

TRADITIONAL NANBUDO KATAS - RULES

1. DURATION

- kata performance should not be longer than 3 minutes nor shorter than 0,5 minutes
- in case of violation of the duration, main judge can ask for a -0.1 points
- if kata is shorter than 30 sec. competitors gets the minimum mark

2. OFFICIAL CATEGORIES

- boys and girls up to 10 years of age
- boys and girls 10-12 years of age
- younger cadettes 12-14 years of age
- cadettes 14-16 years of age
- juniors 16-18 years of age
- seniors + 18 years of age

Depending on a competition INF has the right to define different categories regarding the inscribed competitors .

Every competitor has to take part in his age category and/or the one above his with the allowance of the coach and the organizer.

In pairs and teams, age of the competitors must be between the range of two age categories (ex. Junior/senior).

3. KATA DIVISION

in traditional competition there is 5 different disciplines for men and women

- Traditional kata
- Traditional kata in pairs
- Traditional kata in teams
- Traditional kata with weapons
- Traditional self defense kata

4. UNIFORMS

Competitors must wear clean uniform (white Gi) in a good condition as well as the belt which corresponds to their grade level.

5. MOVEMENTS

- competitors have to present the essence of traditional nanbudo movements in budo tradition.
- acrobatic movements are not allowed (except in self defense kata)
- gymnastic movements are not allowed (except in self defense kata)
- throwing weapons is not allowed

6. MARKING CRITERIA

Before any decision, every judge has to take into consideration the following:

- Correct sequence of the techniques through all the kata
- Control of the explosive power
- Speed and rhythm control
- Difficulties in technique performance
- Correct direction of movements
- Positions (stances)
- Coordination of moves
- Balance, power and endurance
- Regular breathing
- Confusion or stopping
- Kiai in correct positions inside kata

7. COMPETITION SYSTEM

Competition is taking place in group system. Every competitor, pair or a team will perform a kata in the first round to achieve the rank to perform in the second round. First to perform in the second round is the competitor with the least points in the first round. This goes to the finals by the example of groups (32/16/8/4 – finals 1,2,3)

8. POINTS

Every competitor, pair or a team will be marked by 5 judges. The point range in qualification rounds is 6.0-8.0, and in the finals 7.0-9.0.

- negative points:
- 0.2 points if competitor, pair or a team interrupts his/its performance and starts again
- 0.1 point if competitor, pair or a team loses concentration
- 0.1 point if competitor, pair or a team loses balance
- 0.1 point if competitor, pair or a team performs forbidden movements
- if competitor, pair or a team interrupts his/its performance for the second time, judges will mark their performance with minimum mark
- positive points:
- +0.1 point is given in the case of a very impressive performance of a kata in total

9. JUDGES AND CRITERIA

There are 5 judges on the tatami who mark kata performances. Lowest and highest marks will be deleted, and three left are summed and presented as a mark for each competitor. The first competitor to compete is marked between 6.8 and 7.2, and every other is ranked in comparison to the first one and his average mark, as better or worse than him.

In the finals it is the same case but starts with the mark between 7.8 and 8.2.

By the end of the competition 1, 2 and 3 place are announced or in some cases two 3 places. If there is a case of the same marks, competitors are doing another kata (self defense does the same kata), and the judges should make the difference in points for the same marked competitors.