



25 OCT 2025

NATIONAL OPEN INVITATIONAL CHAMPIONSHIPS

**ACTION SPORTS
KEY WEST**
c/o Viljoen Street &
Paardekraal Drive
Krugersdorp, Gauteng

ENQUIRIES:
Sensei Elmarie van Zyl
admin@shotokan.org.za
www.shotokan.org.za

2025 SHOTOKAN-ZA NATIONAL OPEN INVITATIONAL CHAMPIONSHIPS

DATE: 25 October 2025

VENUE: Action Sports Key West, Top Floor of the Parking Area, c/o Viljoen Street & Paardekraal Drive, Krugersdorp, Gauteng

TIME: 08h00

ENTRIES CLOSE: 10 October 2025 (no late entries)

AMENDMENTS CLOSE: 15 October 2025

PAYMENT DUE: 15 October 2025

ENTRY FEE: R180 per individual division
R180 per Kata or Kumite Team (R60pp)

COMPULSORY Competitor Indemnity & Consent link: <https://forms.gle/tswjKuby7WafK9oa7>

FLOATING TROPHIES FOR THE SENIOR MALE AND FEMALE ROTATIONAL TEAM KUMITE DIVISIONS.

CONTACT: Sensei Elmarie van Zyl (082-934-4670)
Email the entry form (see attached) and proof of payment to:
admin@shotokan.org.za

PAYMENT: PER DOJO! No individual payments will be accepted!

BANKING DETAILS: SHOTOKAN-ZA
FIRST NATIONAL BANK
ELDORAIGNE (25 11 45)
ACC NR: 6257 7117 172
REF: DOJO NAME

All dojos must please supply table officials and judges/referees to enable us to run a smooth and fair tournament. Judges/Referees must be 16 years of age and older and must hold at least 3rd kyu brown belt.

DIVISIONS

AGE AS ON THE DAY OF THE TOURNAMENT!

Divisions may be combined or cancelled, if less than 3 entries are received.

ATTIRE

COMPETITORS:

- White karate Gi. Grading & Kumite Belts
- Female & Inclusive competitors may wear a white shirt under the karate Gi jacket.
- No jewellery or any metal objects are allowed.

COACHES: Track Suits and their official tag

TABLE OFFICIALS: Grey/Black pants and white shirt

JUDGES: Grey pants, white short-sleeve shirt, Organisation/Federation or WUKF tie, navy blazer/jacket, black socks & black soft-sole shoes. Own whistle.

COMPETITION INFORMATION					
KATA (Point System)					
GENDER	AGE		BELT/GRADE	Round 1	Round 2
Male & Female	07-08	09-10	White-Orange	Shitei	Not Applicable. Only 1 round kata.
	11-12	13			
	14-15	16-17			
	18-20	21-35			
	36-45	46+			
	07-08	09-10	Green-Purple/Red	Shitei	Shitei/ Sentei
	11-12				
	07-08	09-10	Brown-Black	Shitei/Sentei	Sentei
	11-12		Brown-Black	Sentei	Tokui
	13	14-15	Green-Black	Tokui	Tokui
16-17	18-20				
21-35	36-45				
46+					
TEAM KATA (Point System)					
GENDER	AGE		BELT/GRADE	Round 1 (WUKF Round 2/3)	
Same or Mixed	Children	10-12	All Belts	Shitei / Sentei	
	Cadet	13-17	All Belts	Tokui	
	Open	18+	All Belts	Tokui	
INCLUSIVE KATA (Point System)					
GENDER	AGE		BELT/GRADE	Round 1 (WUKF Round 3)	
Mixed	Children	10-12	All Belts	Tokui	
	Cadet	13-17	All Belts	Tokui	
	Open	18+	All Belts	Tokui	
INCLUSIVE COMBAT (Point System)					
GENDER	AGE		BELT/GRADE	Round 1	
Mixed	Children	10-12	All Belts	Kihon/ Chukyu	
	Cadet	13-17	All Belts	Kihon/ Chukyu	
	Open	18+	All Belts	Kihon/ Chukyu	

- Only kata from the **WUKF/WKF KATA** list may be performed and a knock-out system will be used.
- **Tokui kata** is any kata not yet performed and includes Shitei and Sentei katas.
- Green to Black belts are **NOT ALLOWED** to repeat a kata in any round or in a tie.

Inclusive Kata & Combat rules are available here: <https://www.wukf-karate.org/wukf-rules/>

COMPETITION INFORMATION: KUMITE

SHOBU NIHON KUMITE	SHOBU IPPON KUMITE
Children (07-12y) <ul style="list-style-type: none"> - Judging: Mirror system - 2 Full or 4 Half Points Bout - Time limit: 1 minute - Red or White bubble mitts - Mitts, mouth guards are compulsory. - Groin/body protectors, face helmet, shin and footpads are optional. - IN A TIE: Hantei, then No Kachi - NOT ALLOWED: <ul style="list-style-type: none"> • Contact to face or excessive contact to body. • NO BLUE mitts (White mitts will be supplied at the floor) 	Mini Cadets (13y); Cadets B (14-15y), Cadets A (16-17y); Juniors (18-20y); Open (21y+) <ul style="list-style-type: none"> - Judging: Flag system - 1 Full or 2 Half Points Bout - Time limit: 2 min running - Red or White bubble or White flat material mitts - Mitts, mouth guards and groin/breast protectors are compulsory. - IN A TIE: Hantei, then No Kachi OR Sai Shiai - NOT ALLOWED: <ul style="list-style-type: none"> • Shin and footpads. • NO BLUE mitts (White mitts will be supplied at the floor)

COMPETITION INFORMATION: ROTATIONAL TEAM KUMITE

NIHON ROTATIONAL KUMITE	IPPON ROTATIONAL KUMITE
Children (10-12y) <ul style="list-style-type: none"> - Judging: Mirror system - 3 members (and 1 reserve) of the same gender per team - Time limit: 4 min running time - Red or White bubble mitts - Mitts, mouth guards are compulsory. - Groin/body protectors, face helmet, shin and footpads are optional. - IN A TIE: Hantei, then No Kachi - NOT ALLOWED: <ul style="list-style-type: none"> • Contact to face or excessive contact to chest. • NO BLUE mitts (White mitts will be supplied) 	Mini Cadets (13y); Cadets B (14-15y), Cadets A (16-17y); Juniors (18-20y); Open (21y+) <ul style="list-style-type: none"> - Judging: Flag system - 3 members (and 1 reserve) of the same gender per team - Time limit: 4 min running time - Red or White bubble or White flat material mitts - Mitts, mouth guards and groin/breast protectors are compulsory. - IN A TIE: Hantei, then No Kachi OR Sai Shiai - NOT ALLOWED: <ul style="list-style-type: none"> • Shin and footpads. • NO BLUE mitts (White mitts will be supplied)

KUMITE SCORING SUMMARY

Scoring Areas: Head, neck, chest, abdomen, side and back.

Prohibited Areas: Throat, shoulders, limbs, groin, joints, shins and insteps.

Techniques: Jodan zuki, Jodan Uraken uchi, Chudan gyaku zuki, Chudan and Jodan Geri.

Points:

- Wazari (1/2 point): any zuki, uchi, chudan geri
- Ippon (1 point):
 - Jodan geri
 - Unbalancing the opponent and follow up with a valid technique
 - A take down and follow up with a valid technique.
- In Nihon kumite, an effective block followed by a valid technique, will score an Ippon.

Warnings & Penalties:

ATANAI

- Excessive contact, prohibited scoring areas, open hand techniques, knee/elbow, head butts, jumping techniques, dangerous leg/foot sweeps and throws, uncontrollable techniques.

KINSHI

- Time wasting, repeated grabbing, exaggerated actions, unsporting behaviour, lack of regard for own safety (mubobi), jogai.