



24 OCT 2026

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

2026 SHOTOKAN-ZA NATIONAL OPEN INVITATIONAL CHAMPIONSHIPS

DATE: 24 October 2026

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

TIME: 08h00

ENTRIES CLOSE: 16 October 2026 (no late entries)

AMENDMENTS CLOSE: 20 October 2026

PAYMENT DUE: 20 October 2026

RULES: Traditional WUKF

ENTRY FEE: R200 per individual division
R180 per Kata or Kumite Team

COMPULSORY Competitor Indemnity & Consent link: <https://forms.gle/3EP3nSBDBNSdgDDm8>

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 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 or similar (no shorts or Gi's).

TABLE OFFICIALS: Grey/Black pants and white shirt

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

COMPETITION INFORMATION					
INDIVIDUAL KATA (Point System)					
GENDER	AGE		BELT/GRADE	Round 1	Round 2 & 3
Male & Female	07-08	09-10	White-Orange May repeat kata	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 May NOT repeat kata	Shitei	Shitei/ Sentei
	11-12				
	07-08	09-10	Brown-Black May NOT repeat kata	Shitei/Sentei	Sentei
	11-12		Brown-Black May NOT repeat kata	Sentei	Tokui
13	14-15	Green-Black May NOT repeat kata	Tokui	Tokui	
16-17	18-20				
21-35	36-45				
46+					
PAIRS KATA (Point System)					
GENDER	AGE		BELT/GRADE	1 Round	
All male or all female teams	Children A	07-10	All Belts	Shitei / Sentei	
	Children B	11-13	All Belts	Tokui	
May repeat kata if there is more than 1 round.	Cadets	14-17	All Belts	Tokui	
	Open	18+	All Belts	Tokui	
TEAM KATA (Point System)					
GENDER	AGE		BELT/GRADE	1 Round	
Same or Mixed	Children A	07-10	All Belts	Shitei / Sentei	
	Children B	11-13	All Belts	Tokui	
May repeat kata if there is more than 1 round.	Cadets	14-17	All Belts	Tokui	
	Open	18+	All Belts	Tokui	

- 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 (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/ Kodo
	Cadet	13-17	All Belts	Kihon/ Chukyu/ Kodo
	Open	18+	All Belts	Kihon/ Chukyu/ Kodo

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) - Judging: Mirror system - 2 Full or 4 Half Points Bout - Time limit: 1 minute - Red or White/Blue 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: • Contact to face or excessive contact to body.	Mini Cadets (13y); Cadets B (14-15y), Cadets A (16-17y); Juniors (18-20y); Open (21y+) - Judging: Flag system - 1 Full or 2 Half Points Bout - Time limit: 2 min running - Red or White/Blue bubble mitts - Mitts, mouth guards and groin/breast protectors are compulsory. - IN A TIE: Hantei, then No Kachi OR Sai Shiai - NOT ALLOWED: • Shin and footpads.

COMPETITION INFORMATION: ROTATIONAL TEAM KUMITE

NIHON ROTATIONAL KUMITE	IPPON ROTATIONAL KUMITE
Children (10-12y) - Judging: Mirror system - 3 members (and 1 reserve) of the same gender per team - Time limit: 4 min running time - Red or White/Blue 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: • Contact to face or excessive contact to chest.	Mini Cadets (13y); Cadets B (14-15y), Cadets A (16-17y); Juniors (18-20y); Open (21y+) - Judging: Flag system - 3 members (and 1 reserve) of the same gender per team - Time limit: 4 min running time - Red or White/Blue bubble mitts - Mitts, mouth guards and groin/breast protectors are compulsory. - IN A TIE: Hantei, then No Kachi OR Sai Shiai - NOT ALLOWED: • Shin and footpads.

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.

INCLUSIVE COMBAT

KIHON COMBAT (Beginner)

The designated/assisting attacker must announce either Jôdan or Chûdan before they start each attack.

ATTACKS	DEFENCE
1. Step FW with an Oi zuki Jôdan punch x step FW with a second Oi zuki Jôdan punch.	Block with an Age Uke (rising block) and counter with a chudan gyaku zuki punch after second block.
2. Step FW with an Oi zuki Chûdan punch x step FW with a second Oi zuki Chûdan punch.	Block with an Soto Uke (inside block) or Uchi Uke (outside block) and counter with a chudan gyaku zuki punch after second block.
3. Step FW with a Chûdan Mae geri kick x step FW with a second Chûdan Mae geri kick.	Block with an Gedan Uke (downward block) and counter with a chudan gyaku zuki punch after second block.

After each attack the Inclusive student and attacker must reset to their starting position in Yôï.

CHUKYU COMBAT (Intermediate)

The designated/assisting attacker must announce either Jôdan or Chûdan before they start each attack.

ATTACKS	DEFENCE
4. Step FW with an Oi zuki Jôdan x step FW with an Oi zuki Jôdan	Any effective block and counter. Must perform a different block and counter for each attack.
5. Step FW with an Oi/Gyaku zuki Chûdan x step FW with an Oi/Gyaku zuki Chûdan	Any effective block and counter. Must perform a different block and counter for each attack.
6. Step FW with a Jôdan or Chûdan kick x step FW with a Jôdan or Chûdan kick	Any effective block and counter. Must perform a different block and counter for each attack.

After each attack the Inclusive student and attacker must reset to their starting position in Yôï.

KODO COMBAT (Advanced)

The designated/assisting attacker must announce either Jôdan or Chûdan before they start each attack.

ATTACKS	DEFENCE
1. Step FW with any Jôdan or Chûdan attack x step FW with any Jôdan or Chûdan attack	Any effective block and counter. Must perform a different block and counter for each attack.
2. Step FW with any Jôdan or Chûdan attack x step FW with any Jôdan or Chûdan attack	Any effective block and counter. Must perform a different block and counter for each attack.
3. Step FW with any Jôdan or Chûdan attack x step FW with any Jôdan or Chûdan attack	Any effective block and counter. Must perform a different block and counter for each attack.

After each attack the Inclusive student and attacker must reset to their starting position in Yôï.

Weapons or props may be used for attacks.

All weapons must be safe and not to be able to cause injury or self-harm.

Example: Rubber/Foam knife etc.