

Welch's Okinawan Karate-Do

Presents the

“Kyoshi Robert E. Everhart” Memorial Karate Tournament

- Date:** *Saturday, June 26, 2010 at 1:00 PM*
- Where:** ***Ritchie Coliseum; Univ. of Maryland***
Baltimore Ave.; US Rt. 1; Building 004
College Park, MD, 20742
- Fee:** **PRE-REGISTRATION:** *Must be received by June 15, 2010*
Tournament - \$40.00 pre-registration
Late Registration (After June 15, 2010) \$50.00; Spectators - \$10.00
- Prizes:** *1st Prize is trip (airfare only max \$1050.00) to Okinawa or Japan*
1st Prize for Jr. Black Belts is \$100.00 (12- 17 yrs.old)
- Divisions:** *Black Belt Kata Only (2 Divisions: Adults & Juniors)*
- Mailing Address:** *Welch's Okinawan Karate-Do*
P.O. Box 29342
Washington, DC 20017-0342
301-559-3400 or 202-210-6364
renshiuunlimited@verizon.net or www.welchsokinawankarate.com

Rules for the Tournament

Article 1: Organization of the Competition

1. The Kata competition consists of individual performances by male or female in Adult and Junior Divisions.
2. The Karate-do Kata competitors must select from the traditional Kata list below.
3. In the Junior category, competitors must select from the Kata listed below except for No.2 (Sanseryu of Uechi-ryu), No.14 (Suparinpe of Naha-te) and No.26 (Kusanku of Shuri-te).

Article 2: The Referee Panel

1. The panel of five judges (1 referee and 4 judges) for the matches will be designated by the Director of the tournament before all matches start.
2. Score-keepers and callers/announcers will also be appointed for the purpose of facilitating the operation of Kata competitions.

Article 3: Scoring

1. The Kata competition is tournament style.
2. Kata judges decide the match using red or white flags

Article 4: Criteria for Decision

1. The performance of a competitor shall be assessed based on the following criteria:
 - (1) Kata must be performed with competence and must demonstrate a clear understanding of its principles.
 - (2) The Kata performance must demonstrate focus of attention (CHUGAN), proper use of power, good balance and correct breathing.
 - (3) The performance shall also be evaluated based on various unseen, intangible points.
2. A competitor is disqualified if he/she interrupts, stops, or varies the Kata, or if he/she performs a Kata different from that announced.
3. Other criteria:
 - (1) Correct breathing, good demonstration of power, speed, timing, balance and *Kime* (total body coordination).
 - (2) Consistency and correctness of stance;
 - a. Correct weight distribution according to the *Kihon* (basic technique) being demonstrated
 - b. Smooth and even transition (*hara* remaining “weighted down”) between stances
 - c. Correct tension in stance
 - d. Proper understanding of the *Kata Bunkai*
4. Kata must uniformly demonstrate:
 - a. Unwavering concentration
 - b. Contrast in tension, breathing and movement
 - c. An understanding of the techniques being demonstrated
 - d. A realistic rather than theatrical demonstration of the Kata meaning

Article 5: Procedure of Matches

1. The two competitors, distinguished by white color and red color, will respond to the calling of his/her name by going directly to the competition area. He/she will stand on a designated line and bow to the panel. The competitor of the white color will step out of the competition area, and the competitor of the red color will begin the performance after the name of the Kata is announced. Once the competitor of the red color finishes the performance, this competitor will step out of the competition area, and the competitor of the white color will step into the competition area and perform. When both competitors, performances are finished, they will stand outside of the competition area and await the results from the panel.
2. The referee will call for a decision (*Hantei*) and blow a sharp blast on the whistle. Referee and judges will, in unison, raise their flags (red or white) to decide the winner.
3. A competitor for Karate do Kata must not repeat the same Kata twice in succession though the tournament.

Okinawa/Japanese Karate-Do Kata List

	Kata		Kata		Kata
1	SEISAN	15	FUKYUGATA 1	31	NISESHI
2	SANSERYU (SANSERU)	16	FUKYUGATA 2	32	JITTIN
3	KANSHIWA	17	PINAN	33	MUTUDI
4	SERYU	18	NAIHANCHI	34	OHAN
5	KANCHIN	19	ANANKU	35	PACHU
6	KANSHU	20	WANKAN	36	ANAN
7	SECHIN	21	ROHAI	37	PAIKU
8	GEKISAI	22	WANSU(WANSHU)	38	HEIKU
9	SAIFA	23	PASSAI	39	PAIHO
10	SHISOCHIN	24	GOJUSHIHO	40	SUNSU
11	SEIPAI	25	CHINTO	41	JION
12	KURURUNFA	26	KUSANKU	42	UNSU
13	SEIENCHIN	27	HOFA	43	KASSHINDI
14	SUPARINPE (PETTURIN)	28	CHINTI		
		29	JITTI		
		30	SOCHIN		