



# KARATE NEW ZEALAND

Union of New Zealand Karate-Do Organisations  
Lower North Island Region

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Attn: KNZ Lower North Island Region Karate clubs

## Information Sheet

**What:** KNZ Lower North Island Championships

**When:** Sunday 26 August 2018  
Competition commences at 10am

**Where:** Te Rauparaha Arena, Porirua

**Cost:** \$30 - unlimited events - Spectators free

**Entries to be emailed by 10am Saturday 18 August 2018 to [helendonnelly124@gmail.com](mailto:helendonnelly124@gmail.com). No late entries.**

- The competition is open to all members (children, seniors and veterans) of Karate New Zealand clubs and associations in the Lower North Island Region
- The tournament will be conducted under the rules of Karate New Zealand and the World Karate Federation (basic outline of rules explained below) and overseen by qualified Karate New Zealand referees & officials.
- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each division

## Basic Explanation of Kata Competition Rules

**Kata** are Form patterns performed by an individual, which are judged on the basis of execution of technique, timing, correct posture & focus etc.

The WKF rules are on the Karate New Zealand website ([www.karatenz.co.nz](http://www.karatenz.co.nz)) under the sport karate section.

For this tournament, there are three separate divisions:

- **Premier** - WKF (Olympic) rules - free choice (tokui) kata – cannot repeat kata in succeeding rounds;

- **Intermediate** – (guideline 5<sup>th</sup> kyu to 1<sup>st</sup> kyu) must perform any Kata from the competitor's chosen style (Goju-Ryu, Seido, Shito Ryu, Shotokan, Wadokai, Kyokushinkai, etc) - can repeat same kata in successive rounds
- **Development** – (guideline 10<sup>th</sup> kyu to 5<sup>th</sup> kyu) must perform Heian, Pinan, Taikyoku, Gekisai, Saifa or any basic level kata from the competitor's chosen style (Goju-Ryu, Seido, Shito Ryu, Shotokan, Wadokai, Kyokushinkai, etc) – can repeat kata in successive rounds;

Competitors can enter either Premier or Intermediate or Development Kata events but not more than one consistent with KNZ rules. The compulsory events are aimed for children's divisions below 12 yrs and for development and kyu grade competitors below brown belt.

The development and intermediate divisions are intended provide a competition "pathway" for club members to engage in Kata competition and also an opportunity for members of all levels to display their traditional dojo kata of their particular style.

### ***Competition dress code***

- All competitors must wear a clean white Gi in good condition. No NZ team badge to be worn but acceptable for club badges, no advertising badges on the Gi

## **Basic Explanation of Kumite Competition Rules**

Kumite is the sparring competition between two contestants.

Each match will be 2 minutes in duration of actual sparring time. The winner is the first to achieve an eight-point difference or the contestant with the most points at the end of the time. In situations of a draw, the "senshu" rule will apply and the competitor who scored first wins the match.

Points will be scored for correct application & execution of kicks, punches or strikes to the scoring area, which are not blocked or avoided. The scoring area includes the head, face, neck, side, abdomen, chest and back but excludes the groin & limbs.

"Control" is of the essence & therefore excessive force or contact will result in penalties being awarded, even if the technique is delivered to a scoring area. While controlled contact to the body is allowed in the under 16 divisions no contact to the head is allowed and will be penalised. In the under 16 and under 19 divisions skin touch to the head is allowed with kicks but no contact with punches. Open handed techniques to the face, attacks to joints (knees, elbows etc) & any technique, which by its nature is considered dangerous, are all illegal techniques & will be penalised.

For this tournament, there are two separate kumite divisions:

- Development
- Premier (open grade)

Competitors cannot enter both development and premier kumite categories.

The WKF rules are on the Karate New Zealand website ([www.karatenz.co.nz](http://www.karatenz.co.nz)) under the sport karate section.

Competition dress code

- All competitors must wear a clean white Gi in good condition. No NZ team badge to be worn but acceptable for club badges, no advertising badges on the Gi
- All kumite competitors must wear mouth guards
- All competitors must wear WKF or KNZ approved hand guards and shin and instep protectors
- Male competitors should wear groin protectors but this is optional
- Female kumite competitors should wear chest protectors
- Competitors under 13 yrs can wear head protectors

**Please ensure entries are emailed to [helendonnely124@gmail.com](mailto:helendonnely124@gmail.com) by 10am Saturday 18<sup>th</sup> August 2018. No late entries.**

**Entry fee can be paid on day or by internet to:**

**Wellington Karate  
38-9005-0804375-00**

Please enter name in the particulars field "LNI Champs" and in the reference field "Competitors Name".

**Karate New Zealand**  
**Lower North Island Championships Entry Form**

Te Rauparaha Arena, Porirua – 26<sup>th</sup> August 2018 - 10am Start  
**COMPETITOR FEE: \$30**

Name \_\_\_\_\_ Ph \_\_\_\_\_

Email address \_\_\_\_\_

Age (as at 26 July 2018) \_\_\_\_\_ D.O.B. \_\_\_\_\_

If entering Kumite Weight \_\_\_\_\_ kg Height \_\_\_\_\_ cm

Gender (highlight or tick one)                      Male                      Female

Club \_\_\_\_\_

*Entering (highlight or tick the division and age grade you wish to enter)*

**Development                      Intermediate                      Premier**

**6/7yrs**

**8/9yrs**

**10/11yrs**

**12/13yrs**

**Cadets (14/15yrs)**

**Juniors (16/17yrs)**

**Senior (16yrs +)**

**Veterans (35yrs +)**

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