



KUMITE AND KATA COMPETITION RULES

Budo Karate

EFFECTIVE FROM 2023.06.01



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BUDO KARATE – Categories and Competition



Categories	Kata / Kumite
11. MINI CADETS (12 to 13 years) <i>Male & Female</i>	1- until blue belts 2- Brown and black belts
12. CADETS (14 to 15 years) <i>Male & Female</i>	1- until blue belts 2- Brown and black belts
13. JUNIORS (16 to 17 years) <i>Male & Female</i>	Open weight and belt
14. UNDER 21 (18 to 20 years) <i>Male & Female</i>	Kumite ind. and Team - Open weight and belt
15. SENIORS (21 to 35 years) <i>Male</i>	Individual Kumite Category -75 kg / +75 kg
16. SENIORS (21 to 35 years) <i>Female</i>	Open weight and belt
17. VETERANS (Up to 36 years) <i>Male & Female</i>	Open weight and belt
18. TEAMS (18 Years and up) <i>Male & Female</i>	Teams

- ❖ **Protections:** Gloves white and red, Genital protections(men), Breast protection(woman), Mouth guard
- ❖ No other protections

- ❖ **Time:** 2 minutes
- ❖ **Tournament:** Individual and Team (3+1, ju-se-ve) Male and Female Under 21
- ❖ **Kata Rules:** Colored Belts – Heian's

Brown and Black Belts – Sentei kata (first level)



Final – Tokui Kata

❖ **Kumite Rules:** All techniques must be controlled (ok for skin touch)

✓ All usual techniques are ok and more:

- 1) Mikazuki Geri (Jodan and chudan)
- 2) Kakato Geri (Jodan and chudan)
- 3) Teiho Uchi (Jodan and chudan)
- 4) Haishu uchi (Jodan and chudan)
- 5) Kagi Tsuki (chudan)
- 6) Age Tsuki (Jodan)
- 7) Haito Jodan and chudan
- 8) Shuto Jodan and chudan
- 9) Tetsui Jodan and chudan
- 10) Empi (all type) only chudan

❖ 2 Wazari, 1 Ippon

❖ **Referee:** The technique is ok only if is good in movement and execution (go, back, hikite, balance, power, distance, etc.).

- 1) After hikiwake encho sen 1 minute (the first technique assigned win the match)
- 2) In teams hikiwake (if tie another match with rule encho sen).



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Vitaliano Morandi