

KATA RULES

Rules: For Kata Competition, choose one of the ten Wado-Kai Kata's:

1 Kushanku 2 Naihanchi 3 Seishan 4 Chinto 5 Bassia
6 Wanshu 7 Niseishi 8 Jitte 9 Jion 10 Rohai

Compulsory first round Kata's (Individuals)

12 years to 13 years (Male & Female) PINAN YONDAN athletes can then perform pinan kata or any of the Kata listed from the above a different Kata must be performed in all rounds including the final.

14 years to 15 years (Male & Female) CHINTO athletes can then perform any of Kata listed from the above a different Kata must be performed in all rounds including the final.

16 years to 17 years (Male & Female) CHINTO athletes can then perform any of Kata listed from the above a different Kata must be performed in all rounds including the final.

18 years plus (Male & Female) CHINTO athletes can then perform any of Kata listed from the above a different Kata must be performed in all rounds including the final.

Veterans all categories (Male & Female) SEISHAN athletes can then perform any of Kata listed from the above a different Kata must be performed in all rounds including the final.

Individual Categories: In Individual Kata categories, Repercharge will be applied at the discretion of the Organising Committee

Team Kata

Team Kata: No compulsory kata a different kata must be performed in each round no repeating of kata's

No Bunkai to be performed in finals (there will be no Repercharge in Team Kata categories)