

## Forms

### Traditional

- 1 FHS – Forms Hard Style Japanese
- 2 FKO – Forms Korean
- 3 FVT – Forms Veterans Traditional
- 4 FSS – Forms Soft Style

### Creative

- 5 FFS – Forms Freestyle
- 6 FWN – Forms Weapons No Music
- 7 FWM – Forms Weapons With Music
- 8 FEX – Extreme Forms
- 9 FTM – Team Forms

## General

### Traditional Forms

A person performing a form must express and demonstrate a mental and physical realistic approach to the various defense scenarios he/she is trying to emulate. The moves within the Form must be appropriate to the style being performed.

Techniques should be performed with full power, focus and explosiveness. When executing the form all basic techniques should be performed logically and be relative to the selected Form. The Competitor's name, the name of the form and club, (or country) must be announced to Judges in all styles.

In all sections 4 people will qualify for the final, and will perform again in reverse order. It is optional at National level that the winner can be decided after only one round. All World level competitions, wherever rankings are available, heats must be seeded.

A Referee for Forms must have traditional background, and be a minimum 1<sup>st</sup> degree Black Belt.

It is at the host country's discretion i.e. the promoter, to decide if mats are to be used on the area or not.

## Scoring

Five Judges score the Competitors. Once the scores are recorded the highest and lowest scores are taken away.

Points are given to one decimal place. In all rounds, the scores will range between 7 and 9, with 8 being the average mark for a Form.

In all sections only 4 people will qualify for the finals. Current world ranked competitions will be seeded. For example, the World ranked No. 1 will go last. In the finals, the competitors will be seeded according to their score in the heats.

In the case of a draw in Hardstyle and Softstyle, the competitor will be asked to do a second and different form. At National and International level, all competitors should be able to perform at least two different Forms. If the competitor does not show a different form he can repeat the first form with a penalty of 0,5 being deducted by each Judge.

You can repeat the same Form or Kata in all Freestyle categories.

If the competitor is using a weapon and the weapon is dropped, this will be deemed a lack of control and a penalty minus of 0.5 will be deducted from their score by each Judge.

If the competitor is using a pair of weapons ( e.g. Kama or Sai ) they may not clash together clumsily or a penalty of 0.5 will be deducted by each judge. This also applies in freestyle. A time keeper will be appointed, if necessary. Judges will not be blinded by shouting at every technique; this does not constitute strength.

## **Presentation**

### **Dress.**

The competitor must wear a martial arts uniform. No T-shirts may be worn, including club T-shirts. The uniform must be clean and pressed.

Belt of appropriate grade must be worn.

No jewellery may be worn.

No costumes masks may be used.

No special effects ie dry ice, lasers, smoke etc

No dance moves are to be included in your form

The Competitor must announce Style, Club or Country, according to whether competition is National or International. The Competitor must show good etiquette at all times in the presentation, performance or application of Kata or Form.

### **Etiquette**

While on or around the mat the competitor should show respect and discipline at all times. Respect must be shown to the other competitors.

Expected mat etiquette will consist of the Competitor bowing upon entering the competition area and approaching the Judges.

The Competitor should perform the introduction – see General rules. Competitor should then ask for permission to begin, bow to the judges and get ready to begin the Form.

Competitor must show Martial Arts discipline at all times. They must maintain focus and concentration on what they are doing.

Upon completion of the Form, the Competitor should wait for the Judges' permission to leave the floor.

## **TRADITIONAL JAPANESE HARDSTYLE KATA**

Karate Forms must be using traditional moves only. A traditional Form / Kata must resemble a traditional work. An adaptation will be acceptable if added moves are of a traditional nature.

A high kick cannot be higher than the top of the Karateka's own head. A freestyle form is not acceptable (no machine-gun kicking etc...).

A traditional GI or Dobok must be worn.

There will be no use of weapons.

No music is allowed

There is no time limit.

When Scoring, Judges should be looking for:

Basic techniques, Stances , Punches , Kicks executed with balance , Blocks , Balance, Strength, Focus and good transition between moves.

# TRADITIONAL KOREAN HARDSTYLE

Hardstyle Korean Forms must be using traditional moves only. A traditional Korean Form / pommse / tul must resemble a traditional work. An adaptation will be acceptable if added moves are of a traditional nature.

A high kick can be higher than the top of his/her own head. A freestyle form is not acceptable (no machine-gun kicking etc...). A traditional GI or Dobok must be worn.

There will be no use of weapons.

No music is allowed

There is no time limit.

When Scoring, Judges should be looking for basic techniques , Stances , Punches , Kicks executed with balance , Blocks , Balance, Strength, Focus and good transition between moves.

# VETERANS TRADITIONAL FORMS

Veterans' forms must be performed using traditional and acceptable moves only.

A Traditional Form / Pomse / Hyong must resemble a Traditional Form / Pomse / Hyong. An adaptation will be acceptable if added moves are of a traditional nature.

A high kick can't be higher than the top of the Competitor's own head.

A freestyle form is not acceptable (no machine-gun kicking etc...).

A traditional GI, Dobok or Wu-Shu uniform must be worn.

There will be no use of weapons.

No music is allowed

There is no time limit.

When Scoring, Judges should be looking for basic techniques , Stances , Punches , Kicks executed with balance , Blocks , Balance, Strength, Focus and good transition between moves.

# WU-SHU SOFT STYLE

Gymnastic type moves are permissible, provided that they are within the style for i.e. Wu-Shu, but they must be Practical and form part of that style. An adaptation is acceptable if added moves are traditional to the soft style being performed.

A traditional uniform must be worn.

There will be no use of weapons.

No music is allowed.

There is a 3 minute maximum time limit. A Timekeeper will be appointed.  
This is not a freestyle section, a freestyle form is not acceptable (no machine-gun kicking etc...).

When Scoring, Judges should be looking for good flowing techniques , Stances , Punches , Kicks executed with balance , Blocks , Balance, Strength, Focus and good transition between moves.

# **Creative and Extreme Forms**

## **General expectations of a Creative or Extreme Form.**

### **General**

All forms competitors will perform their Form once, and then a score will be given. Highest score wins. In the result of a draw for first second or third, the Form will be repeated again and scored between the two competitors who have tied. Highest score will win the tied position. In the result of a second tie, Judges will show hands.

Competitor performing a Form must express a mentally and physically realistic approach to the various imaginary opponents in their form.

Techniques should be performed where necessary with full power, focus and explosiveness. When executing the Form, all basic techniques must be performed logically.

Kia's or shouts should be included in a form but not on every single move.

Judges will be looking for basic techniques, stances, speed and cleanness of execution. Tricks or gymnastics whilst being high risk and high difficulty must be performed with accuracy throughout. A Form should be fluid and continuous, time spent standing still should be kept to a minimum. All aspects of the person's physical ability will be taken in to account, such as flexibility, strength, speed, stamina and attitude.

Creativeness is encouraged and high risk moves and combinations will score highly if executed without fault. Weapons forms will be scored primarily on the weapon usage. Manipulation and creativity with the weapon should be your main focus during a weapons form. The weapon cannot be left unattended once a form has begun.

### **Time of form.**

All musical sections are permitted no more than a thirty second introduction. This time starts from the first contact on the mat.

The minimum time allowed for all musical forms is 1 minute, maximum of 2 minutes. This time will begin from the first move after the judges have given permission to begin.

Should the time be over or under in any part, a deduction of 0.5 will be made from the Form by all judges.

### **Releases.**

A release is classified as the weapon intentionally leaving contact with the body to be thrown in the air or momentarily balanced on the floor.

A throw release must be released and caught with control, should the weapon be dropped a score of 0.5 will be deducted from the final score by each judge. Should the weapon leave the competition area then the person will be disqualified.

A balance release is the weapon being balanced on the ground i.e. a Bo staff being stood upright. Should the staff fall to the ground this will be classed as a drop and 0.5 will be removed from the final score by each judge.

### **Music.**

Must fit in with the form being performed, synchronization to music is not compulsory but will show a greater level of preparation.

No music containing swearing or derogatory or inflammatory comments may be used; this will result in a disqualification

# MUSICAL FORM - Free Style Empty Hand

**CREATIVE OPEN HAND:** A self made Hard Style Form to music with no gymnastics, no horizontal rotations or spins over 360 degrees. The Creative Open Hand Form should contain only the use of standard martial arts techniques, along with the individual's creative variation.

**EXTREME OPEN HAND:** A self made Hard Style Form to music, using unlimited gymnastic and tricking techniques. The Extreme Open Hand Form should contain standard martial arts techniques, along with the individual's creative variation.

Music must be used and the choreography to the music is of high importance.

The use of weapons is strictly forbidden.

The use of stage props such as Lasers, Smoke, Fire or "Dry Ice", is not permitted .

No dance moves or theatrical costumes are allowed. No stage props such as lasers, smoke, fire, or dry ice.

The duration of a freestyle form must be between 1 and 2 minutes. The time starts with the first move of the form, not the announcement.

A Timekeeper will be appointed.

Although Extreme sections are unlimited for tricks and gymnastics the Form should still resemble a Martial Arts Form, failure to include basic Martial Arts will result in the Competitor being scored down. You should show Extreme **Martial Arts**,

Judges should be looking for:

Synchronisation to the music, showmanship, speed of the techniques, degree of difficulty, basic hands and feet techniques, balance, basic stances, strength and focus

All the above are to be executed with strength and power according to the basic technique.

# MUSICAL FORM - Free style weapon.

**CREATIVE WEAPONS:** Self made Hard Style Weapons Form to music using no gymnastics, no horizontal rotations or rotations over 360 degrees. The weapon may be released a maximum of three times. The weapon must be used through whole Form and is to be kept in constant use. Standard use of the weapon along with the individual's creative manipulation will be the primary scoring points.

**EXTREME WEAPONS:** Self made Hard Style Form to music using unlimited gymnastic and tricking techniques. There is no limit to weapons releases. Weapon must be used through whole Form and is to be kept in constant use. Standard use of the weapon and an individual's creative manipulation will be the primary scoring points.

Music and weapons must be used and the choreography to the music is highly important

The use of stage props such as Lasers, Smoke, Fire or "dry Ice", is not permitted.

No dance moves or theatrical costumes are allowed.

The duration of a Freestyle Form must be between 1 and 2 minutes. The time will start with the first move of the Form, not the announcement. A Timekeeper will be appointed.

All weapons used must be safe and clean and recognised within Martial Arts. The Judges have the right to inspect weapons prior to starting a Form.

Although gymnastics tricks and releases are unlimited, a Competitor's Form should still resemble a **Martial Arts Form**.

Failure to show basic strikes and stances will result in the form being marked down.

Judges should be looking for:

The form will be scored on the use of the weapon, not Kicks and other techniques.

Synchronisation to the music , manipulation of the weapon , speed of the techniques, degree of difficulty, showmanship, balance, basics stances, strength and focus.

## ADDITIONAL CATEGORIES WHICH MAY NOT ALWAYS BE INCLUDED IN AN EVENT. (FUN CATEGORIES)

**TEAM OPEN HAND:** Self made Hard Style Weapons Form to music, with two people. Extreme rules apply. Form must be synchronized at least 75% of time.

### **TEAM WEAPONS:**

Self made Hard Style Weapons Forms to music, with two people. Competitors can use any weapon combination. One with weapon, both with weapon, or different weapons. Form must be synchronized with team-mate at least 75% of time. Extreme rules apply.

### **TRICKS BATTLE:**

This is all out Tricks Battle between two people simultaneously, with a tree system to the final. Competitors have thirty seconds each to show their best tricks. Judges will show hands for the winner.