

9 - 4 Kyu Grades (Orange to Purple/White Belt)

1. Children's Kata (6 - 7 yrs)	Orange/Red/Yellow (9 - 7 Kyu)
2. Children's Kata (8 - 9 yrs)	Orange/Red/Yellow (9 - 7 Kyu)
3. Children's Kata (10 - 12 yrs)	Orange/Red/Yellow (9 - 7 Kyu)
4. Children's Kata (13 - 15 yrs)	Orange/Red/Yellow (9 - 7 Kyu)
5. Children's Kata (6 - 9 yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
6. Children's Kata (10 - 12 yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
7. Children's Kata (13 - 15 yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
8. Male Kata (16+ yrs)	Orange/Red/Yellow (9 - 7 Kyu)
9. Male Kata (16+ yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
10. Female Kata (16+ yrs)	Orange/Red/Yellow (9 - 7 Kyu)
11. Female Kata (16+ yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
12. Boys Sanbon Kumite (6 - 9 yrs)	Orange/Red/Yellow (9 - 7 Kyu)
13. Boys Sanbon Kumite (10 - 12 yrs)	Orange/Red/Yellow (9 - 7 Kyu)
14. Boys Sanbon Kumite (13 - 15 yrs)	Orange/Red/Yellow (9 - 7 Kyu)
15. Boys Kihon Ippon Kumite (6 - 9 yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
16. Boys Kihon Ippon Kumite (10 - 12 yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
17. Boys Kihon Ippon Kumite (13 - 15 yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
18. Girls Sanbon Kumite (6 - 9 yrs)	Orange/Red/Yellow (9 - 7 Kyu)
19. Girls Sanbon Kumite (10 - 12 yrs)	Orange/Red/Yellow (9 - 7 Kyu)
20. Girls Sanbon Kumite (13 - 15 yrs)	Orange/Red/Yellow (9 - 7 Kyu)
21. Girls Kihon Ippon Kumite (6 - 9 yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
22. Girls Kihon Ippon Kumite (10 - 12 yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
23. Girls Kihon Ippon Kumite (13 - 15 yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
24. Male Sanbon Kumite (16+ yrs)	Orange/Red/Yellow (9 - 7 Kyu)
25. Male Kihon Ippon Kumite (16+ yrs)	Green/Purple/Purple-White (6 - 4 Kyu)
26. Female Sanbon Kumite (16+ yrs)	Orange/Red/Yellow (9 - 7 Kyu)
27. Female Kihon Ippon Kumite (16+ yrs)	Green/Purple/Purple-White (6 - 4 Kyu)



KATA FOR COLOUR BELTS

9 - 7 Kyu:

- Elimination Rounds (to final 4): Heian Shodan (*Flag System*)
- Final: competitor's choice (*Points System*)

6 - 4 Kyu:

- Elimination Rounds (to final 4): Heian Shodan, Heian Nidan, Heian Sandan (*Flag System*)
- Final: competitor's choice (*Points System*)



KUMITE FOR COLOUR BELTS

- 9 - 7 Kyu: Sanbon Kumite (Jodan & Chudan)
- 6 - 4 Kyu: Kihon Ippon Kumite - Jodan, Chudan & Mae Geri (Right side only! Left side in the event of a draw)
- Eyewear: The use of regular glasses is at the competitor's discretion and risk, sports glasses are preferred. Sports glasses may be worn at the competitor's own risk. Contact lens wearers should bring a spare set – 2-minute limit to refit if displaced

3 Kyu Grade and above (Brown & Black Belt)

28. Boys Individual Kata (9 - 11 yrs)	Brown & Black Belts (3 Kyu+)
29. Boys Individual Kata (12 - 13 yrs)	Brown & Black Belts (3 Kyu+)
30. Boys Individual Kata (14 - 15 yrs)	Brown & Black Belts (3 Kyu+)
31. Girls Individual Kata (9 - 11 yrs)	Brown & Black Belts (3 Kyu+)
32. Girls Individual Kata (12 - 13 yrs)	Brown & Black Belts (3 Kyu+)
33. Girls Individual Kata (14 - 15 yrs)	Brown & Black Belts (3 Kyu+)
34. Male Individual Kata (16 - 18 yrs)	Brown & Black Belts (3 Kyu+)
35. Male Individual Kata (19+ yrs)	Brown Belts ONLY (3 - 1 Kyu)
36. Male Individual Kata (19+ yrs)	Black Belts ONLY (1 Dan+)
37. Male Individual Kata (40+ yrs)	Brown & Black Belts (3 Kyu+)
38. Female Individual Kata (16 - 18 yrs)	Brown & Black Belts (3 Kyu+)
39. Female Individual Kata (19+ yrs)	Brown Belts ONLY (3 - 1 Kyu)
40. Female Individual Kata (19+ yrs)	Black Belts ONLY (1 Dan+)
41. Female Individual Kata (40+ yrs)	Brown & Black Belts (3 Kyu+)
42. Mixed Team Kata (6 - 15yrs)	Brown & Black Belts (3 Kyu+)
43. Mixed Team Kata (16+ yrs)	Brown & Black Belts (3 Kyu+)
44. Boys Individual Kumite (9 - 11 yrs)	Brown & Black Belts (3 Kyu+)
45. Boys Individual Kumite (12 - 13 yrs)	Brown & Black Belts (3 Kyu+)
46. Boys Individual Kumite (14 - 15 yrs)	Brown & Black Belts (3 Kyu+)
47. Girls Individual Kumite (9 - 11 yrs)	Brown & Black Belts (3 Kyu+)
48. Girls Individual Kumite (12 - 13 yrs)	Brown & Black Belts (3 Kyu+)
49. Girls Individual Kumite (14 - 15 yrs)	Brown & Black Belts (3 Kyu+)
50. Male Individual Kumite (16 - 18 yrs)	Brown & Black Belts (3 Kyu+)
51. Male Individual Kumite (19 - 39 yrs)	Brown Belts ONLY (3 - 1 Kyu)
52. Male Individual Kumite (19 - 39 yrs)	Black Belts ONLY (1 Dan+)
53. Male Individual Kumite (40+ yrs)	Brown & Black Belts (3 Kyu+)
54. Female Individual Kumite (16 - 18 yrs)	Brown & Black Belts (3 Kyu+)
55. Female Individual Kumite (19+ yrs)	Brown Belts ONLY (3 - 1 Kyu)
56. Female Individual Kumite (19+ yrs)	Black Belts ONLY (1 Dan+)
57. Female Individual Kumite (40+ yrs)	Brown & Black Belts (3 Kyu+)
58. Mixed Team Kumite (19+ yrs - 2xMale, 1xFemale)	Brown & Black Belts (3 Kyu+)

AGE CATEGORY

- 40+ (Black belts only), with Technical Committee approval, may choose 19+ category OR 40+ category, must choose same for kata and kumite

KATA FOR BROWN & BLACK BELTS

Ages 9–15

- Elimination Rounds (to final 4): Heian 1 to 5 and Tekki 1 (*Flag System*)
- Final: competitor's choice Heian 1–5, Bassai Dai, Kanku Dai, Jion, Enpi, Hangetsu, Tekki 1–3, Gankaku, Jitte (*Points System*)

Ages 16+

- Elimination Rounds (to final 8): Heian 2 to 5 and Tekki 1 (*Flag System*)
- Semi-Final (4 competitors progress): competitor's choice Bassai Dai, Kanku Dai, Jion, Enpi (*Points System*)
- Final: competitor's choice any JKA shotokan kata not performed in the semi-final (*Points System*)

Team Kata

- Elimination Round (4 teams progress): team choice Heian 1 to 5 and Tekki 1 (*Points System*)
- Final: team choice any JKA shotokan kata not performed in the elimination round (*Points System*)

KUMITE FOR BROWN & BLACK BELTS

- Ages 9 - 11 Jiyuu Kihon Ippon Kumite (Jodan, Chudan, Mae Geri) throughout all rounds
- Ages 12 - 13 Jiyuu Kihon Ippon Kumite (Jodan, Chudan, Mae Geri) until final 8, then Jiyuu Kumite (free sparring)
- Ages 14+ Jiyuu Kumite (free sparring) in all rounds

Protective Equipment (All Ages)

- Mandatory: Gum shield & White fist protectors for all Kumite events
- Recommended: Chest protector (for female competitors) & Groin protector (for male competitors)
- Eyewear: Regular glasses are not permitted, sports glasses may be worn at the competitor's own risk. Contact lens wearers should bring a spare set – 2-minute limit to refit if displaced

