

# INTERNATIONAL OKINAWAN GOJU-RYU KARATE-DO FEDERATION

國際沖繩剛柔流空手道連盟

(Australia)

IOGKF AUSTRALIA  
Brent Pawlik  
5<sup>th</sup> Dan Black Belt  
0427 979 266



EVENT ADDRESS  
Kotara South  
Public School  
150 Rae Cres, Kotara  
NSW 2289 Australia

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## **Non Contact Sparring.**

Sparring will be a continuous non contact 2 minute round.

The winner will be determined by a 3 referee panel.

The winner will be the competitor who will be superior in ring craft, attacking combinations, defence, control and attitude.

If excessive contact is shown by either competitor, the round will be stopped by the centre referee and a verbal warning will be issued. If excessive contact is shown again, the round will be stopped by the centre referee and an official warning will be issued. If the competitor shows excessive contact again, the round will be stopped and the offending competitor will be disqualified.

## **Kata (Individual).**

Each competitor will do a kata of their choice.

Two competitors will compete against each other.

Each competitor will demonstrate their kata of choice at separate times, with the winner being the competitor who shows the superior form, technique, power, focus and attitude.

The winners will continue their way through to determine placings.

The same kata can be done each time.

## **Kata (Team).**

A team of 3 to 4 members will do the kata Gekisai Dai Ichi.

Two teams will compete against each other.

Each team will demonstrate kata at separate times, with the winner being the team who shows the superior form, power, focus and attitude as a group.

The winning teams will continue their way through to determine placings.

## **Sumo Wrestling.**

This is an extra fun event.

Each competitor will start in a wide sumo stance.

Hands must remain open, no grabbing, punching, kicking, throwing, headbutting, biting or hair pulling.

Each competitor must push open handed against their opponent to move them out of the ring.

Once either competitor places a foot out of the ring, falls or touches the ground, a point will be awarded to the other competitor.

The first to 3 points wins the bout.