

Closing date for entries: Friday 22 November 2019

9th – 4th kyu grades (Orange to Purple/White Belt)

1. Children's kata	6-9 yrs	orange/red/yellow (9 th -7 th kyu)
2. Children's kata	10-12 yrs	orange/red/yellow (9 th -7 th kyu)
3. Children's kata	13-15 yrs	orange/red/yellow (9 th -7 th kyu)
4. Children's kata	6-9 yrs	green/purple/purple-white (6 th -4 th kyu)
5. Children's kata	10-12 yrs	green/purple/purple-white (6 th -4 th kyu)
6. Children's kata	13-15 yrs	green/purple/purple-white (6 th -4 th kyu)
8. Male kata	16+ yrs	orange/red/yellow (9 th -7 th kyu)
9. Male kata	16+ yrs	green/purple/purple-white (6 th -4 th kyu)
10. Female kata	16+ yrs	orange/red/yellow (9 th -7 th kyu)
11. Female kata	16+ yrs	green/purple/purple-white (6 th -4 th kyu)
13. Boys sanbon kumite	6-9 yrs	orange/red/yellow (9 th -7 th kyu)
14. Boys sanbon kumite	10-12 yrs	orange/red/yellow (9 th -7 th kyu)
15. Boys sanbon kumite	13-15 yrs	orange/red/yellow (9 th -7 th kyu)
16. Boys kihon ippon kumite	6-9 yrs	green/purple/purple-white (6 th -4 th kyu)
17. Boys kihon ippon kumite	10-12 yrs	green/purple/purple-white (6 th -4 th kyu)
18. Boys kihon ippon kumite	13-15 yrs	green/purple/purple-white (6 th -4 th kyu)
19. Girls sanbon kumite	6-9 yrs	orange/red/yellow (9 th -7 th kyu)
20. Girls sanbon kumite	10-12 yrs	orange/red/yellow (9 th -7 th kyu)
21. Girls sanbon kumite	13-15 yrs	orange/red/yellow (9 th -7 th kyu)
22. Girls kihon ippon kumite	6-9 yrs	green/purple/purple-white (6 th -4 th kyu)
23. Girls kihon ippon kumite	10-12 yrs	green/purple/purple-white (6 th -4 th kyu)
24. Girls kihon ippon kumite	13-15 yrs	green/purple/purple-white (6 th -4 th kyu)
25. Male sanbon kumite	16+yrs	orange/red/yellow (9 th -7 th kyu)
26. Male kihon ippon kumite	16+yrs	green/purple/purple-white (6 th -4 th kyu)
27. Female sanbon kumite	16+yrs	orange/red/yellow (9 th -7 th kyu)
28. Female kihon ippon kumite	16+yrs	green/purple/purple-white (6 th -4 th kyu)

Kata for Colour Belts

- **9th-7th kyu** - heian shodan to final 4, flag system
- **6th-4th kyu** - heian shodan, heian nidan, heian sandan to final 4, flag system
- **Final** - Any kata (competitor choice), points system

Kumite for Colour Belts

- **9th-7th kyu** - Sanbon kumite = jodan, chudan,
- **6th-4th kyu** - Kihon Ippon kumite = jodan, chudan, mae geri (right side only, but if competitors' draw, then left side)

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3rd kyu grade and above (Brown & Black Belt)

29. Boys individual kata	7-9 yrs
30. Boys individual kata	10-12 yrs
31. Boys individual kata	13-15 yrs
32. Girls individual kata	7-9 yrs
33. Girls individual kata	10-12 yrs
34. Girls individual kata	13-15 yrs
36. Male individual kata	16-20 yrs
37. Male individual kata	21-40 yrs
38. Female individual kata	16-39 yrs
39. Male senior individual kata	40+ yrs
40. Female senior individual kata	40+ yrs
41. Boys individual jyu ippon kumite	7-9 yrs
42. Boys individual kumite	10-12 yrs
43. Boys individual kumite	13-15 yrs
44. Girls individual jyu ippon kumite	7-9 yrs
45. Girls individual kumite	10-12 yrs
46. Girls individual kumite	13-15 yrs
47. Male Cadet individual kumite	16-18 yrs
48. Male individual kumite	19-39 yrs
49. Male senior individual kumite	40+ yrs
50. Female cadet individual kumite	16-18 yrs
51. Female senior individual kumite	19-39 yrs
52. Female senior individual kumite	40+ yrs

Kata for Brown & Black Belts

- **Age 7-15** Heian 1 to 5 plus Tekki 1 to final 4, flag system
 - Finals - Shotokan 15 (competitor Choice) (Heian 1-5, Bassai Dai, Kanku Dai, Jion, Enpi, Hangetsu, Tekki 1, 2, 3, Gankaku and Jitte), points system
- **Age 16+** Heian 2 to 5 plus Tekki 1 to final 8, flag system
 - Semi finals (best 8) - bassai dai, kanku dai, jion, enpi (competitor choice), points system
 - Finals (best 4) - Any kata (must be different kata from one performed in the semi-final), points system.

Kumite for Brown & Black Belts

- Gum shields and white fist protectors are compulsory for all jiyuu kihon ippon kumite (jodan, chudan, mae geri) and jiyuu kumite (free sparring) events. Chest protectors (women) and groin protectors (men) are recommended.
- Competitors who wear contact lenses should bring spares in case they come out during the match and reattach within 2 minutes.
- **Age 7-9** - jiyuu kihon ippon kumite throughout
- **Age 10-12** - jiyuu kihon ippon kumite to best 8, then jiyuu kumite (free sparring)
- **Age 13-15 +** - jiyuu kumite (free sparring) throughout