

# ECR BLAST RULES OF KATA/FORMS COMPETITION

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## ARTICLE 1: EVENT EXPLANATION

1. This event is open to all styles of martial arts and all rank levels. It is designed to provide BLAST participants who are Martial Artists an opportunity to display their talent and hard work. Efforts will be made to judge an individual within their style and rank context. The wide variety of styles and forms in practice today may make this difficult.
2. All Kata/forms must be empty hand. Absolutely no weapons or breaking will be permitted.
3. All Kata/forms will be performed individually. Self-Defense or other demonstrations that require an additional person are not appropriate for this event.

## ARTICLE 2: OFFICIAL DRESS

1. Contestants must wear a formal uniform appropriate to their style. There will be no color restrictions
2. Any person who does not comply with this regulation may be disbarred.

EXPLANATION: The jacket may not be removed during the performance of Kata. Contestants 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 an individual performance. There will be a time limit of 5 minutes per contestant.

## ARTICLE 4: THE REFEREE PANEL

1. A panel of three judges is scheduled to score the competition

## ARTICLE 5: SCORING

1. The Kata competition will consist of one round only. The score will be on a 1-5 point scale.
2. Each Kata Judge displays the score by means of points. The score sheets will be tabulated and the scores given at the BLAST award ceremony.

## ARTICLE 6: CRITERIA FOR DECISION

1. In assessing the performance of a contestant or team, the following criteria will be used:
  - a. The Kata must be performed with competence and must demonstrate a clear understanding of the principles it contains.
  - b. The Kata performance must have demonstrated correct focus of attention, use of power, good balance and proper breathing.
  - c. The performance should also be evaluated with a view to discerning other points.

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, a full point will be deducted.

Momentary imbalance, with barely a wobble quickly remedied will result in a deduction in the scale 0.1 - 0.3. Actual instabilities where there is a distinct but recoverable loss of balance will merit a deduction in the range 0.2 - 0.4. If the contestant loses balance completely and/or falls, a full point will be deducted.

Other Criteria Include:

1. Correct breathing. good demonstration of power. speed. timing. balance and Kime.
2. Consistency and correctness of stances.
  - a. Correct weight distribution according to the Kihon being demonstrated.
  - b. Smooth and even transition (Hara remaining "weighted down") between stances.

c. Correct tension in stance.

d. Feet edges firmly on floor.

3. Techniques demonstrate:

a. Accuracy.

b. Correct and consistent Kihon (basics) with the style being demonstrated.

c. Correct tension, focus, Kime.

d. Show proper understanding of the Kata Bunkai (application).

4. Kata uniformly demonstrates:

1. Unwavering concentration.

2. Contrast in tension, breathing and movement.

3. An understanding of those techniques being demonstrated.

4. A realistic, rather than "theatrical " demonstration of the Katas meaning.

#### ARTICLE 7: OPERATION OF MATCHES

I. The contestant will respond to the calling of his/her name by going directly to the competition area. He/she will stand on a designated line and bow to the panel. He/she will announce clearly the style of Martial Art, name of the Kata or form, which is to be performed and then start it. On completion of the Kata, the contestant will return to the designated line and await dismissal by the panel.

EXPLANATION: The starting line for Kata is within the perimeter line of the performance area.