

# **IKKA-EUROPE**

Rulebook

Düsseldorf 2018



**European Kenpo Karate Championships**

**Ed Parker's Kenpo Karate**

**Version 1.0**

**Date: May 8th, 2018**



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## 1. Definitions

**Organising Committee:** This is the committee that was set up by IKKA Europe to organise the European Kenpo Karate Championships to which these rules apply.

**Competitor:** Anybody who competes in any event that is being organised by the organising committee.

**School Leader:** Every group of competitors should appoint a person as contact for the organising committee.

**Centre Referee:** In sparring divisions there will be 3 or 5 judges, of whom one is the centre referee or person in charge of the ring. He or she is the person who will decide on any question regarding the rules, or any other question about the procedures of the event. Judges may be brown (for events up to brown belt level) or black belts. The centre referee must be a black belt.

**Centre Judge:** In every forms and techniques division there will be 3 or 5 judges, of whom one is the judge in charge. He or she is the person who will decide on any question regarding these rules, or any other question about the procedures of the event. Judges may be brown (events up to brown belt level) or black belts. The centre judge must be a black belt.

**Arbitrator:** A special highly qualified person, asked by the organizing committee to solve any disagreements on the application of these rules. There may be more than one arbitrator at the event.

**Appropriate Uniform:** The uniform as prescribed by the organization the competitor is a member of and that applies at least to the following criteria:

- The uniform must be clean
- The uniform can not have any materials employed or attached that can cause danger or injuries to the competitor or the opponent. Nor can the uniform be of a design that causes such dangers.
- The uniform will at least cover the entire body of the competitor, the arms from shoulder to just above the elbow and the legs from the hip till below the knee. The uniform will not cover the hands, feet and head of the competitor.



## **2. General Rules (these rules apply to all divisions)**

### **2.1. Liability and insurance**

The organizing committee accepts no liability for any damage or loss of property of the competitors, nor for any injuries of the competitors due to taking part in the event, or due to any other reason. The team leaders of every group are responsible for adequate insurance of the competitors coming from his/her school.

### **2.2. The Ring**

The ring for any of the competitions mentioned in these rules is marked on a level surface. The actual competition area is clearly marked. The size of the ring should be at 6 x 6 Meters.

### **2.3. Not showing up**

At the start of a division, announcements are made for the competitors to report to their designated ring. The announcements are made three times. Competitors, who do not report to the ring within 1 minute after the 3<sup>rd</sup> call, are disqualified from that particular division. In the case of a freestyle match, the opposing competitor will be announced winner.

### **2.4. Tournament management**

The organizing committee can at any times add or cancel divisions. The organizing committee will try to ensure that there is a mix of countries where possible at each ring.

### **2.5. Unforeseen cases and disputes over the interpretation of these rules**

In any situation arises that was not foreseen in these rules, or in case of doubt about the interpretation of these rules, the centre referee or the arbitrator will decide how to act. If such an unforeseen case occurs, the judge in charge will decide how to solve the problem, unless he/she chooses to call the arbitrator. If a school leader, (or someone appointed by her/him) of any of the competitors disagrees on a decision made, the arbitrator will be called to solve the problem. The decisions made by the arbitrator will be final.

### **2.6 Competitor**

All competitors must present themselves suitably attired and ready to compete. They may be divided into separate divisions based on style, size, gender, rank, origin of the form or age. To enter an adult division, a competitor must be aged 18 years or older. A competitor must enter the division corresponding to his/her age, sex, and belt colour.



## **2.7 Late Entries and Order of Performance**

It is the responsibility of the competitor to be at the ring prior to the time that the division starts. Once the division is organized and the first competitor begins, there will be no additional entries. If a competitor comes late but the first competitor has not started, he/she may be permitted to compete at the sole discretion of the Tournament Organisers but must compete first and immediately. The order of the performance may be by random draw after shuffling of cards. Switching the order of performance numbers is not allowed between competitors. If there is good reason to believe that competitors switched numbers, he/she will be disqualified.

The order of performance of the grand championship rounds will also be determined by random draw. If the competitor is not present at the designed time to draw numbers, he/she will automatically go before the ones who are present. If only one is not present, he/she will automatically go first. If more than one is not present, a separate drawing is made by the designated form coordinator for those not present. They will go in that order before the competitors who are present.

## **2.8. Divisions**

The organizing committee may decide to merge or split divisions depending on the number of entries. No competitor will be allowed to compete in any other division than the one he or she should be in. Exceptions to this rule can only be made by the organizing committee, following a request by the competitor's school leader.

## **2.9. Competitor's Health**

Every competitor must be in good physical health in order to take part in this event. This is to minimise the likelihood of injuries. The chief medical officer will at any time be allowed to disqualify any competitor who creates a danger for himself/herself or others.

## **2.10. Fairness Rule**

If a question arises that is not covered by this rule book, the arbitrator and/or his/her appointed representative, may at his/her discretion, overrule, modify or change a delineated rule if he/she believes that enforcing such a rule would result in an inherent unfair outcome to a competitor ("Fairness Rule"). However, the arbitrator and/or his/her appointed representative should overrule, modify or change a delineated rule only in extreme cases.



### **3. Freestyle Sparring Rules**

#### **3.1. Duties of competitors**

Every competitor must be on time for the appropriate division. The order in which the competitors will start is already automatically shuffled during the registration.

#### **3.2. Competition format**

The competitor that wins a fight will qualify for the next round. If you lose a fight you are out.

#### **3.3. Equipment**

Competitors must wear an appropriate uniform as prescribed by their organization. This includes a belt in the colour that represents their level. The following safety-equipment is mandatory:

- Mouth guard - A properly-fitted mouthpiece is required to protect your teeth.
- Groin guard - All competitors must wear a groin guard
- Safety boots - A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot
- Safety gloves - a soft padded, surface must cover the fingers, wrist and any striking surface of the hand. The striking areas such as the ridge of the hand (ridge hand) side of the hand (chop, hammer fist), back of the fist (back fist), and knuckles (punch) must be covered with a soft padded surface. The use of bag gloves is not permitted.
- Head guard - The front, sides and back of the head must be covered by a soft padded surface. Facemasks are optional but not required
- Chest guard is obligatory for female competitors
- Shin guards are not mandatory, but are highly recommended. These must be made of soft material.

Jewellery and any other additions to the appropriate uniform are not allowed. The centre referee may require a competitor to tidy their hair if it is loose. Any competitor that shows up without the proper equipment has one minute to correct this. If the competitor does not succeed to do so, he or she will be disqualified from the division.

#### **3.4. Duration of a match**

- All team sparring matches will be ONE & ONE HALF MINUTES (1:30)
- All sparring matches for competitors aged 17 years and under will be One and a Half minutes (1:30)
- All other sparring matches will be TWO MINUTES (2:00)



### 3.5. Point Values and Winner Determination

- All legal techniques that score will be awarded one (1) point to the scoring competitor
- All penalty points awarded will be one (1) point value to the non fouling competitor
- In all Black Belt divisions (even children) the competitor who earns seven (7) points automatically wins. If no one scores seven (7) points by the end of the two minutes, the competitor who is ahead wins.
- In the under belt divisions, the competitor who earns five (5) points automatically wins. If no one scores five (5) points by the end of the two minutes, the competitor who is ahead wins.

### 3.6. Removal and changing of Officials

If a competitor feels that an official should be removed from a sparring division, he/she may make a protest to one of the tournament arbitrators. **The decision regarding the actual removal of the official is the arbitrator's decision.** The decision is final. **All protest shall be made in an orderly, proper, and sportsmanlike manner.** If a competitor has a protest about anything, he/she should make the protest to the referee. The referee may summon the arbitrator to the ring to render a decision on the protest. All protests must be filed immediately. No protest is allowed after competition has resumed.

A sparring official can be changed at any time during a division once a match has stopped.

### 3.7. Weighing-In

It is mandatory for all adult fighting competitors - who fight in a weighted division - to weigh-in before engaging in competition. Only one official weigh-in is required. All adult fighting competitors must fight in their weight division. A competitor cannot fight in a weight division in which he/she does not make the proper weight. This means a competitor cannot go up to a heavier weight division or go down to a lower weight division. The weight division and/or actual weight must be recorded on the competitor's competition card.

### 3.8. Late Entries

It is the responsibility of the competitors to be registered, weighed-in and at his/her ring prior to the time his/her sparring division starts. Once the first sparring match has started in his/her division, no other competitors can enter that division.



### 3.9. How Points are Awarded

Scoring points are awarded by a majority vote of the judges. The majority of judges do not have to agree on the same technique being scored, only that a point was scored.

- **Legal Target Areas:** covered area of head, face (Only for competitors aged 18 years and older) ribs, stomach, chest, groin (only competitors aged 18 years and older), abdomen and kidneys.
- No face contact for children's divisions, or adults (18 years and older) white to green belts; light face contact only allowed for adult brown and black belts.
- **Illegal Target Areas:** Spine, back of neck, throat, sides of neck, groin (if aged 17 years and under), legs, knees and back are all illegal target areas. Any attacks to these areas could result in a warning and/or penalty points. No face contact for children and for all white to green belts.
- **Non-Target Areas:** Hips, top of head, shoulders, buttocks, arms, and feet are all non-target areas. Points cannot be scored to non-target area. If it is deemed that a competitor is actually attacking these areas, warning and/or penalty point may be awarded.
- **Legal Techniques:** Legal techniques are all controlled sport karate techniques, except those listed as illegal. When determining the legality of a technique, the official considers if the technique is a legitimate, controlled sport karate technique that adheres to all other rules governing sport point karate. Foot sweep are only permitted in adult (aged 18 years and older) sparring divisions.
- **Illegal Techniques:** Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, any stomps or kicks to the head of a downed opponent, slapping, grabbing, uncontrolled blind techniques, any uncontrolled dangerous techniques that are deemed unsafe in sport karate.
- **Grabbing:** No grabbing of the uniform, gear or any part of the body. Any violation of this rule will result in a warning.
- **Ground fighting:** If a fighter falls on the ground, the referee may allow up to 3 seconds for both competitors to score a point (as long as safety allows). The fighter standing cannot strike the head for safety reasons. Deliberately dropping to the floor to avoid or evade fighting is not legal. All dropping to the floor deliberately on a hard surface is not legal. A fighter is down when any part of the body, other than the feet is touching the floor.



### 3.10. Contact Levels Defined

- **Focus**: means the strike stops short of contact. Focus contact to the head can be used to score a point.
- **Light Touch Contact**: means there is no penetration or visible movement of the opponent as a result of the technique. Light touch may be made to all Legal Target Areas. Light Touch Contact to the face is only allowed for adult brown and black belts.
- **Moderate Touch Contact**: means slight penetration or slight target movement. Moderate touch may be made to all Legal Target Areas. Moderate Touch Contact is not permitted to the head and face.
- **Excessive Contact**: is made when an opponent strikes with force in excess of what is necessary to score a point. Though it is largely a judgment call, indications that contact has been excessive may be accessed by the following reactions:
  1. Visible snapping back of a competitor's head from the force of a blow.
  2. A knockdown of an opponent (not recklessly charging into a technique or occurring in instances where the fallen party either fell, slipped, or was off balance).
  3. A knockout of an opponent.
  4. The appearance of severe swelling or bleeding. (Bleeding or other obvious external injury may in itself be grounds for excessive contact if it is considered the fault of a competitor) **(Bleeding, however, does not necessarily imply excessive contact).**
  5. The distortion or injury of the body from the force of a blow to the body.
  6. Wild swinging of limb.
- **Touch Contact Requirements**: All ranks may make focus contact to the head to score a point, and light or moderate touch contact to the body to score a point. Adult competitors may make light touch contact to the head to score a point.

### 3.11 Warnings and Penalties

Only one warning is allowed without a penalty point for breaking the rules. After the first warning is given, a penalty point is awarded to the opponent on each and every subsequent violation of the rules. If a competitor receives three warnings (including the first non penalty point warning) in any one match, he/she is automatically disqualified and his/her opponent is declared the winner. If the result of the first rules infraction is considered by the referee to be severe enough, he/she can omit the first warning and issue a penalty point automatically. In doing so, the referee is omitting any first warning to



the offending competitor. A penalty point can determine the winner of a match.

- A competitor cannot be penalized and still receive a point on the same call. A penalty always overrules a point by the same competitor.
- A competitor can receive a point because his/her opponent was penalized and at the same time receive a point or points for scoring.
- If a competitor is injured and it is considered that he/she is responsible for his/her own injury, or no fault can be associated with the injury, the opponent will not be penalized (i.e., ducking into a knee, butting heads, etc.). In the event a fighter is unable to continue because of a no-fault foul, his/her opponent will be declared the winner even if he/she is not ahead at the time of the foul.
- If a competitor scores a point and immediately proceeds to break the rules, even if it was after the point technique, the warning for breaking the rules voids the point (a competitor cannot receive a point and a warning on the same call).

### 3.12 Out-of-Bounds

A competitor is out-of-bounds as soon as he/she has at least one foot outside of the boundary line. Stepping out-of-bounds does not immediately stop the match. **The centre referee has to stop the match upon any judge calling stop.** An out-of-bounds competitor may be scored on by his/her opponent so long as the opponent has both feet inside the boundary line and the referee has not signaled to stop. In the event of a jumping technique, the attacking competitor must land in-bounds in order to score.

A separate count should be kept of line fouls and a warning could be given on the advice of one judge. 3<sup>rd</sup> line foul to result in a point over and 4<sup>th</sup> line foul disqualification.

### 3.13. Coaching

- Never, at any time can a coach, friend, team member, etc., enter the ring without the referee's permission (only the officials, competitors and medical personnel are normally allowed in a ring).
- No abusive, violent, unsportsmanlike or overzealous coaching allowed.



- A coach cannot ask for a time out (only a competitor may ask for a time out).
- As in all sports, coaching **IS ALLOWED**. Only one coach is allowed for a competitor.
- A coach can never, at any time, interfere with the proper running of the ring or the decisions of the judges.
- Penalties for any of the above coaching infractions are issued by the referee to the relevant competitor.

### **3.14. Grand Championships (adult black belts only):**

Preliminary Matches: Accumulated Points, One 2-Minute Round

Final Match: Accumulated Points, Two 2-Minute Rounds

### **3.15. Number of officials**

In adult under belt and all children's divisions, there will normally be 3 judges. In all adult black belt divisions, there will be 3 or 5 judges. All grand champion and team fighting divisions must have 5 judges. There must also be a time/scorekeeper.

### **3.16. Task of the centre and corner referee**

The centre-referee is responsible to enforce the rules in favour of fair play and safety of the competitors. Only the centre-referee starts and stops the match and awards points and penalties. The centre-referee is responsible for clearly announcing points to both competitor and scorekeeper. The centre-referee has to make eye contact with the scorekeeper when awarding points. The centre-referee is an intermediary for competitors, officials and audience and makes all announcements clearly audible and visible.

If the centre-referee calls break, the corner-referee can ask the centre-referee for 2 calls if they think they have seen a foul.

### **3.17. Safety of the Competitors**

If any blood is drawn, the match will be ended. In general the opponent will be disqualified. After consultation between, referees and medical staff however, the decision can be made that the opponent will not be disqualified, but declared winner instead. It is possible that either medical staff or the centre-referee may not allow the injured competitor continue for safety reasons.

### **3.18. Voting**

Only the 3 or 5 referees together vote on a possible point. Other decisions can be made by the centre-referee only. When the centre-



referee sees a possible point, he/she will stop the match by calling `**Break**`. After he/she declares what the vote is for (i.e. point or penalty) the corner-referees point their flags to the side they vote for. Corner-referees vote **immediately**. Late flags will not be accepted.

### 3.19. **Flags or hand signals for point sparring**

The officials call points as they see them. When the centre referee or side judge believes a point has been scored he/she shall call out the word, "**Stop!**" Once fighters return to their lines, the judges will call simultaneously for a point, warning, etc.

The Centre Referee may ignore late calls!



Starting position waiting for a call from the centre referee.

- **Point is scored:** If flags are used, a judge raises the appropriate colour flag of the competitor who he/she feels scored the point. When a judge **sees a point** he/she should yell out the word, "**Point!**" in a loud, clear voice to let the referee know he/she has a call.



Point Red



Point White



- **No point scored**: A judge crosses his/her flags or wrists at waist level to indicate that he/she believes no point was scored.



You saw a technique, but no point was scored

- **No See**: The judge holds his/her hand over his/her eyes indicating that he/she could not see whether a point was scored or not.



- **Clash**: With or without flags, a judge makes a motion as though he/she is hitting both fists together or places the tops of both flags together. This means both competitors scored at the same time, therefore, no point.





- **Penalty:** The judge will wave the flag color of the offending competitor in a circular motion. If no flags are being used, the judge waves hand in a circular motion as he/she points to the offending competitor.



Small circles are made

- **Out:** Any judge calls stop when he/she sees a competitor go out of bounds. If a call is being made and a judge believes the competitor was out of bounds, he/she will wave their flags or hands in the direction of the person they feel went out.
- **Disqualification:** A disqualification vote is taken separately from any other vote. When a disqualification vote is asked for, the centre referee will say, "**Judges Call!**" A judge will then hold the flag colour, or point if no flags are being used, at the competitor he/she thinks should be disqualified. If he/she does not believe there should be a disqualification, he/she does not hold up a flag or point to a competitor.





- **Late Call:** All officials should make their calls at the same time. If, in the opinion of the centre referee, a corner judge is making a late call intentionally, the referee can discount the call (noise not allowing the judges to hear the referee and the honest mistake of raising the wrong flag colour should be taken into consideration).

### 3.20. Fouls

This is a partial list of possible causes of penalizing and may be used as a guideline to follow in deciding on calling a penalty:

- Attacking illegal and non-target areas.
- Using illegal techniques.
- Running out of the ring or falling to avoid fighting (not fighting out).
- Continuing after being ordered to stop (fighting after break).
- Excessive stalling
- Being late or not properly attired for your event when your name is called
- Blind, negligent or reckless attacks even when no contact is made.
- Any unsportsmanlike behavior from the competitor or their coaches, friends, etc.
- Any abusive behavior from the competitor or his/her coach, team mates, family, friends, etc., such that the referee feels it affects the outcome of the match or the performance of the officials or other competitors.
- Excessive contact.
- Open-hand techniques to the face.
- Techniques that can injure joints.
- Throws, excluding sweeps (adults competitors only) if performed boot-to-boot.
- Grabbing or pulling.
- Head-butts
- Hitting any target that is not allowed (spine, throat, back of the neck, back of the head below the ears, or kicking to the legs).
- Contact with the intention to hurt the opponent or with disrespect for the safety of the opponent.
- Sweeping both legs
- Talking in the ring
- Obstructing the progression of the match on purpose.



- Unsportsmanlike conduct.
- Interference from outside the ring.
- Ignoring the instructions from the referee.
- Turning your back towards the opponent in order to avoid the fight.
- Calling your own points.

The centre referee will declare fouls. First foul is a warning, every warning after that will result in a point for the opponent. 3<sup>rd</sup> foul will result in disqualification

### **3.21. Contact to the head and face**

Light contact to the head is only allowed for adult competitors and contact to the face is allowed only for adult brown and black belt competitors. A point will be awarded if a strike, punch or kick to the head is performed short of contact. If competitors with brown or black belts compete against competitors with lower belts, the rules for the lower-belts will prevail. Contact to the head is not allowed in all junior divisions.

### **3.22. Disqualification**

Disqualification of a competitor requires a majority vote by all officials. If a competitor's injury was deemed the responsibility of his/her opponent, the opponent is disqualified, even if the injured party cannot continue.

Disqualification means every competitor who was placed below the disqualified competitor will move a place upward.

In team events the disqualified competitor will lose all point obtained by them in that fight and 5 (7 for Brown and Black Belts) points will be awarded to the other team. In the case of disqualification during the final fight of a team match where the disqualified competitor's team was in the lead prior to the commencement of the fight the following should happen:

- both teams' scores will be set to zero
- 5 (7 in the case of a brown or black belt team) will be added to other team's score.
- Each team will send out a fighter. The disqualified competitor is excluded.



### 3.23. Complaints

If a trainer or coach (who needs to be appointed before the match) thinks a rule is violated, he or she can ask the centre referee to stop the match and lodge a complaint. Complaints can only be made during breaks by raising your hand. It is the participating official's duty to resolve the situation. The Arbitrator may be called upon to act to ensure the correct application and interpretation of regulations. The reconsideration of the decision will be as following

- Acknowledging the complaint
- Centre and corner-referee and the arbitrator decide in absence of other parties



## 4. Forms Rules (traditional, creative and weapons)

### 4.1. Duties of competitors

Every competitor must be on time for the appropriate division. The order in which the competitors will start is already automatically shuffled during the registration. The competitors are to line up to compete in the order as announced by the Time/Scorekeeper.

### 4.2. Kata choice

Forms category	Allowed forms
White/Yellow/Orange	Short Form 2 and below
Purple/Blue/Green	Long Form 3 and below
Brown Belt	Form 4 and below
Black Belt	Form 6 and below

In the traditional Kenpo Karate form divisions only unarmed forms from the Parker System may be used (short form 1 to form 6). Forms or sets that are not part of the competitors own standard training content may not be performed. Music is not allowed.

In the Team Form divisions, if the chosen form is a traditional Parker System form, the highest form allowed is the form that belongs to the standard training material of the highest ranked competitor in the team. A team comprises a minimum of 3 competitors and a maximum of 5. Music is not allowed.

In the Creative Form divisions only forms with a creative element may be used. This creative element could be an invented form or a traditional form adapted in some manner. A traditional form above the competitor's level is not considered creative and can therefore not be performed. Music is not allowed.

The Weapon Form division is the only division which allows the use of weapons during the form. The Weapon Form may be traditional or creative, but no music is allowed. The centre judge should check all weapons for safety. The centre judge should ensure that all spectators and competitors are at a safe distance from the performing competitor. Judging a weapon division is no different than judging an empty hand form division except the main emphasis and value to the form is placed on the competitor's use of the



weapon. Important elements of weapon judging, in addition to execution, presentation and difficulty, are:

- The competitor's control of the weapon. The weapon should be seen as an extension of the competitor's arms and hands.
- The absolute control of the weapon at all times within the routine is essential.
- The transition and combination of regular martial arts techniques with the weapon (i.e., kicking, blocking, etc.).
- The percentage of weaponry movements to non-weaponry movements: The majority of any weapon form should consist of the use of the weapon.
- Safety: No reckless or careless use of the weapon that would harm the competitor, another competitor, the judges or spectators.

#### **4.3. Manner of Competition**

- The competitor is called, after which he or she has to report to the mat
- The competitor bows, then enters the mat area
- The competitor bows to the panel in attention stance and announces his or her name clearly and the form or set that will be performed.
- The participant starts the form.
- After completing the form, the competitor remains on the mat until the panel has spoken
- After a gesture by the panel the competitor may leave the mat

#### **4.4. Equipment of the competitors**

Competitors have to wear an appropriate Kenpo uniform, including a belt in the colour that represents their level. A t-shirt in the same colour as the suit may be worn under the uniform. Jewellery and any other additions to the appropriate Kenpo uniform are not allowed. Any competitor that shows up at the field without the proper equipment, has one minute to correct this. If the competitor does not succeed to do so, he or she will be disqualified from this division.

#### **4.5. Not showing up**

At the start of a division, announcements will be made for the competitors to report to their designated rings. The announcements are made at least 3 times. Competitors who do not report to the ring



within 1 minute after the 3<sup>rd</sup> call, will be disqualified from that particular division

#### **4.6. Number of Judges**

Every panel consists of at least 3 but preferably 5 judges

#### **4.7. Point system**

All members of the panel will award points varying from 5.0 to 8.0 for white-green belts and 6.0 to 9.0 for brown-black belts. If a competitor does not complete a form, he or she will receive the lowest points, 5.0 or 6.0. Points may be decimalized. The scorekeeper will process the points of individual judges. The total amount of points will be the score for the competitor. When there are 5 judges the scorekeeper will eliminate the highest and lowest scores. In the event of a tie the highest will be added in. If a tie persists the lowest will be added in.

#### **4.8. Judging criteria**

- Presentation
- Execution
- Charisma
- Difficulty level.
- Balance
- Coordination
- A technical mistake or hesitation will result in deduction of points. If a competitor is unable to complete a form, he or she will be given the opportunity to perform it for the second time. However points will be reduced to 5.0 (white-green) or 6.0 (brown-black)
- Martial Arts value. Gymnastic moves with no martial arts value should be ignored.

The Judges will watch the first three competitors perform before awarding their scores. Once the first three competitors have been awarded their scores, the remaining competitors will be scored immediately after their performance. It is suggested that judges keep record of the scores awarded to alleviate any discrepancies in scoring.



## 5. Self Defence Techniques Rules

### 5.1. Duties of competitors

Every competitor must be on time for the appropriate division. The order in which the competitors will start is already automatically shuffled during the registration. The competitors are to line up to compete in the order as announced by the Time/Scorekeeper.

### 5.2. Self Defence Technique rules

- A minimum of four techniques is required. The minimum content must have at least one against a grab, one against a punch and one against a kick. They shall be performed slowly and then at street speed.
- The techniques may be performed with each technique individually at both speeds or all three together in slow motion and then at street speed.
- Competitors shall be judged on execution, effectiveness, practicality and overall presentation.
- The competitor should endeavour to showcase his/her self and their art
- Only the individual performing the techniques shall be judged
- No music is allowed.
- Weapons may be used and you may use a weapon that has been disarmed from an attacker. This applies to all belt levels. All weapons must be inspected by the centre judge to ensure they are safe.

### 5.3. Manner of Competition

- The competitor is called, after which he or she has to report to the mat, together with the attacker(s).
- The competitor and attacker(s) bow and then enter the mat
- The competitor salutes the panel and announces his or her name clearly.
- After permission from the judges, the competitor starts his/her techniques
- After completing the techniques, the competitor remains on the mat until the panel has spoken
- After a gesture by the panel the competitor may leave the mat



## **5.4. Time limit**

After a competitor has been given permission to start, the competitor has 2 minutes to complete the techniques.

## **5.5. Equipment of Competitors**

Competitors must wear an appropriate uniform, including a belt in the colour that represents their level. Jewellery and any other additions to the appropriate Kenpo uniform are not allowed. Any competitor that shows up at the field without the proper equipment has one minute to correct this. If the competitor does not succeed to do so, he or she will be disqualified from this division

## **5.6. Not showing up**

At the start of a division, announcements will be made for the competitors to report to their designated rings. The announcements are made at least 3 times. Competitors who do not report to the ring within 1 minute after the 3<sup>rd</sup> call, will be disqualified from that particular division

## **5.7. Number of Judges**

Every panel consists of either 3 or 5 judges. When 5 judges are present the high and low scores will always be removed.

## **5.8. Point system**

All members of the panel will award points varying from 5 to 8 for white-green belts and 6 to 9 for brown-black belts. Points may be decimalized. The scorekeeper will process the points of individual judges. The total amount of points will be the score for the competitor

## **5.9. Judging criteria**

- Charisma
- Difficulty level
- Balance
- Coordination
- A technical mistake or hesitation will result in deduction of points. If a competitor is unable to complete a technique or technique sequence, he or she will be given the opportunity to perform it for the second time. However points will be reduced to 5.0 (white-



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green) or 6.0 (brown-black). The centre judge may decide not to allow a brown or black perform a second time.

The Judges will watch the first three competitors perform before awarding their scores. Once the first three competitors have been awarded their scores, the remaining competitors will be scored immediately after their performance.