



## **Shōtōkan Connect 2026 Karate Championship**

### **Kata Competition Process**

#### **General Rules**

The Kata competition will consist of three rounds:  
Elimination Round 1, Elimination Round 2, Finals.

Kata can be performed Individually or in Teams.

Scores will be awarded in all rounds. Scores from rounds don't add together.

#### **Elimination Round 1**

**Open to 17+ or any number of Competitors in a category.**

Each Competitor will perform one Kata.

A score will be awarded for the Kata.

Only the top 16 will advance to Elimination Round 2.

Scoring to be applied: 6.0 to 6.9

#### **Elimination Round 2**

**If 16 or less Competitors in a category, tournament starts at this round.**

Each competitor will perform one Kata.

Kata repetition rules:

10 - 4Kyu: can repeat Kata (exemption category 28)

3Kyu - 1Kyu and Dan Grades: cannot repeat Kata

Teams and Pairs: cannot repeat Kata

A score will be awarded for the Kata.

This round will determine the top 4 competitors who will  
qualify to the Finals.

Scoring to be applied: 7.0 to 7.9

#### **Finals**

**If 4 or less Competitors in a category, tournament starts at this round.**

Each competitor will perform one Kata.

Kata repetition is permitted in the Finals.

Scoring to be applied: 8.0 to 8.9

#### **Novice Karateka (10 – 4Kyu)**

will perform one of the following Kata: Kihon Kata, Heian Shodan,  
Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan.

#### **Advanced Karateka (3Kyu and above)**

will perform one of the 26 Shōtōkan Kata.



## Individual Kata

**Novice Karateka** (10 – 4Kyu) will be guided through their Kata performance as follows:

Karateka stands in Musubi dachi, on the outside edge of the tatami, facing the Referee. At the signal of the Referee, to step forward to the starting line of their Kata, Karateka bows to the panel of Referee and Judges, then steps forward to this line and bows for the start of their Kata. At the question of the Referee “Which Kata?” the Karateka clear and loud announces the name of the Kata will be performed. The Referee repeats the name of the Kata and gives the command “Yoi, Hajime” when the Kata performance will begin. At the end of the Kata, Karateka stops at the last move of their performance, then at the command of the Referee “Naore” will recover to Musubi dachi, bows for finish the Kata and wait for the scores to be presented. When the judging panel lowered their scorecards and the total score has been announced, at the command of the Referee to leave the area, Karateka walking backward, steps to the outside edge of the tatami and will bow to the panel of Referee and Judges.

**Advanced Karateka** (3Kyu and above) actions needed to be performed individually:

Karateka stands in Musubi dachi, on the outside edge of the tatami, facing the Referee. At the signal of the Referee, to step forward to the starting line of their Kata (which can be much forward then the designated line on the tatami), Karateka bows to the panel of Referee and Judges, then steps forward to this line and bows for the start of their Kata. Karateka clear and loud announces the name of the Kata will be performed, then after the Referee repeats the name of the Kata, will commence the performance. At the end of the Kata, Karateka recovers to Musubi dachi, bows for finish the Kata and wait for the scores to be presented. When the judging panel lowered their scorecards and the total score has been announced, at the command of the Referee to leave the area, Karateka walking backward, steps to the outside edge of the tatami and will bow to the panel of Referee and Judges.

## Team Kata or Paired Kata

In addition to the criteria for Individual Kata, the team must be synchronised and remain symmetrical throughout the performance.

Synchronisation is the most important criteria in Team Kata.

No other visual or audio cues allowed, except for the command to bow in, at the outside edge of the tatami.