

Chito-Ryu Karate-Do



Tournament Kumite Regulations
Tournament Kata Regulations

The International Chito-Ryu Karate Federation

All Judges Must Observe the Following Points:

- 1) All officials must be impartial.
- 2) All officials must always act in a dignified manner and constantly maintain a proper attitude.
- 3) When observing a tournament all officials must maintain focus so that they can accurately officiate at the match.
- 4) Officials must not talk to anyone while the matches are in progress.
- 5) The movement and judgement of tournament officials, either good or bad, should not affect the outcome of tournaments. They should also constantly refine their character and be alert so that their attitude doesn't affect the flow of the tournament.

*Reference

The following will be covered at officiating clinics; officiating gestures, terminology, standardizing the scoring system for kata and developing the ability to be impartial when officiating at tournaments, leaving the progress of technique up to the arbitrator at the tournament and developing the ability to deal with suitable judges. (The above points will be covered one after another)

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Kata Regulations

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Kumite Regulations

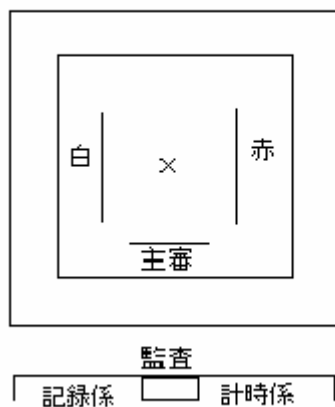
Article 1 (Competition Area)

1. The competition area must be flat and devoid of hazards. All lines must be clearly marked and the floor area must be square.
2. The area will be a square, with sides of 8 meters (measured from the outside). The area may be elevated to a height of up to 1 meter above the floor level. The elevated platform should measure at least 10 meters a side to include both the competition and the safety areas.
3. Two parallel lines, each 1 meter long and at right angles to the referee's line, must be drawn at a distance of 1.5 meters from the center of the competition area for positioning the competitors.
4. A line of 0.5 meters long must be drawn 2 meters from the center of the competition area for positioning the referee.
5. The arbitrator shall be seated between the scorekeeper and the timekeeper.
6. A line must be drawn one meter on the inside of the competition area. The area enclosed by this line may be in a different color, or the line itself may be broken.

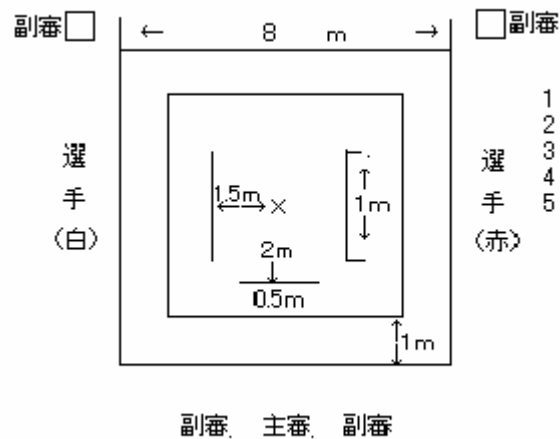
Tournament Officials

Match area measurements and positioning of referee, judges, arbitrator and competitors.

Pre and post match line up positions for arbitrator, referee, judges and competitors.



Record keeper/Arbitrator/Time keeper



Record keeper/Arbitrator/Time keeper

- 1) Before the start of each match, everyone faces front and bows, faces each other and bows, and then everyone goes to their positions.
- 2) At the end of each match, everyone returns to their starting positions, faces each other and bows, faces front and bows, and then the match is over.

□	Win	J C	Jogai Chui
●	Ippon	H C	Hansoku Chui
▲	Draw	MC	Mubobi Chui
×	Lose	H	Hansoku
J	Jogai	S	Shikkaku
W	Chukoku		

Explanation:

There must be no advertisements on the walls, pillars etc. within one meter of the area's outer perimeter.

The mats used should be non-slip where they contact the floor proper but have a low coefficient of friction on the upper surface. They should not be as thick as Judo mats because they impede karate movement. The referee must ensure that mat modules do not move apart during the competition because gaps cause injuries and constitute a hazard.

Article 2 (Official Dress)

1. Competitors, coaches, and referees must wear a regulation karate gi, bogu, and official refereeing uniform as designated by the ICKF.
2. The Referee Council and tournament arbitrator may disbar any official or competitor who does not comply with this regulation.

Referees

1. Referees and judges must wear the official uniform designated by the Referee Council. This uniform must be worn at all tournaments and clinics.
2. The official uniform will be as follows:
 - i) A single breasted navy blue blazer bearing 2 silver buttons
 - ii) A white shirt with long or short sleeves depending on the weather.
 - iii) An official tie worn without a tiepin.
 - iv) Plain light gray pants without cuffs.
 - v) Unpatterned dark blue or black socks and black slip on shoes for use on the match area.

Competitors

1. Competitors must wear a white unmarked karate gi without stripes or piping. Only the national emblem or flag of the country may be worn. This must be on the left breast of the jacket. Only the original manufacturers labels may be displayed on the gi and in the normally accepted locations (i.e. bottom right corner of the gi jacket and waist position on the pants). In addition, an identifying number issued by the organizing committee may be worn on the back. One must wear a red belt and the other a white belt. The white and red belts must be around 5 centimeters wide and of a length sufficient to allow 15 centimeters free on each side of the knot.
2. The jacket, when tightened around the waist with the belt, must be of minimum length that covers the hips, but no longer than mid thigh. In the case of women, a plain white T-shirt may be worn beneath the karate jacket.
3. The maximum length of the jacket sleeves must be no longer than the bend of the wrist and no shorter than halfway down the forearm. Jacket sleeves may not be rolled up.
4. The pants must be long enough to cover at least two thirds of the shin and may not be rolled up.
5. Each competitor must keep his hair clean and cut to a length that does not obstruct smooth bout conduct. Hachimaki (head band) will not be allowed. Should the referee consider any competitor's hair too long and/or unclean, he may, with the Referee Council's approval, exclude the competitor from the tournament. In kumite matches hair clips or metal pins are prohibited. In kata a discreet hair clip is permitted.
6. Competitors must have short fingernails and must not wear metallic or other objects which might injure their opponents.
7. Fist supporters and gloves are compulsory. Glasses are forbidden (soft contact lenses can be worn at the competitors own risk). The wearing of unauthorized clothing or equipment is forbidden. Women may wear the authorized additional protective equipment.
8. The protective equipment must meet standard ICKF specifications.
9. The use of bandages or braces because of injury must be approved by the Referee Council on the advice of the official doctor.

Coaches

1. The coach shall at all times during the tournament, wear a tracksuit and wear an arm band displaying his position as coach.

Explanation:

The competitors must wear a single belt. This will be Aka if he is the red fighter and white if Shiro. Belts of rank should not be worn during the bout.

However, depending on the tournament size, competitors must follow the decision of the referring committee with regards to the color of the belt.

Fist supporters and gloves must be approved by the Head Referee.

Bogu that is not the standard designated bogu for the tournament is prohibited. Bogu that is designed for the competitors convenience is also prohibited.

There may be a religious basis for the wearing of certain items such as turbans. Persons wishing, by virtue of their religion, to wear what would otherwise be construed as unauthorized clothing must notify the Referee Council in advance of a tournament. The Referee Council will examine each application on their merit. No exceptions will be made for people who just turn up on the day and expect to participate.

If a fighter comes into the area inappropriately dressed, he or she will not be immediately disqualified, instead the fighter will be given a minute to remedy matters.

If the Referee Council agrees, refereeing officials may be allowed to remove their blazers.

Article 3 (Organization of Kumite Competition)

1. A karate tournament consists of kumite competition. The kumite competition may be further divided into the individual and team events. The individual matches may be further divided into weight divisions and an open category. Weight divisions are divided ultimately into weight categories. The term "bout" also describes the individual kumite competitions between opposing pairs of team members.
2. In team bouts, each team must have an odd number of competitors.
3. The competitors are all members of a team.
4. Before each match, a team representative must hand to the official table, an official form defining the names and fighting order of the team members. The fighting order can be changed for each round but once notified, it can not then be changed.
5. A team will be disqualified if any of its members or its coach changes the team's composition without submitting the written fighting order.
6. In the first round of a team match, a team will be allowed to participate only when it presents the prescribed number of competitors. (A team will be disqualified if they only have two members on the team when they have indicated that they have three members)
7. No competitor may be replaced by another in an individual title match.
8. Individual competitors or teams that do not arrive at the competition venue before the tournament is declared open will be disqualified from participation in that tournament.
9. Stopping matches or having competitors leave the competition area, as well as awarding penalties, will be decided by the tournament committee.
10. The tournament committee will consist of the tournament president, the tournament arbitrator, head judge and the committee chairman.

Explanation:

A "round" is a discrete stage in a competition leading to the eventual identification of finalists. In an elimination competition, a round eliminates fifty percent of the competitors within it, counting byes as competitors. In this context, the round can apply equally to a stage in either primary elimination or repechage. In a matrix, or "round robin" competition, a round allows all competitors in a pool to fight once.

The use of competitor's names causes problems of pronunciation and identification. Tournament numbers must be given and used.

When lining up before a match, a team will present the actual fighters. The unused fighter(s) and the coach will not be included and shall sit in an area set aside for them.

The fighting order form can be presented by the coach, or a nominated competitor from the team. If the coach hands in the form, he/she must be clearly identified as such, otherwise it may be rejected. The list must include the name of the country/club, the belt color given to the team for that match and the order of the fighters from one to five or from one to three. Both the fighters names and their tournament numbers must be included and the form signed by the coach, or nominated person.

If, through an error in charting, the wrong competitors compete, then regardless of the outcome, that bout/match is declared null and void. To reduce such errors the winner of each bout/match must confirm victory with the control table before leaving the area.

Article 4 (The Referee Panel)

1. The refereeing panel for each match shall consist of one referee (Shushin), two assistant judges (Fukushin) and one arbitrator (Kansa).
2. In addition, for the purpose of facilitating the operation of matches, several timekeepers, caller-announcers and record-keepers shall be appointed.

Explanation:

At the start of a kumite match the referee stands on the outside edge of the official match area. On his left and right stand the judges. (The arbitrator doesn't line up with the officials)

After the formal exchange of bows by competitors and the referee panel, the referee takes a step back, the judges turn inwards and all bow together.

Changing the referee panel. The departing officials take one step forward turn around and face the incoming panel. They bow to each other on the command of the incoming referee and in one line (facing in the same direction) leave the competition area.

When individual judges change, the incoming judge goes to the outgoing judge, they bow together and change positions.

Article 5: (Duration of Bout)

1. Duration of the kumite bout is defined as three minutes for senior male kumite (both teams and individuals) and two minutes for women's and junior bouts.
2. The timing of the bout starts when the referee gives the signal to start and stops each time he shouts, "YAME".
3. The time-keeper shall give signals by a clearly audible gong, or buzzer indicating "30 seconds to go" or "time up". The "time-up" signal marks the end of the bout.

Article 6: (Scoring – Please Refer to Video for Visual Confirmation)

1. Kumite matches are out of three points. The winner is determined by whoever reaches three points or whoever is ahead in points after the time-up signal has been given. It is also determined by a “Hansoku, Shikkaku, or Kiken imposed against a competitor.
2. An “Ippon” is awarded on the basis of the following:
A scoring technique counts as an “Ippon” when it is performed according to the following criteria; good form, correct attitude, vigorous application, zanshin (perfect finish), proper timing, correct distance.
3. An “Ippon” may also be awarded for techniques deficient in one of the above criteria but which conforms to the following points:
 - a) Jodan kicks or other technically difficult techniques.
 - b) When evading an attack and executing a clean technique on the unguarded back of the opponent.
 - c) sweeping or throwing followed by a scoring technique.
 - d) delivering a combination of techniques in which each individual technique scores in its own right.
4. The opponent of the competitor who receives hansoku or shikaku will automatically be awarded three points. Also, if a competitor is unable to participate due to illness or waives (kiken) his right to participate at the tournament, then his opponent will be awarded three points and win.
5. Attacks are limited to the following areas:
 - a) head b) face c) neck d) abdomen
 - e) chest f) back (excluding shoulders) g) side
6. Effective techniques that are scored at the same time the signal for the end of the match has been given, are valid. Attacks after the 「yame」 has been called, will not be awarded a point even if it is an effective technique. In this case it may even result in a penalty being given to the offender.
7. Points will not be awarded to competitors who have stepped outside of the match area before executing an effective technique. However, if one competitor remains in bounds and he or she scores an effective technique before the referee calls 「yame」, then a point will be awarded.
8. When both competitors score an effective technique at the same time, no points will be awarded.

Explanation

Matches are decided when a competitor has accumulated three points. 「Good posture」 goes with a good technique. In the framework of the concept of traditional karate, perhaps a good attitude will also help make a technique effective. A good attitude is only one factor. When your concentrating on a scoring technique, make sure there isn't an attitude of ill will behind it. Good technique and speed is a good indication of good spirit as well as a firm unwavering will. Scoring zanshin, for the most part, tends to be overlooked. Zanshin is the continuation of the concentration that remains after the technique has been completed. Those competitors with zanshin have complete concentration and they are conscious of their opponent's ability to counter attack.

Proper timing is the most effective moment a technique is executed. Likewise, appropriate distance is using a technique within the effective range. Therefore, in the case that your opponent is quickly moving backwards, the chances of scoring a point with only one technique is quite low. Scoring a point within proper distance is also related to the stop position of a technique. In order to score a point, you should judge the technique on the basis that it has the possibility to penetrate deeply. If you were to extend the arm from the stop position, would it be able to touch your opponents body. For example, if the arm was not completely extended and it was 2-3 cm from touching the skin of your opponents face, then that stop position is the correct distance. Technically, to judge by other standards, if the opponent is unable to block or avoid a jodan attack that is within the appropriate distance then a point is awarded.

Ineffective techniques that are not related to the attack are of no value. Therefore, points will not be awarded to jodan kicks lacking in good form. However, to encourage difficult techniques, even if the technique that was executed is somewhat deficient in good form, a point should be awarded. If the technique has been evaluated as a difficult technique then a point will be awarded. Not only will points be awarded for deflecting attacks and executing an effective technique to the unguarded back of the opponent, but points will also be awarded for executing effective techniques to any unguarded part of the body.

It is not necessary take the opponent to the floor when doing foot sweeps, but executing an effective follow up technique to be awarded a point. It is enough to put the opponent off balance when doing the foot sweep. The referee can not get the competitors to stop quickly once a foot sweep and follow up technique has been executed. There are many examples where it was possible to do an effective follow up technique but the referee called out 「yame」 too soon.

For a point to be awarded to a sweep or a throw, the follow up attack must be within 2 seconds of the initial technique in order to be effective. The attack should have been demonstrated in one continuous action.

A series of successive techniques will be awarded an ippon if each individual technique in the series is at least worth a wazari or higher.

Techniques below the belt that are higher than the pubic bone will be awarded a point. The neck and throat that become part of the attack are acceptable. However, contact to the throat during the attack is not acceptable. Points will be awarded if the technique clearly stops and doesn't make contact to the throat.

Using good form and attacking the shoulder blade will be awarded a point. Attacks to the joint of the upper arm and collar bone, as well as attacks to the joint of the upper arm and shoulder, will not be awarded a point. Even if the referee doesn't notice and doesn't stop the bout, and at the same time the bell signaling the end of the bout goes off, the bout will be officially over. However, that doesn't mean that there will be no penalties given after the final bell signaling the end of the bout has rung. The penalty is given after the bout is finished and after the competitor has left the court, and only by the head referee.

Aiuchis are actually quite rare. Aiuchi is not only two competitors executing a technique at the same time, but they both have good form and they are both doing a scoring technique. Two competitors doing a scoring technique at the same time is rare. The referee must dismiss aiuchi because only one competitor actually scored a point at that time. This is not aiuchi.

Article 7: Standard Judging

1. Refer to the points below for the following situations, when three points haven't been scored or kiken during the bout, hansoku, or shikaku and the person doesn't lose the match.
 - a) Did the person receive an ippon or not?
 - b) Did the competitor show a good or bad attitude? Did the competitor demonstrate a strong or weak fighting spirit?
 - c) Did the competitor have superior technique?
2. Take the following actions when the competitor doesn't have the advantage in individual bouts.
 - a) At the end of the bout, when both competitors are scoreless, the winner is decided by 「hantei」 .
 - b) At the end of the bout, when both competitors are tied with the same score, the winner is also decided by 「hantei」 .
 - c) At the end of the bout, when there was no clear advantage for either competitor, a draw will be declared and the bout will go into overtime.
 - d) A penalty or warning incurred during the course of the bout will be carried forward into overtime.
3. In team competition, the winner will depend on the number of winners on a team.
4. When two teams have the same number of winners, add up the scores for both the winners and the losers and the team with the highest score wins.
5. When two teams have the same number of winners and the same score, a representative of each team will fight to determine the winner. If there is a tie then the bout will go into overtime. The first competitor to score a point will be the winner. At the end of overtime, the referee panel will indicate the winner.
6. In individual bouts, when it is unclear who won, the bout will go into overtime. The first competitor to score a point will be the winner. At the end of overtime, the referee panel will indicate the winner.

Explanation

When the competitors don't have the same score. The competitor with the most points at the end of the bout will be the winner.

Consider the above six points to decide who was the better fighter even if they both have the same score. Awarding a winner based on this criteria will be a just decision.

When deciding the result of the bout based on 「Hantei」 . The referee will move to the match area perimeter and call 「Hantei」 , followed by a two tone blast of the whistle. The judges will indicate their opinions by means of their flags and the referee will at the same time indicate his own vote by raising his arm on the side of the preferred competitor. The referee will give a short blast on his whistle, return to his original position and announce the decision.

In the event of a tie, the bout will go into overtime and the first person to score an ippon will be declared the winner. If there is still a tie after overtime then the winner will be decided by the assistant judges, and announced by the head referee. The overtime is an extension of the bout, it is not a separate bout. Penalties awarded in the bout proper will therefore be carried over into overtime. There must be a decision after the overtime section and the whole performance of the whole bout must be taken

into consideration.

When the scores and the number of winners are the same in team bouts. Each team will choose a team representative who will then face each other to decide which team will be the winner. Each team must give the name of the representative within 1 minute and the designated person must have been listed on the team roster for that bout. If there is still a tie after each representative has fought, then the bout will go into overtime. A winner must be decided after overtime as there will be no extra overtime.

Article 8: Prohibited Behavior

1. The following are prohibited behaviors.
 - a) Contact to the throat.
 - b) Techniques which make excessive contact.
All techniques must be controlled. Strong impact that brings about clear injury to the head or face, and the competitor becomes disorientated, will result in a penalty.
 - c) Attacks to the arms, legs, groin, joints, or instep.
 - d) Attacks to the face with 「nukite」 or 「teisho」 techniques.
 - e) Dangerous or forbidden throwing techniques where the competitor can not land properly or causes injury.
 - f) Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks, whether they land or not.
 - g) Direct attacks to the arms or legs.
 - h) Repeated exits from the competition area. (Jogai)
Jogai is when a competitor steps out or part of his body touches the outside of the competition area. However, when one competitor pushes or throws his opponent out of the ring is not classified as jogai.
 - i) When the technique is not quick resulting in both competitors wrestling, or one competitor lunges forward and grabs his opponent and pushes him or her out of the ring.
 - j) Mubobi is self-endangerment by indulging in behavior, which exposes the competitor to injury by the opponent, or failing to take adequate measures for self-protection.
 - k) Getting an advantage by feigning or exaggerating injury.
 - l) When one member of a team displays poor etiquette, that member or the whole team will be disqualified.

 - m) When one competitor hinders the smooth progress of the tournament or breaks a tournament rule, either that competitor or the coach will receive a reprimand based on Article 9.

Explanation

Techniques to the face resulting in 「Contact」 will be awarded a point. However, contact means a light touch to the skin not vigorous impact. When judging the intensity of the contact the referee should take all the factors into consideration. The referee should ask him or herself that if under normal circumstances would there have been contact in a controlled technique? Was the movement of the competitor who received an injury bad, resulting in contact from his opponent? Usually the best

rationalization for awarding a point is if you see excessive contact right in front of you. However don't use this contact to justify awarding a point. The referee should also consider the obvious differences in body sizes of the competitors for both team competition and open competition.

The referee must constantly observe the injured competitor. It may also be useful for the referee to assess the attitude of the injured competitor. A short delay in giving an assessment allows injury symptoms such as a nosebleed to develop. Observation will also reveal any efforts by the competitor to aggravate a slight injury for tactical advantage. Examples of this are blowing violently through an injured nose or rubbing the face roughly with the back of the fist supporter. For competitors with pre-existing injuries, there is a high percentage that contact will make the injury worse.

Trained competitors can absorb relatively powerful blows on muscled areas such as the abdomen, but the fact remains that the head, face, neck, groin and joints are particularly susceptible to injury.

Intentional kicks to the groin to reduce the chances of the opponent to win are prohibited. Therefore, a penalty should be given if the referee feels that it was an intentional kick to the groin. Foot sweeps to the upper part of the leg puts a strain on the knee, which could result in serious injury. The referee must examine the validity of the foot sweep carefully. A penalty should be given for this kind of attack that is ineffective and causes pain to the other competitor.

The definition of the face area starts from 1 cm above the eyebrows, extending from the temple down across the cheekbones to just under the chin.

As previously written, the two kinds of open hand techniques, 「nukite」 and 「teisho」, are nothing but examples of prohibited techniques.

Actually there is no classification for dangerous techniques, because the karateka's ability to control techniques is different for each person. Competitors should be able to execute all techniques with good form and control. A warning or penalty should be given when competitors can't do that, no matter what technique they perform poorly.

It is important to firmly call out 「yame」 when a competitor steps out of the bout area. Jogai relates to a situation where the competitor's body or part thereof touches the floor outside the designated match boundaries. The exception is when the competitor is actually pushed or thrown from the area by his or her opponent. The point at which "yame" is called will help to determine if jogai occurred. If the red side delivers a successful technique and then exits the ring immediately afterwards, "yame" should occur at the instant the point was scored. Therefore, technically, the competitor exited the ring outside of bout time and shall not be penalized. However, if the red side's attempt to score is unsuccessful, "yame" will not be called, and the jogai will be recorded. If the white side exits just after the red side scores, then again, "yame" will have been called and jogai will not have occurred. If the white side exits or has exited as the red side scores, with the red side remaining in the ring, then both the red side's point and the white side's jogai will be awarded.

An example of "mubobi" is the instance in which a competitor launches a committed attack without regard for personal safety. Some competitors throw themselves into a long uraken and are unable to block the counterattack. Such an attack constitutes an

act of “mubobi” and therefore a point can not be awarded. For the competitor’s own safety, he/she must be warned at an early stage. Some fighters, as a tactical move, will turn way from their opponent to demonstrate to the referee that they have scored a point. As a result, they drop their guard and awareness of their opponent. This is clearly an act of “mubobi” in order to score a point. Zanshin must be maintained throughout the match.

Feigning of an injury, which does not exist, is a serious infraction of the rules. Exaggerating an injury, which does exist, is less serious. Shikkaku can be imposed on the competitor feigning injury i.e., when such things as collapsing and rolling about on the floor are not supported by evidence of injury as reported by a neutral doctor. A warning or penalty can be imposed for exaggerating injury.

The coach will be assigned a specific place by the Referee Council in conjunction with the tournament organizing officials. This area will be close to the competition area and the coach allowed a free and uninterrupted access to competitors, a visible scoreboard must be employed which can be clearly viewed by coaches and competitors.

Article 9: Penalties

1. The following level of penalties will be put into effect:

Chukoku

May be imposed for the first instance of a minor infraction.

Hansoku Chui

This is a penalty in which “Ippon” is added to the opponent’s score. Hansoku chui is usually imposed for infractions for which chukoku has previously been given in that bout.

Hansoku

This is imposed following a very serious infraction. It results in the opponent’s score being raised to “Sanbon”.

Shikkaku

This is a disqualification from the actual tournament, competition or match. The opponent’s score is raised to “Sanbon”. The referee, after the match is finished, must report to the head referee the cause of the shikkaku. Shikkaku may be invoked when a competitor commits an act which harms the prestige and honor of karate-do and when other actions are considered to violate the rules of the tournament.

Explanation

A penalty can be directly imposed for a rules infraction but once given, repeats of that particular infraction must be accompanied by an increase in severity of penalty imposed.

Penalties do not cross accumulate. This is to say that a warning for the first instance of mubobi will not be followed by an automatic chukoku for the first instance of jogai. The general penalties imposed are those of chukoku, hansoku chui, hansoku and shikkaku. The infraction should be indicated by prefacing the hansoku chui or chukoku with an explanation such as, “jogai (or mubobi) hansoku chui/chukoku”.

When the penalties incurred in any one bout through various infractions total sanbon, then the offender will be declared the loser and the winner announced as “aka/shiro no kachi”.

Chukoku is when there has clearly been a minor infraction of the rules, but the competitor’s potential for winning is not diminished (in the opinion of the head referee) by the opponent’s foul.

Hansoku chui may be imposed directly, or following chukoku and is used where the competitor’s potential for winning has been seriously reduced by the opponent’s foul.

A hansoku is imposed for cumulative penalties but can also be imposed directly for serious rules infractions. It is used when, in the opinion of the head referee for the bout, the competitor’s potential to win has been reduced virtually to zero by the opponent’s foul.

A shikkaku can be directly imposed, without warnings of any kind. The competitor need have done nothing to merit it – it is sufficient if the coach or non-combatant members of the competitors’ delegation behave in such a way as to harm the prestige and honor of karate-do.

If the head referee believes that a competitor has acted maliciously, regardless of whether or not actual physical injury has been caused, shikkaku and not hansoku is the correct penalty.

A public announcement of shikkaku must be made.

Article 10: Injuries and Accidents in Competition

1. Kiken of forfeiture is the decision given when a competitor or competitors are unable to continue, abandon the bout, or are withdrawn on the order of the head referee. The grounds for forfeiture may include injury not ascribable to the opponent’s actions.
2. If two competitors injure each other at the same time or are suffering from the effects of previously incurred injury and are declared by the tournament doctor to be unable to continue, the bout is awarded to the competitor who has amassed the most points at that time. If the points score is equal, then a decision (Hantei) will decide the outcome of the bout.
3. An injured competitor who has been declared unfit to fight by the tournament doctor cannot fight again in that competition.
4. An injured competitor who wins a bout through disqualification due to injury is not allowed to fight again in the competition without permission from the doctor. If he is injured, he may win a second bout by disqualification but is immediately withdrawn from further kumite competition in that tournament.
5. When a competitor is injured, the head referee shall at once halt the bout and call the doctor or an emergency first aid attendant. The doctor and emergency first aid attendants are authorized to diagnose and treat injury only.

Explanation

Self inflicted injury and those injuries caused by the athlete are easy to deal with but when assessing an injury caused by the opponent’s technique, the head referee must

consider whether the technique was valid. Was it properly applied to the proper area at the correct time and with the correct degree of control? Consideration of this will assist the head referee in deciding whether the injured competitor should be declared the loser by kiken, or whether the opponent should be penalized for a foul.

When the doctor or emergency first aid attendants declare the competitor unfit, the appropriate entry must be made on the competitor's monitoring card. The extent of unfitness must be made clear to other refereeing panels.

A competitor may win through disqualification of the opponent for accumulated minor infractions. Perhaps the winner has sustained no significant injury. A second win on the same grounds must lead to the winner's withdrawal, though he may be physically able to continue.

The doctor or emergency first aid attendants are obliged to make safety recommendations only as they relate to the proper medical management of that particular injured competitor.

In order that the credibility of the sport be maintained, competitors who feign injury will be subject to the strongest penalties, up to, and including, suspension for life for repeated offences.

Article 11: Protest

1. No one may protest about a judgment to the members of the refereeing panel.
2. If a refereeing procedure appears to contravene these rules, the official representative is the only one allowed to make a protest.
3. The protest will take the form of a written report submitted immediately after the bout in which the protest was generated. The sole exception to this is when the protest concerns an administrative malfunction. The Area Controller should be notified immediately if an administrative malfunction is detected.
4. The protest must be submitted to the head referee. In due course the head referee will review the circumstances leading to the protested decision. Having considered all the facts available, it will produce a report and shall be empowered to take such action as may be called for.
5. Any protest concerning application of the rules must be made in accordance with the complaints procedure and submitted in writing on an approved form and signed by the official representative of the team or competitor(s).

Explanation

The protest must give the names of the competitors, the referee panel officiating and the precise details of what is being protested. No general claims about overall standards will be accepted as a legitimate protest. The burden of proving the validity of the protest lies with the complainant.

In case of an administrative malfunction during a match in progress, the coach can notify the match area controller directly. In turn the match area controller will notify the head referee.

The protest will be reviewed by the head referee and as part of this review, the head referee will study the evidence submitted in support of the protest. The head referee will question the match area controllers and the main referee in an effort to objectively

examine the protest's validity.

If the protest is held by the head referee to be valid, the appropriate action will be taken. In addition, all such measures will be taken to avoid a recurrence in future competitions.

If the protest is held by the head referee to be invalid, it will be rejected.

Article 12: Power and Duties of the Head Referee, Match Area Controllers, Referees, Judges and Arbitrators

A. The Head Referee's powers and duties shall be as follows:

1. To ensure the correct preparation for each given tournament in consultation with the organizing committee, with regard to competition area arrangement, the provision and deployment of all equipment and necessary facilities, match operation and supervision, safety precautions, etc.
2. To appoint and deploy the assistant referees to their respective areas and to act upon and take such action as may be required.
3. To supervise and co-ordinate the overall performance of the refereeing officials and appoint the assistant referees.
4. To nominate substitute officials where such are required. (The composition of a panel of officials may not be changed at the sole discretion of the arbitrator, referee or judge).
5. To investigate and render judgment on matters of official protest.
6. To pass the final judgment on matters of a technical nature which may arise during a given match and for which there are no stipulations in the rules.

7. The head referee, will have a meeting with the coach or a representative from each team to explain the rules before or on the day of the tournament.

B. The Assistant Referees powers and duties shall be as follows:

1. The assistant referee will support the head referee and will have the power of the head referee when the head referee is unavailable. (When there is more than one assistant referee a ranking order will be determined).
2. The referees and judges calls will be supervised and the assistant referee will manage and exercise his responsibilities in the officiating panel.
3. When necessary, he will submit a written report about each official.

C. The Match Area Controllers powers and duties shall be as follows:

1. To delegate, appoint, and supervise the referees and judges, for all matches in areas under their control.
2. To oversee the performance of the referees and judges in their areas and to ensure that the officials appointed are capable of the tasks allotted them. Also, to prepare a daily, written report, on the performance of each official under their supervision, together with their recommendations, if any, to the referee council and the examining committee.
3. To quickly report to the head referee any accidents or injuries that may have occurred in the court under his control.

D. The referee's powers shall be as follows:

1. When the assistant referee signals the head referee, he or she must consider their opinions and render a judgment. The head referee has the power to

conduct matches and his main activity is to control both sides of the court. His duties also include, announcing the start, the suspension, and the end of the match.

- a. The awarding of ippon.
- b. To explain, if necessary, the basis for their decision to the match area controllers and to the assistant referees.
- c. To give penalties and issue warnings before, during, or after a bout.
- d. To listen to and obtain the rulings of the assistant referees with the flag signals.
- e. To announce overtime.

2. The authority of the referee is not confined solely to the competition area but also to the immediate perimeter.
3. The referee shall give all commands and make all announcements.
4. When the judges signal, the referee must consider their opinions and render a judgment. The referee however, will only stop the match if he agrees with the opinions tendered.

E. The assistant referee's powers shall be as follows:

1. a. To assist the head referee with flag signals.
b. To exercise the right to vote on the decision of the call.
2. The assistant referees shall carefully observe the actions of the competitors and signal the head referee in the following cases:
 - a. When an ippon is seen.
 - b. When a competitor is about to commit or has committed a prohibited act and/or technique.
 - c. When an injury or illness is noticed.
 - d. When both or either of the competitors have stepped outside of the competition area.
 - e. In other cases when it is deemed necessary to get the attention of the head referee.
 - f. He or she will moderately warn those who are sitting inside the competition area.

F. The Arbitrator's (kansa) duties shall be as follows:

1. The arbitrator will supervise the timekeeper and the scorekeepers. Records kept of the match will become official records subject to the approval of the arbitrator who will then sign it and make it official.
2. He or she will receive protests concerning rule infractions.
3. He or she will inform the head referee when he or she feels there is a problem with the rules.

Explanation:

When explaining the basis for a judgment after the match, the head referee may speak to the match area controller or the assistant referees. The head referee will explain to no one else.

The good referee will not halt the smooth flow of the bout unless it is necessary to do so. All halts with no outcome, such as 「yame」 「torimasen」 must be avoided.

The referee need not halt a bout when the assistant referees signal, if convinced the

signals are incorrect. The referee's judgment in this instance is made "on the move". Before over ruling the assistant referee's signal, the referee must consider whether the assistant referees were better sighted. Assistant referees will signal only by flag gestures, they will not use whistles.

However, when the match has been halted and the assistant referees have a different opinion to that of the referee, then the majority decision will prevail.

The assistant referees must only score what they actually see. If they are not sure that a technique actually reached a scoring area they should signal 「mienai」 .

In the event that the referee does not hear the time-up bell, the arbitrator will blow his whistle.

Article 13: Starting, Suspending and Ending of Matches

1. The terms and gestures to be used by the head referee and judges in the operation of a match shall be as specified in appendices 1 and 2.
2. The head referee and judges shall take up their prescribed positions and, following the exchange of bows between the competitors, the head referee will announce 「SHOBU SANBON HAJIME」 and the bout will commence.
3. The head referee will stop the bout by announcing 「yame」 when a scoring technique is seen. The head referee will order the competitors to take up their original positions.
4. The head referee returns to his position and the judges indicate their opinion by means of a flag signal. The head referee identifies the relevant score, awards 「ippon」 and supplements the announcement with the prescribed gesture. The head referee then restarts the bout by calling 「Tszukete Hajime」 .
5. When a competitor has scored 「Sanbon」 during a bout, the head referee shall call 「yame」 and order the competitors back to their standing lines as he returns to his. The winner is then declared and indicated by the head referee raising a hand on the side of the winner and declaring 「Shiro (Aka) no Kachi」 . The bout is finished at this point.
6. When time is up and the scoring situation is tied, the head referee shall call 「yame」 and return to his position. The head referee will call 「Hantei」 and following his signal (by whistle) the judges will indicate their opinions. The majority decision will be taken. The judges and head referee have one vote each at 「Hantei」 .
7. The head referee will award the decision and announce the winner, or give a draw 「Hikiwake」 .
8. In the event of a tied individual bout, the head referee will announce 「Enchosen」 and start the overtime with the command 「Shobu Hajime」 .
9. When faced with the following situations, the head referee shall announce 「yame」 and halt the bout temporarily. The bout will subsequently be restarted.
 - a. When both or either of the competitors are out of the bout area, or when a judge signals a 「Jogai」 . The head referee will order the two competitors to their initial positions.
 - b. When the head referee orders the competitors to adjust his or her gi.
 - c. When the head referee notices that a competitor appears about to contravene the rules or when a judge notices a rule infraction.
 - d. When the head referee notices that a competitor has contravened the rules.
 - e. When the head referee considers that one or both of the competitors cannot

continue with the bout owing to injuries, illness or other causes. Heeding the tournament doctor's opinion, the head referee will decide whether the bout should be continued.

- f. When a competitor seizes his opponent and does not perform an immediate effective technique, the head referee will separate them.
- g. When one or both competitors fall or are thrown and no effective techniques are immediately forthcoming.

Explanation:

When beginning a bout, the head referee first calls the competitors to their starting lines. If a competitor enters the area prematurely, he or she must be motioned off. The competitors must bow properly to each other – a quick nod is both discourteous and insufficient. The head referee can call for a bow where none is volunteered by motioning with his forearms as shown in appendix 2 of the rules.

When halting a bout, the head referee does not merely call 「yame」, he or she also makes the appropriate signal. The head referee must first identify the scoring opponent as 「Aka」 or 「Shiro」, then the scoring area attacked 「Chudan」 or 「Jodan」. This is followed by the general classification of scoring technique used, 「Tsuki」, 「Uchi」 or 「Keri」, and finally the score awarded 「ippon」.

When restarting the bout, the head referee should check that both competitors are on their lines and properly composed. Competitors jumping up and down or otherwise fidgeting must be stilled before competition can recommence. The head referee must restart the bout with minimum delay.

Article 14: Modification

Only an approved representative with the approval of the officiating panel can alter or modify these rules.

Appendix 1

TERMINOLOGY

Shobu Sanbon Hajime	Start the Bout	Head Referee stands on his line.
Shobu Hajime	Start the extended Bout	Head Referee stands on his line.
Atoshi Baraku	A little more time left.	An audible signal will be given by the time keeper 30 seconds before the actual end of the bout.
Yame	Stop	Interruption, or end of the bout. The referee chops downwards with his hand. The time- keeper stops the clock.
Moto No Ichi	Original position	Competitors, referee and judge return to their respective standing lines.
Tsuzukete	Fight on	Resumption of fighting ordered when unauthorized interruption occurs.
Tsuzukete Hajime	Resume fighting - Begin!	Referee standing upon his line, steps back into Zenkutsu-dachi and brings the palms of his hands towards each other.
Shugo	Judges called	The referee beckons with his arms to the judges.
Hantei	Judgment	Referee calls for judgment by blowing his whistle and the judges render their decision by flag signal.
Hikiwake	Draw	Referee crosses arms over chest, then uncrosses and holds arms at an angle out from the sides of body with the palms showing upwards.
Torimasen	Unacceptable as scoring technique	As hikiwake, but culminating with the palms facing downwards.
Encho-sen	Extension	Referee resumes match with

command “Shobu Hajime”.

Aiuchi	Simultaneous scoring technique	No point awarded to either competitor. Referee brings fists together in front of the chest.
Aka (Shiro) No Kachi	Red(White) wins	The referee obliquely raises his arm on the side of the winner.
Aka(Shiro) Ippon	Red(White) scores Ippon.	As above.

Points

Chukoku	Caution	Referee raises one hand in a fist with the other hand covering it at chest level and shows it to the offender.
Hansoku-Chui	Warning with an Ippon penalty	The referee points with his index finger to the abdomen of the offender.
Hansoku	Foul	The referee points with his index finger to the face of the offender and announces a victory for the opponent.
Jogai	Exit from fighting area	The referee points with his index finger at a 45 degree angle to the area boundary on the side of the offender.
Jogai Chui	Second exit from fighting area	Referee uses two hand signals with announcement “Aka (Shiro) Jogai Chui”. He firsts points with his index finger to the match boundary on the side of the offender, then to the offender’s abdomen. The referee then awards ippon to the opponent.
Jogai Hansoku	Third and final Exit from the fighting area	Third exit from the fighting area. Referee points to the face of the offender and announces Jogai Hansoku. Then the referee announces victory to the opponent. Aka (Shiro) No Kachi.
Shikkaku	Disqualification	Referee uses two hand signals with the announcement “Aka

		(Shiro) Shikkaku”. He first points with his index finger to the offender’s face then obliquely above and behind him. The referee will announce with the appropriate gesture previously given “Aka (Shiro) No Kachi”
Kiken	Opponent didn’t come to the bout due to illness or some other reason	The referee points with his index finger towards the competitor who didn’t come to the bout.
Mubobi	Warning for lack of regard for ones own safety	Referee points one index finger in the air at a 60 degree angle on the side of the offender.
Mubobi Chui	Warning with Ippon penalty	Referee uses two hand signals with announcement Aka (Shiro) Mubobi Chui. He first points with his index finger 60 degree angle in the side of the offender, then to the offender’s abdomen.
Mubobi Hansoku	Foul	The referee points one finger in the air at a 60 degree angle on the side of the offender. Then to the face of the offender and announces “Mubobi Hansoku. Then to the opponent “Aka (Shiro) No Kachi”.

HEAD REFEREE AND JUDGE'S GESTURES

HEAD REFEREE'S GESTURES

1. Shobu Sanbon Hajime
Start the Bout Head Referee stands on his line.

2. Chukoku (No contact)
Caution Referee raises one hand in a fist with the other hand covering it at chest level and shows it to the offender.

3. Chukoku gesture (Warning signal)
For Non Contact Violation Referee crosses his open hands with the edge of one wrist on the edge of the other hand at chest level, and turns towards the offender.

4. Ippon
The head referee raises his arm at a 45 degree angle.

5. Aka (Shiro) No Kachi
The referee raises his arm at a 45 degree angle on the side of the winner.

6. Tsuzukete Hajime (Resume fighting)
Referee standing upon his line, steps back into Zenkutsu-dachi and brings the palms of his hands towards each other while keeping the arms straight.

7. Yame (Stop)
Interruption, or end of the bout. The referee bringing his arm up to shoulder height chops downwards with his hand The time-keeper then stops the clock.

8. Hansoku-Chui
Warning with an ippon penalty. The referee points with his index finger to the abdomen of the offender and then gives an ippon to the opponent.

9. Hansoku
The referee points with his index finger to the face of the offender and announces a victory for the opponent.

10. Shikkaku
Referee uses two hand signals with the announcement "Aka (Shiro) Shikkaku". He first points with his index finger to the offender's face then obliquely above and behind him. The referee will announce with the appropriate gesture previously given "Aka (Shiro) No Kachi"

11. Mubobi

Warning for lack of regard for one's own safety. Referee points one index finger in the air at a 60 degree angle on the side of the offender.

12. Jogai

The referee points with his index finger to the area boundary on the side of the offender.

13. Jogai Chui

14. Jogai Hansoku

15. Shugo

Judges called. The judges are only called for incidences of Shikkaku.

16. Torimasen

Unacceptable as a scoring technique. Referee crosses arms over chest, then uncrosses and holds arms out from body with the palms showing downwards.

17. Hikiwake

Referee crosses arms over chest, then uncrosses and holds arms at an angle out from the sides of body with the palms showing upwards.

18. Aiuchi

Simultaneous scoring techniques. No point awarded to either competitor. Referee brings fists together in front of the chest.

19. Technique blocked

20. Technique too weak

21. Technique missed

22. Technique incorrect (Too far)

23. Distance incorrect (Too close)

24. Cancel last decision (Referee turns towards competitor)

25. Otagai ni Rei

26. Kiken

The referee points with his index finger towards the competitor who didn't come to the bout. The referee then announces the winner.

27. The head referee indicates to the judges to rethink their call.

28. Fast technique.

KATA RULES

Article 1: Competition Area

1. The competition area must be flat and devoid of hazard.
2. The competition area must be a minimum size to permit the uninterrupted performance of kata.

Explanation

For the proper performance of kata a stable smooth surface is required.

Article 2: Official Dress

1. Competitors, referees and judges must wear the official uniform as defined in article 2 of the kumite rules.
2. Any person who does not comply with this regulation may be disbarred.

Explanation

The upper part of the gi may not be removed during the performance of kata. Competitors who present themselves incorrectly dressed will be given one minute in which to remedy the situation.

Article 3: Organization of Competition

1. Kata competition takes the form of team and individual matches. Team matches consist of competition between 3 person teams. Each team is exclusively male, or exclusively female, or mixed. The individual kata match consists of individual performance in separate male and female divisions.
2. The competitors will be expected to perform both compulsory 「SHITEI」 and free selection 「TOKUI」 katas during the competition in accordance to the schools of karate-do recognized by the I.C.K.F. No variations will be permitted. A table of the compulsory kata is given in Appendix 1.

Article 4: The Referee Panel

1. The panel of 5 judges will be designated by the referee council before the match. (The number of judges for each match will be decided on the day of the tournament)
2. In addition, for the purpose of facilitating the operation of kata competitions, score keepers and caller/announcers will be appointed.

Explanation

Kata judges sit on the corners and two sides of the performance area since this gives a better view. The panel should, as far as availability permits, contain a cross section of nationalities.

Article 5: Scoring

1. The kata competition is organized into three rounds. The first round selects 16 competitors, the second round selects 8 competitors, and the third round selects the winner and the final placing.
2. If less than 16 people enter the kata division than the preliminary round will be omitted, and that division will be reduced to just the semi finals and finals.
3. When the scorekeeper totals the scores for each competitors kata in each of the rounds, the highest and lowest scores are deleted. In the event of a tie, the lowest

score will be added in for that rounds total. If the tie persists, the highest score will then be added in for that rounds total. In the event that the tie still continues then both competitors must perform another kata, which was not performed in any of the previous rounds.

Explanation

Scores from previous rounds will not be accrued. Each round will be considered separately as in individual kumite matches.

To minimize ties, a wider variation in scores should be encouraged such that in the first round, they are between 5 & 7, in the second round, between 6 & 8 and in the third round, between 7 & 9.

If there are less than sixteen entries to the first round, then that round can be omitted, such that the competition becomes a two round event.

The head referee will decide what precise system will be used for each competition, after consultation with organizing committee.

Ties are resolved by means of an additional kata. A tie persisting after performance of the tie breaker kata will be resolved by majority decision of the panel.

Article 6: Criteria for Decision (Shikkaku)

1. In assessing the performance of a competitor or team, the following criteria must be adopted:
 - a) The kata must be performed with competence and demonstrate a clear understanding of the principles it contains.
 - b) The kata performance must demonstrate the good use of power, correct focus of attention 「Chakugan」, good balance, and proper breathing.
 - c) The performance should be evaluated with the objective of discerning other points.
2. The competitor is disqualified if he or she interrupts or varies the kata, or performs a different kata from that announced to the judges.
3. In team competition, the competitors must perform their kata with all three team members facing the head judge.
4. When the performance is brought to a halt or the kata is varied.
5. When there is a direct protest to the panel due to an objection of the decision of one of the judges.
6. When stopping the bout is not in accordance with the indication of the head referee.
7. When a competitor does not enter the competition area within the designated period of time.

Explanation

When assessing how many points should be deducted for a fault, the following are recommended:

For a momentary hesitation in the smooth performance of the kata, quickly remedied, 0.1 should be deducted from the final score. For a momentary but discernible pause, 0.2 points should be deducted. For a distinct halt, disqualification results.

Momentary imbalance, with barely a wobble quickly remedied will result in a deduction in the scale 0.1 – 0.3. Actual incapacities where there is a distinct but recoverable loss of balance will merit a deduction in the range 0.2 – 0.4. If the competitor loses balance completely and/or falls, a disqualification will result.

Other Criteria:

1. Correct breathing, good demonstration of power, speed, timing, balance, and kime.
2. Consistency and correctness of stance which includes:
 - a. Correct weight distribution according to the basics being demonstrated.
 - b. Smooth and even transitions between stances. (hip position stays flat and the center of gravity is down)
 - c. Correct tension in the stance.
 - d. The edges of the feet firmly on the floor.
3. Techniques must demonstrate:
 - a. Accuracy
 - b. Correct and consistent demonstration of Chito-Ryu basics.
 - c. Correct tension, focus and kime.
 - d. Show proper understanding of the kata bunkai.
4. Kata uniformly demonstrates:
 - a. Unwavering concentration.
 - b. Congruency in tension, breathing and movement.
 - c. An understanding of the techniques being demonstrated.
 - d. A realistic rather than theatrical demonstration of the kata meaning.

Team Kata

All the factors are included in the criteria for team kata.

The kata must not change in rhythm or timing for the sake of synchronization. It must be demonstrated with the same intensity as if it were being performed by one person. In order to create synchronization when performing the kata, external signs, such as being able to clearly hear the breathing, must not be shown.

Any mistake in synchronization requires the same point deduction as in a technical error committed in individual kata.

Article 7: Operation of the Match

1. The competitors must respond to the calling of his or her name by going directly to the competition area. He or she will then stand on a designated line and bow to the judges. He or she will clearly announce the name of the kata that is to be performed, and then begin. On completion of the kata, the competitor will return to the designated line and wait for the scores from the judges.
2. The head referee will call for the scores of the other judges by giving a sharp blast of his whistle (hantei). The judges will then, in unison, raise their score cards so that they can be seen clearly by the scorekeeper.
3. The scores will be announced and then recorded. The head referee will then blow a second time on the whistle, where upon the cards will be lowered.
4. In the first round, all competitors must perform shitei kata. In the second and third rounds, the competitors can choose which kata they would like to perform.

Explanation:

The starting line for kata is within the perimeter line of the performance area.

The head referee must ensure that all judges are ready before he calls for scores to be displayed. The kata judge must ensure that the score displayed is readily visible to the scorekeeper.

Lights shining on the scorecards can make them difficult to read. The head referee must ensure that the scorekeeper has recorded all the scores before lowering the cards.

The competitor must perform a different kata in each round.

A tie breaker kata may not be one already performed in the same or from an earlier

round. It may, however, be performed again in a later round but not then as a tie breaker.

Article 8: The Unique Characteristics of Chito-Ryu Kata

Refer to Appendix 4

Article 9: Basic Stances of Chito-Ryu

Refer to Appendix 5

Supplementary Provisions

These regulations will be enforced as of July 1st, 2001.

Appendix 3

**INTERNATIONAL CHITO-RYU KARATE FEDERATION
(I.C.K.F)
TABLE OF FORMAL KATA**

四 方 拝	Shihohai
正 整	Seisan
二 十 四 步	Niseishi
抜 塞	Bassai
鎮 東	Chinto
莊 鎮	Sochin
鷺 牌 小	Rohai sho
鷺 牌 大	Rohai dai
転 身	Tenshin
三 十 六	Sanshiru
公 相 君	Kusanku
龍 山	Ryushan

THE UNIQUE CHARACTERISTICS OF CHITO-RYU KATA

◎ 四方拝 Shihohai

This is a kata originally performed at special events and ceremonies during the Ryukyu Dynasty Period. In this kata all quarters are saluted and this action is of very great significance. One evades an attack and strikes the opponent with an elbow.

◎ 正 整 Seisan

When surrounded, in this kata one attacks the enemy by going ahead. This kata is learned to acquire correct posture. There are several modifications of this form in the areas of Naha and Shuri. The kata in Naha is hard and the kata in Shuri 「Shuri – Te」 is soft. Different features of this kata are seen in different districts.

◎ 二十四歩 Niseishi

This is a basic training kata learned before the form Sanchin. Dr. Chitose altered the breathing and posture in this kata handed down from old times, so that when it is practiced it would produce a healthier body.

◎ 拔 塞 Bassai

This is a very hard kata that demonstrates the breaking of an object into pieces. In this kata a nukite attack is performed after contemplation and one develops many strong attack-and-defense techniques.

◎ 鎮 東 Chinto

In this kata one learns counter attack agility against enemies. The form is composed of defense techniques which flow in a beautiful stream of movement. It is said that this kata was created in the Eastern District during the Tang Dynasty of ancient China.

◎ 莊 鎮 Sochin

In this kata one assumes a posture of attack-and-defense with horns against enemies in all quarters. (Posture of a bull attacking with horns).

◎ 鷺 牌 Rohai

This kata consists of agile motions of turning, expanding and contracting. It features quick counter-attack movements with a knife-hand and nukite attack against the enemies attack. This kata is named after the Tang people.

◎ 轉 身 Tenshin

This kata consists of dodging the enemy's attack by turning one's body with overpowering force and then changing over to a counter attack. This form features movements of turning in all directions assuming a cross-stance using the left leg as an axis.

◎ 三十六 Sanshiryu

This kata is designed as a strong defense. It has been handed down in Okinawa from old times. Many predecessors have tried to master this kata.

◎ 公相君 Kusanku

This kata illustrates an attack-and-defense in the darkness of night. This kata is named after a Tang warrior, Mr. Kusanku, and variations of this kata exist in different districts.

◎ 龍山 Ryushan

This kata depicts a dragon climbing the mountain and the sky. This kata symbolizes both a flying dragon (the shape of a flying dragon in the sky) and that of a cloud dragon (climbing up in the sky).

◎ 三戰 Sanchin

This is an intense training kata that only the experts can do well. Through its practice, one develops a strong body that is always prepared, and is not the least bit affected if hit by an attack. This kata is often practiced in Naha.

BASIC STANCES OF CHITO-RYU

Stances

閉足立

Heisoku dachi

Closed foot stance

正整立

Seisan dachi

Correct order stance

結び立

Musubi dachi

Tied stance

平行立

Heiko dachi

Parallel stance

猫足立

Neko ashi dachi

Cat leg stance

交叉立

Kosa dachi

Crossed stance

外八字立

Sotohachiji dachi

Outside 8 (八) stance

- Or -

(自然体)

(Shizentai)

(Natural body)

三戦立

Sanchin dachi

3 battles stance

鷺足立

Sagi ashi dachi

Heron leg stance

内八立

Uchihachi dachi

Inside 8 (八) stance

横屈立

Okutsu dachi

Side bend stance

四股立

Shiko dachi

4 (四) shaped stance

騎馬立

Kiba dachi

Horse riding stance

T字立

T ji dachi

T shaped stance

ㄥ字立

Re ji dachi

ㄥ shaped stance

