Kata

In a Kata Event, a Kata is performed in a court. The Judges make a decision in order to declare a winner. The following types of Kata Events or Matches are as follow:

a) Red and White Flag System: two competitors simultaneously perform the same Kata that is chosen by the Head Judge and a winner is declared. If a competitor does not know a kata that they have been asked to perform by the centre judge, they must raise their hand straight away to notify the centre judge. The competitor will not be penalised and another kata will be chosen.

b) Scorecard/Point System: one competitor at a time performs a Kata of their choice and each Judge awards points on the performance of that competitor. Five judges give their scores and the highest and lowest scores are removed and the remaining scores added up to give the total score. If there is a draw for any individuals in medal positions, the highest and lowest scores are then added to determine the result. If there is another draw the competitor with the highest low score comes out on top. In the unlikely case of it still being a draw, the two competitors must perform a Kata of the centre judge's choice to a flags decision.

Team Kata

- Two competitors per team.
- Teams will only ever use a Kata of their choice – they may repeat the same Kata even if there is a draw.
- Larger events will have elimination rounds – two teams will perform their choice of Kata one after the other then will both stand together on the mat for a flags decision.
- If there is a draw teams can perform the same Kata or they may perform a different Kata.
- Smaller events and events that go to a final four will be run on the scorecard/point system (see above).