

## **Forms and Kata's**

### **Open hand**

- Youth up to 12 years **Cadet**
- Young 13 to 18 years **Junior**
- Adults 19+ years **Senior**
- Beginners (up to 3 years experience)
- Semi (3 to 5 years experience)
- Advanced (6+ years experience)
- Master (minimum black, minimum 10 years experience and 19+)

There must be a distinction between:

- Soft styles (Kung Fu, Pencak Silat, Shaolin, Tai Chi etc.)
- Hard styles (Karate, Taekwondo, Tang Soo Do, Kempo, etc.)

There will be 5 judges, 1 on each corner and 1 in the middle. The contestant presents himself with name, age, gym and name form or kata that is being done.

The knock out system works according to which 2 opponents (red/ blue) match each other. And each time one winner is appointed by means of the red or blue flag, by the 5 judges. Therefore, no tie can arise

The judges pay attention to the following:

- Appearance and form
- Force
- Agility
- Speed
- Balance
- Posture of body and legs
- Direction attack/ defense
- Direction of face and eyes
- Attack value (with knowledge of the movement and shape)
- Costume

## ***Weapon***

With weapon the same age and classes apply as open hand.

Weapon forms are classified into the following categories:

- Long weapon (Spear, Battle Ax, Bo, Crescent moon etc.)
- Sword (Wide Sword, Long Sword, Katana, etc.)
- Short weapon (Nunchaku, Eskrima stick, Tonfa, Knives, etc.)
- Flexible weapon (Chain whip, Rope dart, Leather whip, etc.)

Additional attention:

- Use of weapon
- Control of the weapon
- Clear attacks and defenses
- Difficulty level of the weapon
- Etc.

## ***Musical forms with or without weapon***

The same rules of open hand and weapon are also applicable here.

Additional attention:

- Use of music, deliver as MP3 (labeled with first and last name) on USB stick (also for first and last name)
- Timing movements and music

## ***Team Kata***

- Minimum 2 participants
- Poule layout is experience and age
- With or without weapon
- Running synchronously
- Intentional fight

After the first time you've walked a kata or form, the chief judge will ask if you want to do it over. If you choose this option, only the 2<sup>nd</sup> form or kata will count. Thereafter, no recaptures are possible.

If you continue to the next round, you can show another form or kata.

**Please indicate the correct age at the time of the tournament! For changing poules € 5,- will be charged. The participant is able to identify him/ herself with an ID card or sports passport.**

FIGHT TOUR