



So Cal Traditional Karate Championships

August 23, 24, 2025

PASADENA CALIFORNIA USA



2025 Rules at a Glance

Kata Rules:

Beginner/Novice Divisions must perform basic level katas - Kihon / Taikyoku / Heian / Pinan / Gekisai / Fukyugata

Intermediate Divisions - any kata except Nipaipo / Suparinpei / Hyakuhachiho / Chatanyara Kushanku / Papurin / Anan / Anan Dai / Ohan / Ohan Dai / Paiho / Sansu / Unsu / Gojushiho / Gojushiho Sho & Dai / Gankaku or Chinto / Kushanku & Kanku Sho / Bassai or Passai Sho / Sochin / Chintei / Matsumura Kushanku / Tomari Passai / Sanseiryu / Heiku / Ninjushiho

Advance/Black Belt Divisions - Any Kata

General Kumite

- Mandatory Equipment : Mouthguard, Mitts, Groin Protector (Men)
- Optional Equipment : Headgear & Facemask, Chestguard, Shin and Instep Pad

Sanbon Kumite - Mirror System w/ Walking Kansa

- All Non Black Belt Divisions 2 min Running Time
- All Black Belt Divisions 2 min Stop Time
- Jogais (out-of-bounds) 4 levels
- Attenai (penalties) 3 levels
- Mubobi (self endangerment) 3 levels
- Match : 3 full points or 6 half points (or any combination thereof)
- Ippon (1 full point) : kick to the head or take down/off balance followed with scoring technique
- In case of tie : Encho Sen - 1 min first point wins (penalties stay, points cleared)

WKF Kumite - 1 Center Ref + 4 corner judges

- 2 min stop time
- Penalties: 5 levels (all combined)
- Match : 8 point lead or highest number of points at end of match or equal points and Senshu (advantage)
- Senshu : scores 1st unopposed point
- Yuko (1pt) : any punch
- Wazari (2pt) : kick to the body
- Ippon (3pt) : full take down followed by scoring technique (torso must be on floor)
- Majority point calls : if 2 flags for both sides are thrown both points are called
- If 2 flags are thrown same side with different point values, lower value will be called
- Center Ref does not call points, only penalties
- Penalties from center ref does not need support
- Tie : higher number of Ippon / Higher number of Wazari / Hantei (no ties)