



---

# SHOTOKAN KARATE-DO *of* UNITED NATIONS

## SKDUN European Shotokan Karate Championship

Brown and Black belts only (3<sup>rd</sup> Kyu and above)

### CATEGORIES AND RULES

#### INDIVIDUAL KATA

<b>001. CHILDREN, 10 – 11 years male, all grade.</b>	Elimination kata: Shitei kata + Tekki Shodan
<b>002. CHILDREN, 10 – 11 years female, all grades.</b>	Elimination kata: Shitei kata + Tekki Shodan
<b>003. MINICADETS, 12 – 13 years male, 3 – 1 Kyu.</b>	Elimination kata: Shitei kata + Tekki Shodan
<b>004. MINICADETS, 12 – 13 years male, Dan grades.</b>	Elimination kata: Shitei kata + Tekki Shodan
<b>005. MINICADETS, 12 – 13 years female, 3 – 1 Kyu.</b>	Elimination kata: Shitei kata + Tekki Shodan
<b>006. MINICADETS, 12 – 13 years female, Dan grades.</b>	Elimination kata: Shitei kata + Tekki Shodan
<b>007. CADETS, 14 – 15 years male, 3 – 1 Kyu.</b>	Elimination kata: Shitei kata + Tekki Shodan
<b>008. CADETS, 14 – 15 years female, 3 – 1 Kyu.</b>	Elimination kata: Shitei kata + Tekki Shodan
<b>009. JUNIORS, (16 – 17 years) male, 3 – 1 Kyu.</b>	Elimination kata: Shitei kata + Tekki Shodan
<b>010. JUNIORS 16 – 17 years female, 3 – 1 Kyu.</b>	Elimination kata: Shitei kata + Tekki Shodan
<b>011. + 18 YEARS SENIORS male, 3 – 1 Kyu.</b>	Elimination kata: Shitei kata + Tekki Shodan
<b>012. + 18 YEARS SENIORS female, 3 – 1 Kyu.</b>	Elimination kata: Shitei kata + Tekki Shodan

Kata rules for categories: 001 - 012: All rounds by points system (Tensu hoshiki).

Limit of participation: 2 competitors per country per category

The competitors in each category will compete in the elimination rounds down to 8 competitors (two competitors at the same time, AKA / SHIRO).

In the case of a draw in the semi-final and final rounds, competitors must perform a different kata to the ones performed in all previous rounds.

Elimination rounds – Sentei kata: **Heian: Shodan, Nidan, Sandan, Yondan, Godan and Tekki Shodan,**

Final round (top 8 competitors), for categories: **001, 002, 003, 005, 007, 008, 009, 010, 011, 012** will perform Tokui kata, their choice from **Bassai Dai, Kanku Dai, Jion, Empi, Hangetsu** for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> medal place.

**MINICADETS categories 004 and 006** the top 8 competitors will compete in Semi-Finals and will perform Tokui kata (their choice from **Bassai Dai, Kanku Dai, Jion, Empi, Hangetsu**), the 4 competitors with the

highest scores will perform a different Tokui kata in the final round (for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> medal place, their choice from **Bassai Dai, Kanku Dai, Jion, Empi, Hangetsu**).

- 013. CADETS, 14 – 15 years male, Dan grades.
- 014. CADETS, 14 – 15 years female, Dan grades.
- 015. JUNIORS, 16 – 17 years male, Dan grades.
- 016. JUNIORS, 16 – 17 years, female, Dan grades.
- 017. YOUTHS, 18 – 20 years, male, Dan grades.
- 018. YOUTHS, 18 – 20 years, female, Dan grades.
- 019. SENIORS, Over 21 years male, Dan grades.
- 020. SENIORS, Over 21 years female, Dan grades.
- 021. VETERANS, 40 – 49 years male, Dan grades.
- 022. VETERANS, 40 – 49 years female, Dan grades.
- 023. VETERANS, 50 – 59 years male, Dan grades.
- 024. VETERANS, 50 – 59 years female, Dan grades.
- 025. VETERANS, over 60 years male, Dan grades.
- 026. VETERANS, over 60 years female, Dan grades.

**Kata rules for categories: 013 – 026, Dan grades:** All rounds by points system (Tensu hoshiki).

Limit of participation: 2 competitors per country per category

The competitors in each category will compete in the elimination rounds down to 8 competitors (two competitors at the same time, AKA / SHIRO).

In the case of a draw in the semi-final and final rounds, competitors must perform a different kata to the ones performed in all previous rounds.

Elimination rounds for **CADETS**: – Sentei kata: **Bassai Dai, Jion and Empi**.

Elimination rounds for **JUNIORS, YOUTHS, SENIORS** and **VETERANS**  
Sentei kata: **Bassai Dai, Empi, Jion, Hangetsu and Kanku Dai**.

Semi-final (the top 8 competitors): **Tokui kata** (see the approved kata list for the competitor grade)

Final round (top 4 competitors): **Tokui kata no repeat of previous performed kata** (see the approved kata list for the competitor grade).

For choice of Tokui kata see the approved kata list appropriate to the competitors range (the list can be found in the SKDUN Rulebook: <http://www.skdun.org/competition-rules/rule-book/>)

**Kata rules for Asai ha Shotokan ryu:** All rounds Tokui kata by points system (Tensu hoshiki).

027. **Asai ha Shotokan ryu kata (Over 18 years) SENIORS male**

028. **Asai ha Shotokan ryu kata (Over 18 years) SENIORS female**

Limit of participation: 2 competitors per country per category.

The competitors in each category will perform Tokui kata in one preliminary round down to semi final of 8 competitors (one competitor at a time).

In the semi-finals, these 8 competitors will perform different Tokui kata (their choice from the approved list), the 4 competitors with the highest scores will perform a different Tokui kata in the final round (for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> medal place).

In the case of a draw in the semi-final and final rounds, competitors must perform a different kata to the ones performed in all previous rounds.

## **KATA TEAMS**

Kata teams may include ONE 4<sup>th</sup>kyu. All rounds by point system (Tensu hoshiki). Note; **if a 4<sup>th</sup> kyu is used then the team can only perform Shitei kata in all rounds.**

Elimination rounds – Tokui kata.

Final round, the 4 teams with the highest scores from the elimination rounds, different Tokui kata  
In the case of a draw, teams must perform a different kata to the ones performed in previous rounds.

Limit of participation: 2 teams per country are accepted in each category.

The Tokui kata must be selected from the approved list and be appropriate for the lowest grade in the team.

*For choice of Tokui kata see the approved kata list and competitors range SKDUN Rulebook:*

<http://www.skdun.org/competition-rules/rule-book/>

**CADET TEAMS (Minicadets + Cadets), 12 – 15 years.**

**029. CADET MALE**

**030. CADET FEMALE**

**031. CADET MIXED**

Cadet team may include one competitor from children category (10-11 years old)

**JUNIOR TEAMS (Juniors + Youths), 16 – 20 years**

**032. JUNIOR MALE**

**033. JUNIOR FEMALE**

**034. JUNIOR MIXED**

Junior team may include one competitor from cadet category (12-15 years old)

**SENIORS TEAMS (Over 21 years)**

**035. SENIOR MALE**

**036. SENIOR FEMALE**

**037. SENIOR MIXED**

Senior team may include one competitor from junior category (16-20 years old)

**VETERANS TEAMS (Over 40 years)**

**038. VETERAN MALE**

**039. VETERAN FEMALE**

**040. VETERAN MIXED**

Veterans team may include ONLY one competitor from seniors but over 30 years old

## **KUMITE INDIVIDUAL: IPPON SHOBU**

**Kumite rules:** Ippon Shobu (2 waza-ari or 1 Ippon) for all categories.

Senior individual kumite, Male and Female finals – Sanbon Shobu.

Duration of matches is specified for each age group.

Limit of participation: 2 competitors per country per category.

Note: Competitors who compete in Shobu Ippon Jiyu Kumite can also participate in Sanbon Shobu and Jiyu Ippon Kumite categories

**CHILDREN 10 – 11 years, 1 minute 30 seconds**

**041. Male -34 kg 042. Male -40 kg 043. Male +40 kg 044. Female -40 kg 045. Female +40 kg**

**MINICADETS 12 – 13 years, 1 minute 30 seconds**

**046. Male -43 kg 047. Male -53 kg 048. Male +53 kg 049. Female -50 kg 050. Female +50 kg.**

**CADETS 14 – 15 years, 2 minutes**

**051. Male -57 kg 052. Male -67 kg 053. Male +67 kg 054. Female -53 kg 055. Female +53 kg**

**JUNIORS 16 – 17 years, 2 minutes**

**056. Male -63 kg 057. Male -73 kg 058. Male +73 kg 059. Female -57 kg 060. Female +57 kg**

**YOUTHS 18 – 20 years, 2 minutes**

**061. Male -70 kg 062. Male -78 kg 063. Male +78 kg 064. Female -58 kg 065. Female +58 kg**

**SENIORS over 21 years, 2 minutes (final match 3 minutes sanbon shobu)**

**066. Male -70 kg 067. Male -80 kg 068. Male +80 kg 069. Female -58 kg 070. Female +58 kg**

**VETERANS (40-49 years) 2 minutes**

**071. VETERAN Male – 82 kg 072. VETERAN Male + 82 kg 073. VETERAN Female Open**

**VETERANS (50-59 years) 2 minutes**

**074. VETERAN Male Open 075. VETERAN Female Open**

**VETERANS (OVER 60 years) 2 minutes**

**076. VETERAN Male Open 077. VETERAN Female Open**

Note: Veterans can also participate in Senior category events (Individual / teams).

**078. MALE Open category (over 18 years old only) 2 minutes (final match 3 minutes sanbon shobu)**

**079. FEMALE Open category (over 18 years old only) 2 minutes (final match 3 minutes sanbon shobu)**

**KUMITE INDIVIDUAL: SANBON SHOBU**

**Kumite rules:** Sanbon Shobu (6 waza-ari or 3 Ippon) for all categories.

Duration of matches is specified for each age group.

Limit of participation: 2 competitors per country per category.

Note: Competitors who compete in Jiyu Kumite Sanbon Shobu can also participate in Jiyu Kumite Ippon Shobu and Jiyu Ippon Kumite.

**MINICADETS 12 – 13 years, 2 minutes**

**080. Male -43 kg 081. Male -53 kg 082. Male +53 kg 083. Female-50 kg 084. Female +50 kg.**

**CADETS 14 – 15 years, 2 minutes**

**085. Male -57 kg 086. Male -67 kg 087. Male +67 kg 088. Female -53 kg 089. Female +53 kg**

**JUNIORS 16 – 17 years, 2 minutes**

**090. Male -63 kg 091. Male -73 kg 092. Male +73 kg 093. Female -57 kg 094. Female +57 kg**

**YOUTHS 18 – 20 years, 2 minutes**

**095. Male -70 kg 096. Male -78 kg 097. Male +78 kg 098. Female -58 kg 099. Female +58 kg**

**SENIORS over 21 years, 2 minutes (final match 3 minutes sanbon shobu)**

**100. Male -70 kg 101. Male -80 kg 102. Male +80 kg 103. Female -58 kg 104. Female +58 kg**

## **JIYU IPPON KUMITE**

**Jiyu Ippon Kumite rules:** The criteria for judgment will be the same as for Jiyu Kumite, but no scores or penalties will be awarded during the match.

The match will comprise of 6 attacks: jodan-zuki, chudan-zuki, mae-geri chudan, yoko-geri kekomi chudan, mawashi-geri chudan or jodan (must state the target), ushiro-geri chudan. The defender will block and counter using **go-no-sen** (any block and counter attack combination). Each attack will be conducted first by aka then shiro i.e. aka attacks jodan-zuki, shiro blocks and counter attacks, then shiro attacks jodan-zuki, aka blocks and counter attacks etc. The decision will be made by Hantei at the end of the match. Competitors who compete in Jiyu Ippon Kumite can also participate in Jiyu Kumite (Ippon Shobu and Sanbon Shobu).

<http://www.skdun.org/competition-rules/rule-book/> +. [SKDUN you tube channel](#)

Limit of participation: 2 competitors per country per category.

**CHILDREN 10 – 11 years**

**105. Male Open Jiyu Ippon Kumite. 106. Female Open Jiyu Ippon Kumite.**

**MINICADETS 12 – 13 years**

**107. Male Open Jiyu Ippon Kumite. 108. Female Open Jiyu Ippon Kumite.**

**CADETS 14 – 15 years**

**109. Male Open Jiyu Ippon Kumite. 110. Female Open Jiyu Ippon Kumite.**

**JUNIORS 16 – 17 years**

**111. Male Open Jiyu Ippon Kumite. 112. Female Open Jiyu Ippon Kumite.**

## MASTERS

The final event on Sunday will be the prestigious Masters competition.

Each country can nominate one Female and one Male competitor over 18 years of age that will compete in Kata and Kumite for the ultimate title of Grand Champion.

This is an elimination competition, competitors compete against each other performing Kata then Shobu Ippon kumite, the competitors are judged against both performances, not necessarily about winning at either Kata or Kumite.

Judgement is by flag system (Kohaku Hoshiki).

**113. MASTERS - SENIOR MALE, Kata and Kumite (over 18 years old only)**

**114. MASTERS - SENIOR FEMALE, Kata and Kumite (over 18 years old only)**

One competitor per country, selected and entered on Saturday.

## KUMITE TEAMS

Limit of participation: 2 teams per country in each team kumite category.

Kumite teams may include one 4<sup>th</sup> kyu (blue/purple belt).

**Kumite rules for teams:** Ippon Shobu (2 waza-ari or 1 Ippon) for all categories.

**CADET TEAMS (Minicadets + Cadets) 12 – 15 years, each match 1 minute 30 seconds**

**115. Cadets male - 55 kg (3 + 1 reserve)**

**116. Cadets male + 55 kg (3 + 1 reserve)**

**117. Cadets female open (3 + 1 reserve)**

**118. Cadets mixed open (3 male & 2 female + 1 male and 1 female reserves)**

**JUNIORS TEAMS (Juniors + Youths) 16 – 20 years, each match 2 minutes**

**119. Juniors male open (3 + 1 reserve)**

**120. Juniors female open (3 + 1 reserve)**

**121. Juniors mixed open (3 male & 2 female + 1 male and 1 female reserves)**

Junior team may include one competitor from cadet category (12 – 15 years)

**SENIORS over 21 years, each match 2 minutes**

**122. Senior male open (5 + 2 reserve)**

**123. Senior female open (3 + 1 reserve)**

**124. Senior mixed open (3 male & 2 female + 1 male and 1 female reserves)**

Senior team may include one competitor from junior category (16 – 20 years)

**VETERANS (over 40 years) Each match 2 minutes**

**125. Veteran male open (3 + 1 reserve) – Only veterans are allowed to participate (No seniors)**

# SKDUN European Cup

Competition for grades (9<sup>th</sup> – 4<sup>th</sup>Kyu) (white – blue belts)

## RULES AND CATEGORIES

**Kata rules:** Elimination rounds by flag system (kohaku hoshiki). The competitors in each category will compete in one elimination round down to 8 competitors.

(two competitors at the same time, AKA / SHIRO).

Kata chosen by referee.

In the case of a draw, competitors must perform a different kata to the one performed (where appropriate according to grade)

Final round by point system (tensu hoshiki), the 8 competitors will perform Tokui kata (their choice from the approved list), top 3 scores will decide 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> medal place.

In the case of a draw, competitors must perform a different kata to the one performed in the previous round.

No limit of participation.

In the case of large number of participants in any category they may be divided into further categories by grade. These new categories will be announced at the event.

Example:

001A - Male 9 kyu

001B - Male 8 kyu

001C - Male 7 kyu

## KATA INDIVIDUAL

### CHILDREN 7 – 9 years

**001. Male 9 – 7 kyu**

**003. Female 9 – 7 kyu**

**002. Male 6 – 4 kyu**

**004. Female 6 – 4 kyu**

### CHILDREN 10 – 11 years

**005. Male 9 – 7 kyu**

**007. Female 9 – 7 kyu**

**006. Male 6 – 4 kyu**

**008. Female 6 – 4 kyu**

### MINICADETS 12 – 13 years

**009. Male 9 – 7 kyu**

**011. Female 9 – 7 kyu**

**010. Male 6 – 4 kyu**

**012. Female 6 – 4 kyu**

### CADETS 14 – 15 years

**013. Male 9 – 7 kyu**

**014. Male 6 – 4 kyu**

**015. Female 9 – 7 kyu**

**016. Female 6 – 4 kyu**

**JUNIORS 16 – 17 years**

**017. Male 9 – 7 kyu**

**019. Female 9 – 7 kyu**

**018. Male 6 – 4 kyu**

**020. Female 6 – 4 kyu**

**YOUTHS/SENIORS/VETERANS over 18 years**

**021. Male 9 – 7 kyu**

**023. Female 9 – 7 kyu**

**022. Male 6 – 4 kyu**

**024. Female 6 – 4 kyu**

**Categories for 9<sup>th</sup> to 7<sup>th</sup> kyu:**

Elimination rounds by flag system – Shitei kata: **Taikyoku Shodan and Heian Shodan**

Final round (top 8 competitors) – Tokui kata, Tensu Hoshiki (points system)

Choice from **Taikyoku Shodan, Heian Shodan, Heian Nidan and Heian Sandan**

(In the case of a draw, competitors may perform the same kata).

**Categories for 6<sup>th</sup> to 4<sup>th</sup> kyu:**

Elimination rounds by flag system – Shitei kata: **Heian Shodan, Heian Nidan and Heian Sandan**

Final round (top 8 competitors) – Tokui kata, Tensu Hoshiki (points system):

Choice from **all Heian kata plus Tekki Shodan.**

(In the case of a draw, competitors must perform a different kata than in the previous rounds).

## **KATA TEAMS**

All rounds by point system (Tensu Hoshiki).

Elimination rounds – Tokui kata; All Heian Kata + Tekki Shodan.

Final round (4 teams) – Tokui kata. different kata from those performed in previous rounds.

In the case of a draw, teams can repeat kata.

No limit of participation.

**Note: Equivalent kyu grades. The colour of the belt has not been used because of the differences between countries/association. The kyu grade levels are in descending order, i.e. the highest number is the lowest grade. For clarification on kata choice requirements for each kyu grade, please contact the Technical Director and Chief Referee ([colin.putt@skdun.org](mailto:colin.putt@skdun.org))**

**KATA TEAMS CHILDREN 1, 7 – 9 years, 9 – 4 kyu.**

**025. Kata team male, 026. Kata team female, 027. Kata team mixed**

**KATA TEAMS CHILDREN 2, 10 – 11 years, 9 – 4 kyu.**

**028. Kata team male, 029. Kata team female, 030. Kata team mixed**

Kata team children 2 may include one competitor from children 1 category (7 - 9 years old)



## **KATA TEAMS CADETS 12 – 15 years, only 9 – 4 kyu.**

**031. Kata team male, 032. Kata team female, 033. Kata team mixed**

Kata team cadets may include one competitor from children 2, category (10 - 11 years old)

## **KATA TEAMS JUNIORS + 16 years, only 9 – 4 kyu.**

**034. Kata team male, 035. Kata team female, 036. Kata team mixed**

Kata team juniors may include one competitor from cadets category (12 - 15 years old)

## **KUMITE INDIVIDUAL**

### **Kumite rules:**

**Sanbon kumite (three-step sparring)** will be judged by (kohaku hoshiki) the flag system. Tori attacks jodan oi-zuki + chudan oi-zuki + maegeri. Uke blocks jodan age uke + chudan soto uke + gedan barai gyaku zuki counter attack.

Detailed description and criteria for judgement of Sanbon kumite can be found in the SKDUN

Rulebook: <http://www.skdun.org/competition-rules/rulebook/> + [SKDUN you tube channel](#)

**Jiyu Ippon kumite** – will be judged by kohaku hoshiki (majority vote by flag system). The criteria for decision will be the same as for Jiyu kumite, but no scores or penalties will be awarded during the match. Each match will comprise 3 attacks: jodan-zuki, chudan-zuki, mae-geri chudan. The defender (Uke) will perform an effective block and one counter attack technique only. Aka attacks *first with jodan-zuki, then shiro attacks with jodan-zuki, then aka attacks with chudan-zuki, etc.* Competitors who compete in Jiyu Ippon Kumite can also participate in Ippon Shobu and Sanbon kumite.

<http://www.skdun.org/competition-rules/rule-book/> + [SKDUN you tube channel](#)

### **Jiyu kumite – Ippon Shobu (2 waza-ari or 1 Ippon)**

Duration of the match is specified for each age group. No limit of participation. The categories may be further divided in case there is a large number of participants. The new categories would be announced on the day.

The categories may be further divided in the case where there is a large number of participants.

Example:

031A - Male 9 kyu: -35 kg / +35 kg

031B - Male 8 kyu: -40 kg / +40 kg

031C - Male 7 kyu: open

### **CHILDREN 7 – 9 years SANBON KUMITE**

**037. Male 9 – 7 kyu      038. Female 9 – 7 kyu**

**039. Male 6 – 4 kyu      040. Female 6 – 4 kyu**

### **CHILDREN 10 – 11 years SANBON KUMITE**

**041. Male 9 – 7 kyu      042. Female 9 – 7 kyu**

**043. Male 6 – 4 kyu      044. Female 6 – 4 kyu**

**CHILDREN 10 – 11 years JIYU IPPON KUMITE.**

**045. Male 6 – 4 kyu**

**046. Female 6 – 4 kyu**

**MINICADETS 12 – 13 years JIYU KUMITE – 1 minute 30 seconds**

**047. Male - 40 kg**

**048. Male - 45 kg**

**049. Male - 53 kg**

**050. Male 53 + kg.**

**051. Female - 45 kg**

**052. Female 45 + kg**

**MINICADETS 12 – 13 years JIYU IPPON KUMITE.**

**053. Male Open**

**054. Female Open**

**CADETS 14 – 15 years JIYU KUMITE – 1 minute 30 seconds**

**055. Male -60 kg**

**056. Male 60+ kg**

**057. Female -50 kg**

**058. Female 50+ kg**

**CADETS 14 – 15 years JIYU IPPON KUMITE.**

**059. Male Open**

**060. Female Open**

**JUNIORS 16 – 17 years JIYU KUMITE – 2 minutes**

**061. Male -65 kg**

**062. Male 65+ kg**

**063. Female open**

**JUNIORS 16 – 17 years JIYU IPPON KUMITE.**

**064. Male Open**

**065. Female Open**

**SENIORS over 18 years JIYU KUMITE – 2 minutes**

**066. Male -75 kg**

**067. Male 75+ kg**

**068. Female open**

**SENIORS over 18 years JIYU IPPON KUMITE.**

**069. Male Open**

**070. Female Open**