



## 8. Appendix B

### FORMS RULES

#### UNIFORM:

Traditional / Japanese / Korean / Chinese: All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform in a good state of repair. The appropriate colour belt or sash must be worn in competition. Shoes may be worn in Soft Style categories. T-shirts, tank tops and sweatshirts are not allowed in forms even if they are part of the competitor's official school uniform.

Uniforms in the Creative, Musical and Tricking Divisions: more liberties are allowed because forms are not one-on-one competition where the uniform could cause a decisive disadvantage or advantage to a competitor. T-Shirt are also allowed as long as they DO NOT have obscene, offensive or profanities in the form of text or imagery and are part of the uniform.

#### Traditional Open Hand and Weapons Forms

These forms must capture the essence of classic martial arts movements, displaying the traditional techniques, stances, footwork, and weapons. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances, and focus. Forms may be unmodified or modified from what a system or school considers to be the original version of the form. Performance of the following movements will result in a downgrade of the form, as a form inappropriate for the division: movements that involve more than a 360 degree spin, require the body to be inverted more than parallel to the floor, more than two kicks with the same leg without putting the foot down in between; front or back flips; cartwheels; front or side leg splits; releases of the weapon other than simple hand switches; or any other gymnastic movements or extreme exhibitions of flexibility or agility with the body or weapon that are deemed in the opinion of the judges to be inappropriate for the division pursuant to the general guidelines set forth here.

*Commentary: Because this is a tournament open to all styles and schools (across the nation and around the world) and from which judges are utilised, each competitor must make his or her own decision regarding whether to include movements, which might be objectionable for the Traditional Division. If there is something performed in a traditional form or weapon division that is not covered by the above rules, the Rules Official/s will make the decisions if a technique is a legal or illegal move.*

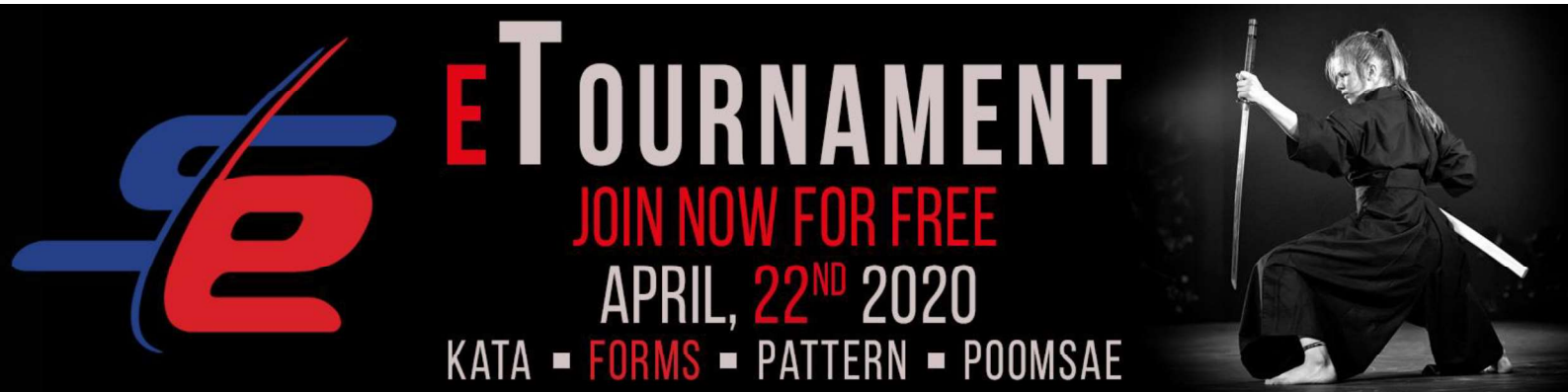


### **Creative Open Hand and Weapons Forms**

No inversions or gymnastic type moves are permitted. Music may not be used. Releases in weapons forms are permitted. The Creative Division allows forms to include contemporary martial arts techniques that have evolved. These may be added to a traditional form, or the form may be devised in its entirety by the competitor. A form in the Creative Division must **ONLY** include techniques which originate from martial arts and like the Traditional Division, emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus. Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, weapon twirls, weapon releases, and other creative martial arts techniques are permitted. Movements that involve more than a 360 degree spin, require the body to be inverted more than parallel to the floor, or are similar to movements found in gymnastics and/or non martial arts disciplines, or forms that meet the above definition of strictly traditional forms, **WILL RESULT IN THE COMPETITOR BEING DISQUALIFIED FROM THE DIVISION**. Although one creative move qualifies a competitor for the creative divisions, it should be expected that a creative form or weapon routine with multiple creative moves of good quality would prevail as the winner, assuming all other criteria is met.

*Commentary: The Creative Division is intended for those competitors who do not wish to compete with a strictly traditional form, and/or do not wish to compete against other participants who execute gymnastic-type movements.*

Regarding the Creative Weapons, a Creative Weapons competitor is permitted to perform any weapons move (i.e., twirls, releases, spins, etc.), but is not permitted to perform “Extreme” body movements (i.e., flips, 540 and above spins or any inverted body moves, etc.).



### **Musical Forms and Weapons**

Inversion, gymnastic moves, tricking are allowed. Music **MUST** be used. No props are allowed. The Musical Divisions allow the competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However, at least half of the form must originate from martial arts techniques. Emphasis is placed on the quality of execution of techniques and movements, martial arts skills, balance, speed, power, degree of difficulty, and showmanship. In addition, only those movements that portray a definite offensive or defensive martial arts purpose, or are included to illustrate extreme flexibility or agility, are allowed. Lyrics in the music are permitted but should the lyrics contain any profanities or strong racial comments the competitor will be disqualified.

*Commentary: As martial arts evolves from the Traditional to Creative to Musical this category allows for the integration of techniques and movements from all martial art styles, gymnastics, acrobatics, dance, and athletic disciplines. If a competitor wishes to participate in a division with moves not permitted in the Traditional and Creative Divisions but meeting the guidelines described here, the competitor should compete in the Musical Division.*

### **Tricking and Weapons Battle**

Competitors show in maximum 30 seconds their best tricks and weapons combos. There are no limitations on the movements that can be performed. Those divisions will be judged on techniques, creativity, showmanship, style, variation & difficulty. Background music is optional.