



# THE SHOTOKAN-ZA GAUTENG OPEN CHAMPIONSHIPS

<b>DATE:</b>	<b>06 June 2026</b>
<b>VENUE:</b>	<b>Danie van Zyl Recreation Centre, Newlands.</b>
<b>TIME:</b>	<b>Officials - 07h00 and competitors 08h00</b>
<b>ENTRY FEE:</b>	<b>R160 per category. R50 p/p for team categories.</b>
<b>ENTRIES OPEN:</b>	<b>14 MAY 2026</b> Changes to ENTRIES can be made: 01-03 JUN 2026
<b>ENTRIES CLOSE:</b>	<b>29 MAY 2026</b> (No late entries will be accepted!)
<b>PAYMENT BY:</b>	<b>30 MAY 2026</b>
<b>RULES:</b>	<b>This is an All Styles tournament, open to all dojos regardless of your South African affiliation, and it will be using amended WUKF Rules.</b>
<b>REGISTRATION:</b>	<b>Registration on the KIHAPP system.</b>

**It is compulsory to complete the [COMPETITOR INDEMNITY FORM](#) via this link, for every competitor!**

**A "CHAMPION OF CHAMPIONS TROPHY"  
will be awarded to Senior Ladies and Men in the Open Division**

**CONTACT:** Sensei Elmarie van Zyl (0829344670)  
Email the entry form (see attached) and proof of payment to: [admin@shotokan.org.za](mailto:admin@shotokan.org.za)

**BANKING DETAILS:** NAME: Shotokan-ZA  
BANK: FNB CODE: 251145  
ACC: 62577117172 REF: GOpen-Dojo Name

**NO INDIVIDUAL PAYMENTS! Payment must be done by each Dojo Head.**

All dojos must please supply table officials and judges/referees to enable us to run a smooth and fair tournament. Officials must be 15 years of age and older and must hold at least 3<sup>rd</sup> kyu brown belt.

## CATEGORIES

AGE AS ON THE DAY OF THE TOURNAMENT!

Males and females will compete separate. Categories may be combined if less than 3 entries.

## AGE GROUPS FOR INDIVIDUAL GENERAL KATA & KUMITE

Children: 7-8, 9-10, 11-12 years	Juniors: 18-20 years
Mini Cadets: 13 years	Senior Open: 18 years +
Cadets B: 14 - 15 years	Veterans: 36 to 44 years
Cadets A: 16 - 17 years	Masters: 45 years +

### GENERAL KATA (Point System)

GENDER	AGE	BELT/GRADE	1 Round
Male & Female	All Ages	White-Orange (10-7th Kyu)	<b>SHITEI</b> (Taikyoku Shodan, Heian Shodan, Heian Nidan, Heian Sandan OR style equivalent). NO Yoyi or Kihon kata. May repeat in a tie.

GENDER	AGE	BELT/GRADE	WUKF Round 1	WUKF Round 2
Male & Female	07-12	Green-Purple/Red (6-4th Kyu)	<b>SHITEI</b>	<b>SHITEI</b>
	07-11	Brown-Black (3rd Kyu-Dan)	<b>SHITEI</b>	<b>SENTEI</b>
	12	Brown-Black	<b>SHITEI</b>	<b>SENTEI</b>
	13 14/15    16/17 18-20    21-35 36-45    46+	Green-Purple (6-4th Kyu)	<b>SHITEI / SENTEI</b>	<b>TOKUI</b>
	13 14/15    16/17 18-20    21-35 36-45    46+	Brown-Black (3rd Kyu-Dan)	<b>SHITEI / SENTEI</b>	<b>TOKUI</b>

Green to Black belts may NOT repeat a kata.

### GENERAL TEAM KATA (Point System)

GENDER	AGE	BELT/GRADE	1 Round
Male & Female	Children 10-12 Cadet B 13-15 Cadet A 16-17 Open 18+	All Belts	<b>Shitei/Sentei/Tokui</b> May repeat a kata. A team can pull up a member from a younger age group, but the team must compete in the oldest member's age group.

- Only kata from the **WUKF 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.

### KATA MINUS POINTS:

Points (0.1) will be deducted for the following:

- A discernible pause or a slight imbalance
- The absence of EACH kiai
- For excessive breathing or slapping the body as a synchronization tool, during the performance of the team kata

### KATA DISQUALIFICATION

For disqualification, the score will be 5.0/6.0/7.0 (according to the round) in all age categories.

A competitor can be disqualified for the following:

- If competitor stop for more than 5 sec
- If competitor forgets or add a technique
- Loose balance completely and falls
- The absence of all kiai (no kiai at all)
- If belt, trouser, a device, etc. (but not the number), falls during the kata performance.
- If competitor announces a kata which is NOT ALLOWED twice (Can't be disqualified if a competitor performs a nominated kata, allowed in that round, but the table records the wrong kata).

A competitor cannot be disqualified for variations of a technique or stance in a kata.

<b>INCLUSIVE KATA (Point System)</b>			
<b>GENDER</b>	<b>AGE</b>	<b>BELT/GRADE</b>	<b>1 Round</b>
Mixed	Children 07-12 Cadet 13-17 Open 18+	All Belts	<b>Shitei/Sentei/Tokui</b> White- Purple/Red belts may repeat a kata, but Brown to Black belts can't repeat a kata.
<b>INCLUSIVE COMBAT (Point System)</b>			
<b>GENDER</b>	<b>AGE</b>	<b>BELT/GRADE</b>	<b>1 Round</b>
Mixed	Children 07-12 Cadet 13-17 Open 18+	All Belts	Kihon (Basic) Chukyu (Intermediate) Kodu (Advanced)

Inclusive competitors can enter general kumite & team events as well.

## GENERAL KUMITE

### SHOBU NIHON KUMITE (Children 07-12y)

- Gender & belt categories
- Open weight and height
- **Bubble mitts and mouth guards (unless a helmet is worn) are compulsory.**
- Groin/body protectors, head guard/face helmet, shin and footpads are optional.
- Match duration is 1:30 min
- Judging: Mirror system
- 2 Full (Ippon) or 4 Half (Waza-ari) Points required to win
- **IN A TIE:** Hantei must be called and then No Kachi (the winner) indicated. NO Hikiwake (draw) or Encho-sen (match extension).
- **NOT ALLOWED:**
  - Contact to face when there is no helmet.
  - Excessive contact to face, helmet or chest.
  - Technique can't push or move back the head of the opponent.
  - Grabbing, grappling or dangerous throws.
- **ALLOWED:**
  - "LIGHT" touches to helmet allowed.
  - Children can do safe takedowns, followed by scoring technique, within 3 seconds, while the competitor is on the floor.

### SHOBU SANBON KUMITE (Ages 13y +)

- Gender & belt categories
- Open weight and height
- **Bubble mitts and mouth guards are compulsory.**
- Groin/body protectors, shin and footpads ("footies") are optional.
- Match duration is 2:00 min
- Judging: Mirror system
- 3 Full (Ippon) or 6 Half (Waza-ari) Points required to win
- **IN A TIE:** Hantei can be called and then No Kachi (the winner) indicated OR Hikiwake (draw) and then Encho-sen (extension of match) for 1:00 min.

### NIHON & SANBON WARNINGS/PENALTIES: 3 Atenai and 4 Kinshi

- Atenai:  
Excessive contact, prohibited scoring areas (throat, shoulders, limbs, joints (hip, knee, elbow), insteps, shins & groin), open hand or knee/elbow attacks, head butts, jumping techniques, dangerous leg/foot sweeps & throws (MUST assist with the fall in throw/take down!) & uncontrollable techniques (like heel kick).
- Kinshi:  
Time wasting, constantly refusing to fight, running away, repeated interruption by clinching or unnecessary bodily contact against the opponent, exaggerated actions and reactions, unsporting behaviour, disrespectful and unnecessary actions, showing a lack of regard for

own safety by having their back turned to opponent, touching the floor outside the match area, grabbing unless immediately followed up by a technique, uncontrolled and dangerous attacks (like kicking past the head).

### **POINTS (CRITERIA FOR DECIDING IPPON AND WAZA-ARI):**

In SHOBU NIHON the following shall be considered as an IPPON:

- When an attack is delivered with perfect timing and the opponent started to move towards the attacker.
- When an attack is delivered immediately as the opponent was unbalanced by the attacker.
- When a combination of successive and effective techniques is used.
- Combined techniques that would have merited a waza-ari will be elevated to an ippon.
- When the opponent has lost their fighting spirit and turned their back to the attacker and the attacker scores with a valid technique.
- Effective attacks delivered on the undefended parts of the opponent.

For waza-ari and ippon, balance must be kept for an effective kick. NO points for kicking, while jumping on one leg.

In SHOBU SANBON the MAXIMUM point, for any punch and/or chudan kick, will be a WAZA-ARI (half point).

An IPPON (one full point) can ONLY be given for:

- A controlled kick to the head (Jodan Geri), or
- A safe take down followed by scoring technique within 3 seconds while the competitor is on the floor, or
- A break of balance immediately followed by a scoring technique.

For waza-ari and ippon, balance must be kept for an effective kick.

NO points for kicking, while jumping on one leg.

### **SCORING AREAS AND SCORING TECHNIQUES**

Valid scoring areas are:

- Head
- Neck
- Chest
- Abdomen
- Side & Back

Forbidden scoring areas are:

- Throat (front & side)
- Shoulders
- Limbs (arms & legs)
- Groin
- Joints (hip, knee, elbow)
- Shins and insteps (top of foot)

NO POINT IF:

- An attack, even if effective, delivered after the Time-up bell signals.
- Techniques delivered outside the match area.
- Scoring techniques of the same value simultaneously delivered (Aiuchi).

POINT WILL BE GIVEN IF:

- Effective technique delivered simultaneously as the Time-up bell. However, if a competitor delivering a technique was within the boundary of the match area. The point at which "Yame" is called is helpful in determining if Jogai has occurred.

#### **CAN ONLY PROTEST A DECISION:**

- that might have VIOLATED THE RULES OF THE MATCH OR OF JUDGING, or
- if there is an ADMINISTRATIVE ERROR during the match.
- **YOU CAN'T PROTEST a technical decision or point call, even if you have video.**

## **GENERAL TEAM ROTATIONAL KUMITE**

### **General**

- 3 members per team and 1 reserve (optional). Reserve can only come up in next round.
- Each team member **MUST** fight for at least 15 sec during the allotted time.
- May make as many substitutions between the 3 team members, in any order, as you like.
- In the last fight, a competitor can fight for less than 15 sec.
- No change during Atoshi Baraku (last 15 seconds).
- Judging: Mirror system
- A team can pull up a member from the previous younger age group, but the team must compete in the oldest member's age group.
- Same scoring and warning rules as for individual Nihon.
- DISQUALIFICATION
  - If there are NOT 3 competitors at the start of each round.
  - If someone has NOT fought for at least 15 seconds at the end of match.

### **Children 10-12 years**

- **Bubble mitts and mouth guards (unless a helmet is worn) are compulsory.**
- Groin/body protectors, head guard/face helmet, shin and footpads ("footies") are optional.
- Head guards, body protectors, shin and instep ("footies") protectors are optional.
- Match duration is 4:00 min running time, no point limit, unless an advantage of 4 points is reached by a team.
- **WINNER:** Team who scored MOST POINTS during 4 min OR the Team with advantage of " 4 points " within 4 min, even if not all members fought.
- **IN A TIE:** Hantei must be called and then No Kachi (the winner) indicated. NO Hikiwake (draw) or Encho-sen (match extension).
- Rules regarding forbidden contact and techniques is the same as for individual Nihon.

### **Cadet B 13-15 years, Cadet A 16-17 years & Open 18 years +**

- **Bubble mitts and mouth guards are compulsory.**
- Groin/body protectors, shin and footpads ("footies") are optional.
- Match duration is 6:00 min running time, no point limit, unless an advantage of 6 points is reached by a team.

- **WINNER:** Team who scored MOST POINTS during 6 min OR the Team with advantage of “ 6 points ” within 6 min, even if not all members fought.
- **IN A TIE:** Determine nr of ippon.  
If still a tie, Hantei can be called and then No Kachi (the winner) indicated OR Hikiwake (draw) and then Encho-sen (extension of match) for 2:00 min.

## ATTIRE

### COMPETITORS:

- White karate Gi.
- Grading belt (Red and/or White belts for kumite is optional).
- Red and White/Blue Bubble mitts allowed.
- Only female and inclusive competitors may wear a white shirt under the karate Gi jacket.
- No jewellery or any metal objects are allowed.
- Head scarfs and religious bracelets may be worn, but the bracelets must be covered.
- Bubble mitts and mouth guards are compulsory.
- Groin/body protectors, shin and footpads (“footies”) are optional.

**COACHES:** Track Suit or Golf shirt and pants

**TABLE OFFICIALS:** Black pants and white shirt

**JUDGES:** Grey/black pants, white short-sleeve shirt, own organization blazer and tie, black soft sole shoes. Own whistle.

## GENERAL

- Karate products will be available on the day.
- Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.
- “Champion of Champions” Floating Trophies for the Open division.

