

YOUTH KARATE PROJECT



A new Karate Project for Youth Categories...



***...some technical suggestion
and sporting rules ...
for competitors of the future ...
to go to WKF Youth League
... and to Olympic Games!***

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GENERAL AIMS

The principals aims of the this program are:

- To promote the discipline of the Karate Sport among young competitors inside WKF;
- To experiment new technical programs and sporting rules for young students of Karate Sport (5 - 13 years old);

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Why New Rules for youth in Karate Sport ?

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SOME CONSIDERATIONS...

1. Karate Sport it is **very technical and difficult discipline** (kata)
2. In Karate Sport we have **injury problems** (kumite)
3. In Karate Sport we can find **2 different sport disciplines**
 - *Kata Sport is a “composite” Sport as artistic skate, synchronized swimming ...*
 - *Kumite Sport is “situational” Sport, it is a fight discipline as sword, boxing...*
4. WKF technical program (competition rule) **is valid for mature competitors** (Cadet, Junior and Senior) but not for younger

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SOME SOLUTIONS FOR KUMITE SPORT...

1. To elaborate a program with a **limited and gradual technical limitations**
2. to use a **limited number of techniques that mostly competitors use in competition** (only 5)
3. to **reduce competition area**
4. to **reduce the duration of the fights**
5. to **guarantee a greater safety to the athletes** reducing the possibility of contact and increasing the personal protection devices

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SOME SOLUTIONS FOR KATA SPORT...

1. To elaborate a program with a **limited and gradual technical limitations** (competitors can repeat same kata, no shitei kata and no bunkai in team competition)
2. to **stimulate imagination** of the young competitors (free composition kata)
3. to **introduce new elements of aggregation** (team sound karate)



TECHNICAL PROGRAMS

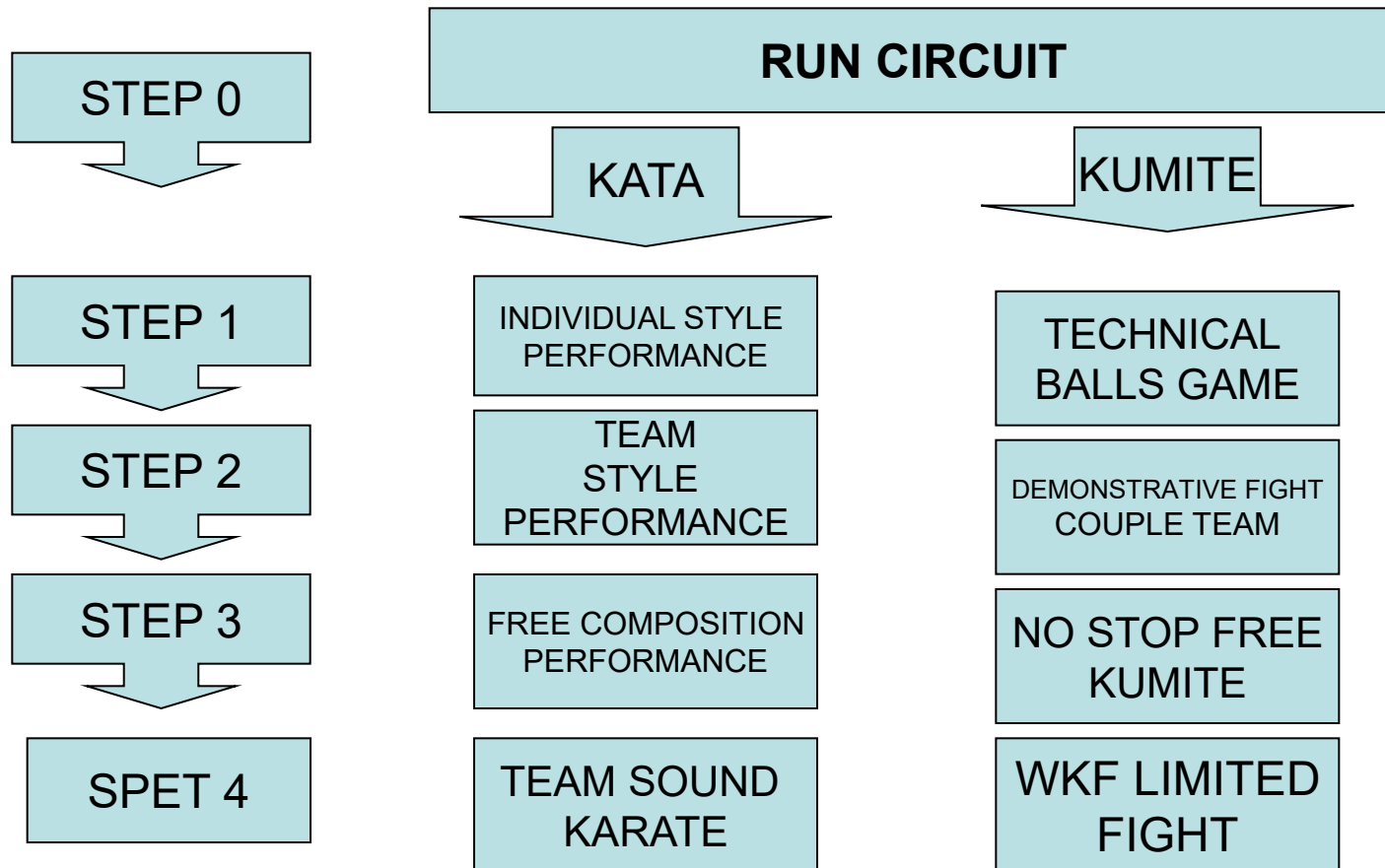
- Technical specialties are divided in propaedeutic games for the Kata (form) and Kumite (fight).
- In kata and kumite different levels of difficulty will be introduced step by step to allow a gradual introduction of the WKF rule.
- The athletes can participate in the different games-competitions according to their age and to the experience in the practice of karate.
- All the games-competitions are developing according to the WKF method (direct elimination with repechage)

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KATA AND KUMITE GAMES

BASIC BODY EXERCICES (COORDINATION,PRE-ACROBATIC,JOINT MOBILITY,STRETCHING)



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RUN CIRCUIT



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RUN CIRCUIT

The Run Circuit will be composed by 9 or 10 exercises with limited sporting commitment (like jumps, dives, upside-down, leaps..), whose aim is to encourage the development of the principal body abilities in the young athletes.

Every exercise must be performed in the correct way as illustrated to the competitors by the Judges to the beginning of the competition.

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RUN CIRCUIT

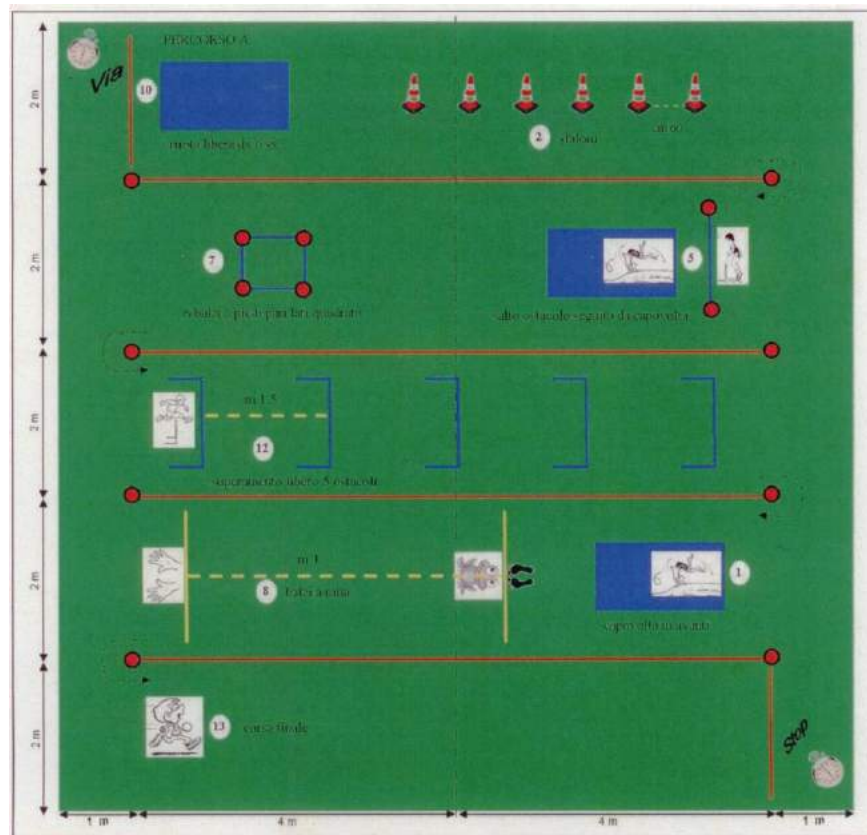
Kind and sequence of the exercises in Run Circuit be changed in every competition.

Judges will show the Run Circuit to the Athletes that have the possibility to try the exercise before the beginning of the competition.

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RUN CIRCUIT



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KATA

General Indication



KATA – General Indication

In Kata there are the following divisions:

- individual games-competitions:
 - traditional style kata
 - personal free composition kata
- teams games-competitions (composed by 3, 4 or 5 athletes)
 - traditional style kata
 - sound free composition kata (with music – sound Karate)



KATA – General Indication

Competitors will be divided in the following **belt divisions:**

- White and Yellow belts;

- () and () belts

- () and () and Black belts



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KATA – General Indication

Competitors will be divided in the following **age divisions**:

- Kids (5 years old)
- Children (6 and 7 years old)
- Boys/Girls (8 and 9 years old)
- Novices (10 and 11 years old)
- Minicadets (12 and 13 years old)

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KATA

DEROGATION TO THE KATA WKF RULES



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DEROGATION TO THE KATA WKF RULES

To make easier participation to the kata games-competitions is possible to apply some derogations to kata WKF rules:

- In the individual competitions the competitors **will compete the same time (aka and ao together)**;
this system allows to greatly reduce the duration of the race and above all to allow the judges to compare the performances of the two athletes more easily and the spectators to better understand who the winner is.
- In the traditional Katas style, **competitors can freely choose the katas from the official list of the WKF** (Heian and Pinan Kata are allowed and no shitei kata are required).

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DEROGATION TO THE KATA WKF RULES

Athlets can repeat kata in the following way

example	match 1	match 2	match 3	match 4	match 5	match 6
white-yellow belts	Kata A	Kata A	Kata A	Kata A	Kata A	Kata A
orange-green belts	Kata A	Kata B	Kata A	Kata B	Kata A	Kata B
blue-brown-black belts	Kata A	Kata B	Kata C	Kata A	Kata B	Kata C

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DEROGATION TO THE KATA WKF RULES

- In **team competition**, in the final round, **Bunkai performance** it is not required;
- **Teams** can be composed from **3,4 or 5 athletes** and they can be **mixed** (males and females together);
- In team competition it is allowed to **insert 1 or 2 athletes belonging to the younger category** if the team is respectively composed by 3 or 4/5 athletes.
- In **Kids and Children individual divisions** (5 and 6-7 years old) **will be mixed** (males and females together)

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KATA SPORT

Judgment Criteria

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KATA SPORT - Judgment Criteria

- Different criteria (**art. n.5 WKF kata rules**) will be used for the final evaluation of kata performance according to the:
 - **Kind of performance** (individual or team, style or free composition)
 - **Age division** (kid, children, boy/girl, novice, minicadet)
 - Different **Sporting Abilities** of the competitor



KATA SPORT - Judgment Criteria

ABILITIES

- ***TECHNICAL ABILITIES***
- ***COORDINATE & EXPRESSIVE ABILITIES***
- ***CONDITIONAL ABILITIES***



KATA SPORT - Judgment Criteria

TECHNICAL ABILITIES

- good form
- posture
- correct execution of kihon techniques
- knowledge of the practiced style
- correct use of breathing



KATA SPORT - Judgment Criteria

COORDINATE EXPRESSIVE ABILITIES

- rhythm
- balance
- general coordination
- virtuosity (for individual) or synchronism (for team)
- concentration
- creativeness (only free composition performance)



KATA SPORT - Judgment Criteria

CONDITIONAL ABILITIES

- correct use of the strength
- explosive power
- ability to fix techniques (kime)

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KATA SPORT - Judgment Criteria

LIV	CATEGORY	TECHNICAL ABILITIES	COORDINATE EXPRESSIVE ABILITIES	CONDITIONAL ABILITIES	TOT
0	KIDS	30	60	10	100
1	CHILDREN	30	60	10	100
2	BOYS/GIRLS	40	40	20	100
3	NOVICES	50	20	30	100
4	MINICADETS	50	20	30	100

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KATA SPORT - Judgment Criteria

PENALTY

it is applied in the following cases:

- loss of balance (BAL)
- hesitation (HES),
- loss of synchronization (in team competition) (SYN)

The penalties will be suitable according to their gravity

(- 5% if it is light type, -10% if it is evident) and escaped by the total score.

If competitor will:


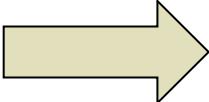



- stop the performance or skip a part of it;
- perform a different kata that declared;
- perform exercise without the minimum of technical contents (only in free composition performance).

will not be given any disqualification but a minimum score

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KATA SPORT - Judgment Criteria

	ABILITIES	AKA	AO
	TECHNICAL	+	+
	COORDINATE EXPRESIVE	+	+
	CONDITIONAL	+	+
	PENALTY	-	-
	TOTAL SCORE	=	=
	WINNER		

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FREE COMPOSITION KATA PERFORMANCE

Technical Rules



FREE COMPOSITION KATA PERFORMANCE

Technical Rules

In free composition kata performance must be present at least the followings technical actions (**minimum technical actions**):

- **2 direct arm** techniques (oizuki, yakuzuki....) *
- **2 circular arm** techniques (urakenuchi, shutouchi...) *
- **2 direct kick** techniques (maegeri, yokogeri...) *
- **2 circular kick** techniques (mawashigeri, uramawashigeri)*
- **2 acrobatic actions** (jump, spin, tobigeri...)

(*) arm and kick techniques must be done **at least 1 time on right side and 1 time left side**

- Performance **time** will be **minimum 45 and maximum 60 seconds**

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TEAM SOUND KARATE KATA PERFORMANCE

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TEAM SOUND KARATE KATA PERFORMANCE

- In the **Sound Karate** competition team members will must **follow the music rhythm**;
- Teams **can choose freely your musical basis**.
- Kata performance must have done with the same system of individual free composition kata performance (**minimum technical actions**);
- Performance time will be minimum **45 and maximum 60 seconds**
- The teams can be composed by **3,4 or 5 athletes** and they can be **mixed** (males and females together)

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KUMITE

General Indication





KUMITE – General Indication

In Kumite there are the following divisions:

- individual games-competitions:
 - **Technical balls game** (level 1)
 - Limited Individual free fight - **no stop fight** (level 3)
 - **WKF limited individual free fight** (level 4)
- teams games-competitions
 - **Demonstrative free fight** (couple of competitors) – (level 2) (**see appendix Wkf rules 2108** edition pag.57)
 - Limited Individual free fight - **no stop fight** (level 3)
 - **WKF limited individual free fight** – (level 4)



KUMITE – General Indication

Competitors will be NO divided in the belt divisions (all degree together) but they will be divided in the following **age divisions**:

- Kids (5 years old)
- Children (6 and 7 years old)
- Boys/Girls (8 and 9 years old)
- Novices (10 and 11 years old)
- Minicadets (12 and 13 years old)

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KUMITE

THE 5 ALLOWED TECHNIQUES

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KUMITE – THE 5 ALLOWED TECHNIQUES

- In all the Kumite competitions **only** the followings **5 techniques** will be admitted:

1 - chudan mawashigeri



2 - chudan yakuzuchi



3 - jodan urakenuchi



4 - jodan mawashigeri



5 - jodan uramawashigeri



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KUMITE – THE 5 ALLOWED TECHNIQUES

Competitor can throw the 5 allowed techniques ONLY to the permitted areas:

- chudan area: abdomen, chest, side (techniques with light contact);
- jodan area: face, temple, nape, neck (techniques without contact)

ALL OTHER AREAS ARE NO PERMITTED TARGETS

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KUMITE – THE NO ALLOWED TECHNIQUES

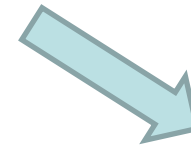
The following techniques are **NO PERMITTED:**

- techniques of **projection and sweeps**
- **direct techniques to the face**, nape, temple (jodan zuki)
- all **techniques to the back**
- any kind of **contact to the jodan area.**

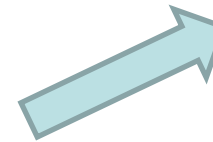
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KUMITE – ALLOWED AND NO ALLOWED TECHNIQUES



YES !



NO !



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KUMITE
PROTECTIVE EQUIPMENT

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KUMITE - PROTECTIVE EQUIPMENT

The following **protective equipment is compulsory:**

- WKF approved **mitts**, one contestant wearing red and the other wearing blue.
- **Gum shield**
- **Chest and abdominal protector** (for male and female categories too)
- **Shin pads** approved by the WKF (red and blue)
- **Foot protection** approved by the WKF (red and blue)
- **Groin guards** (only for male category)
- **it is not required to wear any type of face protection (mask)!**

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KUMITE SPORT

Judgment Criteria



KUMITE SPORT - Judgment Criteria

- Different criteria (**see WKF rules 2018 edition**) will be used for the final **GLOBAL evaluation** of a kumite performance according to the:
 - **Kind of performance** (level 1, 2 or 3)
 - **Age division** (kid, children, boy/girl, novice, minicadet)
 - Different **Sporting Abilities** of the competitor

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KUMITE SPORT - Judgment Criteria

ABILITIES

- **TECHNICAL ABILITIES** *(from 0 to 50 scores)*
- **TACTICAL ABILITIES** *(from 0 to 50 scores)*

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KUMITE SPORT - Judgment Criteria

level 1,2 and 3	
TECHNICAL ABILITIES	TACTICAL ABILITIES
correct use of the 5 allowed techniques	correct distance
compared use punches/kicks (1/2 or 3)	choice of the time
naturalness of positions	dynamism and fluidity of movements
symmetry of techniques	creativity of the technical combinations
	organization and rationality in the attack and defence actions

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KUMITE SPORT - Judgment Criteria

	ABILITIES	AKA	AO
MAX 50 SCORES	TECHNICAL	+	+
MAX 50 SCORES	TACTICAL	+	+
10,-20.-30 SCORES	PENALTY	-	-
	TOTAL SCORE	=	=
	WINNER		

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KUMITE

The 4 levels

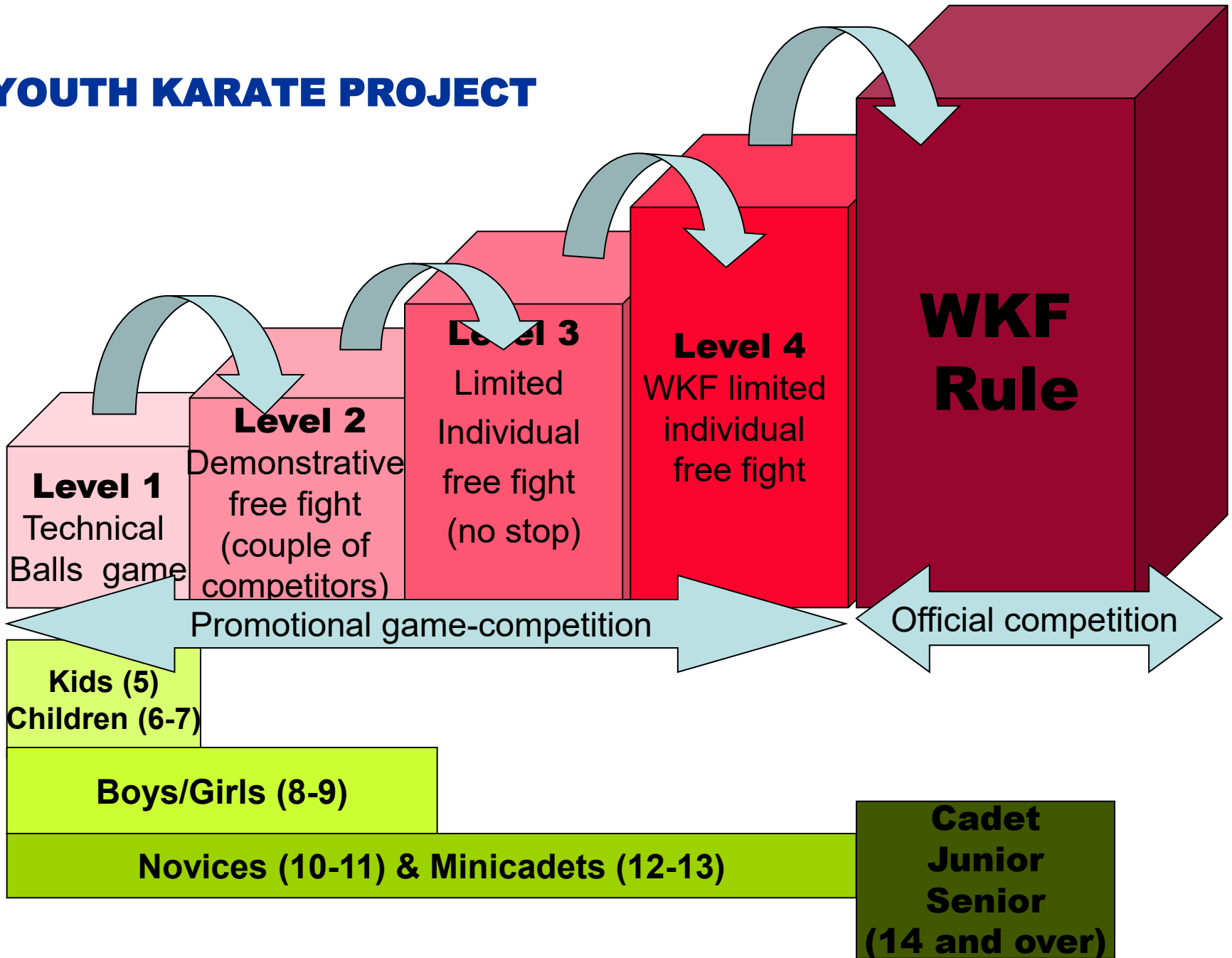
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In the **KUMITE SPORT** , before to apply WKF Rule, we can find the followings **4 different levels**, with increasing difficulty:

1. **Technical balls game**
2. **Demonstrative free fight (couples)**
3. **Limited Individual free fight (no stop)**
4. **WKF Limited individual free fight**

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Level 1

Technical balls game

- Competitors will contemporarily be compared using 2 couples of coaxial balls (one in chudan area and other in jodan area).
- The duration is **45 sec.** without interruption and athletes can freely bring, without contact, **only the 5 allowed techniques.**
- **Referee will stop the match only in case of penalty.** Contact penalties (C1) or forbidden actions (C2) will be attributed to the couple using the WKF method without giving any score to the opponent.
- Referee and Judges will subtract -10 score from total score at 1.st admonition (chukoku), -20 for 2.nd one (keikoku), -30 for 3.rd one (hansoku-chui). Referee will disqualify competitor that will do the 4.th infraction.
- **C1 and C2 penalties must be added.**
- At the end of match **Referee will do a global evaluation of the competitors performance.** There isn't any extension of the match (hencho-sen).

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Level 2

Demonstrative free fight (couples)

- In this specialty 2 couples of competitors will contemporarily be compared (a couple with red belt the other with the blue one).
- The duration is of 60 sec. and the competitor can freely make only the 5 allowed techniques.
- Referee will stop the match only in case of penalty. Contact penalties (C1) or forbidden actions (C2) will be attributed to the couple using the WKF method without giving any score to the other couple.
- Referee will subtract -10 score from total score at 1.st admonition (chukoku), -20 for 2.nd one (keikoku), -30 for 3.rd one (hansoku-chui). Referee will disqualify competitor that will do the 4.th infraction.
- C1 and C2 penalties must be added.
- At the end of match Referee will do a global evaluation of the competitors performance. There isn't any extension of the match (hencho-sen).
- The competitors must be provided, at least, of the protective gloves.

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3 Level

Limited Individual free fight (no stop)

- Competitors are individually compared in a **individual match**
- Competitors will use **only the 5 allowed techniques**.
- The duration is of **90 sec**.
- **Referee will stop the match only in case of penalty**. Contact penalties (C1) or forbidden actions (C2) will be attributed to the couple using the WKF method without giving any score to the opponent.
- Referee will subtract -10 score from total score at 1.st admonition (chukoku), -20 for 2.nd one (keikoku), -30 for 3.rd one (hansoku-chui). **Referee will disqualify competitor that will do the 4.th infraction**.
- **C1 and C2 penalties must be added**.
- At the end of match Referee will do a **global evaluation of the competitors performace**. There isn't any extension of the match (hencho-sen).
- Competitors will have to wear the following protective equipment: gloves (red or blue), tooth's protection, shin bone protection, instep protection (red or blue), abdominal protective bodice (inside to the karategi), protection to the genital area (for male category).

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Level 4

WKF Limited individual free fight

You will use the system WKF but competitors can use **only the 5 established techniques** that will be rewarded in the following way:

- *uraken jodan or yakuzuchi chudan* 1 point YUKO
 - *chudan mawashigeri* 2 points WAZARI
 - *mawashi geri or uramawashigeri* 3 points IPPON
-
- The duration is **90 seconds!**
 - Competitors will have to wear the following protective equipment: gloves (red or blue), tooth's protection, shin bone protection, instep protection (red or blue), abdominal protective bodice (inside to the karategi), protection to the genital area (for male category).

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Special rules

- Competitors in **Novices** category (10-11 years old) that participate in the level 1 can also participate in the level 2. **If they participate in the level 3 or 4 they cannot participate in level 1 and 2.**
- Competitors in **Novice** & **Minicadets** categories are able to participate in the level **3 or 4 but not in both.**
- In the **team competitions** in level 3 or 4 the number of the competitors has been fixed in **3 members, 1 female and 2 male** (teams may be composed by min 2 competitors and by max 5 competitors, 2 female and 3 male).
- In the kumite team competitions before the beginning of the match male competitors **will be coupled between them according to their weight and their stature** under the supervision of the Referee
- In the teams competitions it is possible to insert 1 competitor belonging to the lower age category.

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Explanation

- This system give the possibility to a competitor to participate in different levels
- This system gives to the responsible coach opportunity to insert his/her own athlete in a precise technical level according to the technical maturity acquired !
- The aim is of this rule is to pass gradually from "quantity" to "quality" of technique, so it is possible, in a promotional competition, to choose two levels (technical balls game – level 1 - and couples demonstrative fight – level 2) or only one level (individual fight without interruption – level 3- or Wkf limited individual fight – level 4).

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Referee Panel



In all the competition (kata and kumite) of youth categories the Referee Panel will be composed of :

-N. 1 Referee; Only 1 Referee will be responsible for assessing the technical scores of competitors and declare the victory according to the assessment criteria set out in the Rules. His judgment it is unquestionable;

-N. 1 Judge Judge sits in front of the referee and he/she will have the task of supporting the Referee (mirror system). In kata judge will sit near secretary table **Judge has no right to vote** but he/she should only support the referee when he requested to do so;

-N. 1 Scorekeeper /Timekeeper He acts as Secretary and he will have the task of bringing on competition board the names of competitors who have passed the round, update the electronic scoreboard (if available). the Secretary is supported by staff made available by the organizing committee



