor is ahead by one (1) point, the match resumes until the two (2) point margin is achieved.
- All competitors are required to wear OKF - or promoter-approved equipment:
- helmet, enclosed-finger open palm hand pads, foam-dip kick pads, mouth guard, groin protection and shin guards & elbow pads.
- All equipment will be inspected and should be fitted and in good repair, no tape or rips.
- No ring star shoes.
- All hand pads must have fingers enclosed.
- Competitors must wear long pants, belt and uniform.
- All techniques thrown must display balance, focus and control and be targeted to legal striking area.
- Techniques thrown without control will result in a penalty point or disqualification.
- One (1) point for all hand techniques. One (1) point for a body kick. Two (2) points for a head kick. Two (2) points for a jump kick to the body and Three (3) points for jump kick to the head.
- Competitors are allowed one coach.
- Any abuse of officials or unsportsmanlike behaviour of the coach will result in a penalty point awarded to the other competitor.