

TECHNICAL RULES – NATIONAL TOURNAMENT

Note: Subject to change by Chief Judge, Arbitrator or Tournament Director

Standard Rules:

- All contestants must wear a clean, unmarked white karate gi.
- The gi must be IKD regulation gi with the length of the sleeves falling about midway between the elbow and the wrist. Gi sleeves shall not be rolled up on the outside.
- The pants length must fall about midway between the knee and the ankle.
- Forearm and/or shin guards, and sweat bands are not allowed.
- Jewellery or sharp objects in the hair are not allowed.

Team Kata Bunkai Rules:

- Three person teams are free to choose any kata.
- All bunkai must adhere to the traditional kata, which must flow from movement to movement. For the defender, free stances between movements are not allowed.
- Slight deviations and in-between techniques are acceptable and are limited to about 10% of the kata movements.
- Only one person shall defend against the other two attackers throughout the bunkai (not like WKF rules).
- There shall be a slight pause whenever a todome waza (finishing blow technique) is executed.
- Bunkai is judged the same as team kata.
- May use ‘stunt’ weapons (rubber knife/club, bo, or shinai bamboo stick) but no real weapons
- No dangerous techniques or throws, comical movements, or “skit” theatrics

Team Enbu Rules:

- Each team member shall take turns defending against the other two attackers.
- There is no time limit, except enbu shall not be longer than the time it takes to perform team bunkai.
- One may evade attacks, but must follow through with a todome waza before confronting the other attacker.
- Members are free to use their own choreography and imagination in enbu, but must use the three elements of karate – correct application of power, speed of technique, and body expansion and contraction, as well as budo spirit.
- Enbu is judged the same as team kata and bunkai.
- May use ‘stunt’ weapons (rubber knife/club, bo, or shinai bamboo stick) but no real weapons
- No dangerous techniques or throws, comical movements, or “skit” theatrics

YOUTH TOURNAMENT

- Rank 3B kyu or above
- Separate female and male events
- All competitors must have own red & blue belts, red & blue WKF/IKD approved kumite gloves and own mouthguard

Events	Eliminations	Finals
Individual Kata 9-11 years 12-14 years 15-17 years	Shitei Kata (Flag system) <ul style="list-style-type: none"> • Heian Nidan – Tekki Shodan 	Tokui Kata (Point system) <ul style="list-style-type: none"> • may choose any kata
Individual Kumite		
9-11 years	Jiyu ippon kumite – (Semi-free) Jodan oi-zuki, chudan oi-zuki, chudan mae-geri, chudan yoko-geri kekomi and chudan mawashi-geri (favorite side)	Jiyu kumite – Free sparring
12-14 years	Jiyu ippon kumite – (Semi-free) Jodan oi-zuki, chudan oi-zuki, chudan mae-geri, chudan yoko-geri kekomi and chudan mawashi-geri (favorite side)	Jiyu kumite – Free sparring
15-17 years	Jiyu kumite – Free sparring	Jiyu kumite – Free sparring
Team Kata (3 member teams) 9-11 years (separate male & female divisions) 12-14 years (separate male & female divisions) 15-17 years (separate male & female divisions)		Tokui Kata <ul style="list-style-type: none"> • may choose any kata
Team Kata Bunkai (3 member teams) 9-11 years (separate male & female divisions) 12-14 years (separate male & female divisions) 15-17 years (separate male & female divisions)		Perform one kata fully with traditional movements against two attackers
Team Enbu (3 member teams) 9-11 years (separate male & female divisions) 12-14 years (separate male & female divisions) 15-17 years (separate male & female divisions)		Demonstration of attack/defense.

Jiyu Ippon Kumite Techniques:

- In jiyu ippon kumite, red side shall attack first, as per page 20 of the IKD Kyu and Dan Examination Syllabus Manual. Attacks are: jodan, chudan, chudan mae-geri, kekomi and mawashi-geri. Favourite side for each attack, however, once announced, attacker cannot change side.
- Defender shall use blocking techniques prior to counter attacking. Any counter attack is acceptable as long as it has the three elements of kime – power (includes correct stance and posture), speed, sharpness, and ki. There is no restriction in using the same counter each time.
- Once distance is established, the attack must begin. At the end of each attack, the attacker must hold their position. No evading or blocking counter attacks.
- No deceptive pre-actions are allowed (no feinting).
- In the case of a tie, they shall have a rematch. Judges shall observe the three elements of kime.
- The offensive side cannot jump or slide with the lunge attacks. All attacks shall be stepping in. All attacks shall have the target area announced before attack starts.
- No grabbing or holding will be permitted by the offensive or defensive side.
- Escaping out of bounds by the defensive side will result in the following:
 - 1st time - *jogai keikoku*: out of bounds
 - 2nd time - *jogai chui*: warning
 - 3rd time - *jogai hansoku*: disqualification, loss of match
- **Contact is not permitted and is likely to result in disqualification.**

ADULT TOURNAMENT – BROWN & BLACK BELTS

- Age 18+
- Separate female and male events
- All competitors must have own red & blue belts, red & blue WKF/IKD approved kumite gloves and own mouthguard

Events	Eliminations	Finals
Individual Kata	Shitei Kata <ul style="list-style-type: none">• Heian Nidan – Tekki Shodan Sentei Kata (semi-final) <ul style="list-style-type: none">• Bassai Dai, Kanku Dai, Empi, Jion	Tokui Kata <ul style="list-style-type: none">• Free Kata
Individual Kumite	Jiyu kumite	Jiyu kumite
Team Kata – one 3 member team per province per gender		Tokui Kata
Team Kata Bunkai – one 3 member team per province per gender		Perform one kata fully with traditional movements against two attackers
Team Enbu – one 3 member team per province per gender		Demonstration of attack/defense.
Team Kumite – one 3 member team per province per gender		Jiyu kumite

MASTER TOURNAMENT – BROWN & BLACK BELTS

- Age 45+
- Separate female and male events
- All competitors must have own red & blue belts, red & blue WKF/IKD approved kumite gloves and own mouthguard

Events	Eliminations	Finals
Individual Kata	Shitei Kata <ul style="list-style-type: none"> • Heian Nidan – Tekki Shodan Sentei Kata <ul style="list-style-type: none"> • Bassai Dai, Kanku Dai, Empi, Jion 	Tokui Kata <ul style="list-style-type: none"> • Free Kata
Individual Kumite	Jiyu kumite	Jiyu kumite
Team Kata – one 3 member team per province per gender		Tokui Kata
Team Kata Bunkai – one 3 member team per province per gender		Perform one kata fully with traditional movements against two attackers
Team Enbu – one 3 member team per province per gender		Demonstration of attack/defense.
Team Kumite – one 3 member team per province per gender		Jiyu kumite