



WKC RULES & REGULATIONS FOR KATA/FORMS AND WEAPONS

In all Traditional Form divisions there is no time limit.

In ALL Traditional Sections Competitors Must wear Traditional Uniform Not Freestyle or Coloured Uniforms, unless your style has coloured Gi incorporated within it.

There are no introductions in all forms divisions. Competitors can call out the name of the form when they enter the ring before starting, if they wish.

In all musical divisions there will be no words allowed in the music.

If a competitor stops his or her form, they cannot start again. In cases of memory lapse a competitor may restart but the Head Judge will instruct the table to deduct half a point (.50 of a point) from the FINAL score. Only one restart is allowed in these circumstances.

If a competitor drops his or her weapon or the weapon accidentally strikes the floor they are disqualified.

Competitors must either wear a traditional uniform or a country team uniform.

No metal jewellery should be worn. If a stud cannot come out then a band aid should cover the stud.

Judges will inspect all weapons prior to starting a division. There are no live blades allowed whatsoever.

Judges will review division criteria prior to starting the event. Any protests of jewellery, uniforms, or weapons being used will be decided before the event starts in order to give competitors a chance to comply with the rules and avoid disqualification.

In the case of a tie in the Hard Style, Soft Style, Korean and Veterans Traditional divisions, competitors must do a different form. In all weapons, freestyle and extreme divisions they may compete with the same form.

Competitors compete in order determined by a random draw. The top two defending medallists compete last.

It is the responsibility of the Competitor and Instructor to familiarize themselves with these rules BEFORE entering a competition. Doing so will avoid upset and allow for a fairer competition by avoiding misunderstandings that are totally avoidable. Ignorance of the rules is not acceptable. The onus is on you, not the W.K.C.

Kiaa shouts are to be in keeping with the traditional teachings and should NOT exceed five or the maximum number included in your style.

Hard Style Forms

These forms must capture the essence of classic martial arts movements, showcasing the traditional hand and kicking techniques, stances and movement. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances and focus. Forms are scored solely on the above criteria. Adaptation of a form is acceptable, as long as the movements added are traditional in nature.

Commentary: The WKC is a World Championship's. We expect to see many variations of traditional forms. As long as a competitor only does traditional moves and not multiple kicks or spin kicking combinations, then they will be scored on the execution of the form. Kiaa shouts are to be in keeping with the traditional teachings and should not exceed the maximum allowed in your style. Any excessive shouts will be ignored and could result in half a point (0.5 of a point) being deducted.

There has been a great deal of debate among reputable martial artists regarding whether a form or series of moves are outside of the bounds of the Traditional Division. Because the W.K.C. is open to all styles and schools around the world and from which judges are utilized, each competitor must make his or her own decision regarding whether to include movements, which might be objectionable for the Traditional Division having read the W.K.C. rules.

Korean Style Forms

These forms must capture the essence of Korean style patterns. Only traditional moves will be allowed. Adaptation of traditional forms will be allowed if the moves are traditional in nature.

Commentary: In this division we will see versions of Korean style patterns from ITF, WTF, Tang Soo Do and other Korean based martial arts. The height of the kick is up to the individual competitor. However judges are looking for good technique, power and focus on all techniques. Therefore kicks are scored on technique and not the height.

Chinese Style Forms

These forms must capture the essence of Chinese style martial arts. The two basic arts will be kung fu and wushu. Emphasis is placed on traditional criteria of good flowing techniques that demonstrate balance, speed, focus and power.

Commentary: This is not a free style division. Gymnastic type moves are permissible, provided that they are practical and within the style of wushu.

Free Style Forms

The Freestyle forms division includes contemporary martial techniques that have evolved over the past 30 years. These techniques may be added to a traditional form or the form may be devised in its entirety by the competitor. Only techniques which originated from the martial arts can be used. Spinning kicks, jump kicks, flying kicks, multiple kicks, and splits and spinning hand techniques can be used. No gymnastic moves are allowed. No martial arts move originating from gymnastics can be used.

Music must be used in this division. Judges may take into account how well a form corresponds to the music. Competitors are scored on good solid techniques, balance, speed, power and focus.

All creative Kata, be it weapons, Freestyle and Extreme Forms must be a minimum of 60 seconds in length NOT including walk on and a maximum of 2 minutes.

Commentary: This division is for competitors who do not want to compete in the traditional divisions. At no time can a competitors head be lower than the waist. Competitors cannot spin more than 360 degrees in the air as this is not a creative technique but falls within the EXTREME category. Techniques are scored on a sliding scale of difficulty but only on successful application and completion of the technique.

Extreme Forms

The extreme division allows competitors to perform any movement whether they originate from traditional or contemporary martial arts systems or otherwise. Competitors must perform at least one technique that involves an inverted move or greater than a 360 degree spin in the air. Emphasis is still placed on the quality of execution of techniques and movements, martial arts skills, balance, speed, power, degree of difficulty and showmanship.

Music must be used in this division. Judges may take into account how well a form corresponds to the music.

Commentary: *No stage props can be used. No weapons can be used. Competitors must keep his or her complete uniform on at all times of the performance. in this section ALL techniques and gymnastic type moves are scored on successful execution and completion. Stumbles, falls or incomplete execution will be treated as a fail and scored accordingly or in extreme instances result in disqualification. If a competitor wishes to participate in a division with moves not permitted in the Traditional and Creative Divisions but meets the criteria described here, the competitor will compete in the Extreme Division.*

Veterans Traditional Forms

This forms division is open to any style of traditional form, be it Hard Style, Soft Style or Korean. There is no Free Style or Extreme Style form allowed.

Competitors must use only traditional techniques based upon the style they are performing.

Commentary: *Judges and competitors must be aware that this traditional division covers forms not only from the Japanese based systems, but also Korea and China.*

Traditional Weapons

Forms in this division must capture the essence of classic martial arts movements and traditional techniques with a weapon. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances and focus. All weapons used must be of a traditional nature. (No tapered bo staffs, no plastic kamas, no live blades). Modifications to forms are acceptable as long as they only include traditional techniques. **Emphasis in ALL Team divisions is based upon the unity and synchronization of the team. Teams that rely on excessive Kiaa shouts or other vocal signals indicating a method of a COUNT will be marked down accordingly. (See rule 14).**

Commentary: *Since the WKC is an open organization we expect to see adaptations of traditional forms. However there will be no releases, complicated spins or throws with the weapon. No plastic weapons or skinny Bo staffs will be used. The centre judge will inspect all weapons before the division starts.*

Creative Weapons Non Musical

Forms in this division allow competitors the opportunity to include contemporary martial arts techniques that have evolved over recent years. These moves include one handed spins or complicated passes of the weapon around the body for example. Competitors may use the newer light weight weapons. Competitor cannot perform releases, throws, palm spins or gymnastic moves (these techniques fall within the OPEN MUSICAL DIVISION) Competitors are judged on execution of technique, balance, speed, power, solid stances and focus.

Commentary: *This division allows competitors a bridge between the traditional weapons divisions and musical open weapons division. Complicated spins and pass-offs are allowed. However competitors must ALWAYS demonstrate good martial arts technique. Where a Bo Staff is used the length of the Bo must not be more than 3" shorter than the competitor in instances where this occurs time will be allowed for a correct length weapon to be found. A weapon of correct length must be used or the competitor faces disqualification.*

Open Musical Weapons

In this division judges are looking for the incorporation of the music chosen to the choreography of techniques to the music. Any type of music may be used but there must be NO words in the musical content (see rule 4). In this division competitors may use any throw, release or gymnastic move.

Judges will ALWAYS take into account how well the form corresponds to the music.

Commentary: *Even though competitors may use any type of martial arts and incorporating gymnastic movement in their form, they must always demonstrate solid basic martial arts skills*

Traditional Team Forms

This division consists of two types of Teams, 2 Person only and 3 to 5 Person Teams. (No deviation is allowed from these two division types) Competitors on the Team may be of any age or sex. Teams may only compete with Traditional style forms. Teams may use the choice of Hard Style, Soft Style or Korean Style or any other recognized Traditional Style. All techniques and movements must capture the essence of classical martial arts. Judges are looking for synchronization, execution of techniques. **Competitors must at ALL times during the performance remain inside the allotted area (7m X 7m)**

Commentary: *This division is open to competitors of all ages. Teams are allowed to use various angles and staggered starts in an attempt to demonstrate creativity and showmanship.*

Traditional Team Weapons

This division is open to Teams of TWO (2) ONLY. Forms in this division must capture the essence of classic martial arts movements and traditional techniques with a weapon. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances and focus. All weapons used must be of a traditional nature. (No tapered bo staffs, no plastic kamas). Modifications to forms are acceptable as long as they only include traditional techniques. **Emphasis in ALL Team divisions is based upon the unity and synchronization of the team. Teams that rely on excessive Kiaa shouts or other vocal signals indicating a method of a COUNT will be marked down accordingly. (See rule 14)**

Open Team Forms

This division consists of two types of Teams, 2 Person only and 3 to 5 Person Teams.(no deviation is allowed from these two division types).Only CREATIVE / FREESTYLE Kata may be performed in this division and Competitors on the Team may be of any age or sex. Judges are looking for synchronization, showmanship, speed of techniques and degree of difficulty.

Music and/or weapons may be used in this division, **however NO TRADITIONAL forms can be used in this Division.**

Commentary: *Competitors may at times do individual movements or techniques. However the overall concept is still a "team" form and not a demonstration show.*

Disability Forms Division

Competitor must suffer from a "visual" physical impairment i.e. amputation of a limb or part of a limb, be wheelchair bound or suffer with an illness or condition such as Cerebral Palsy or Paralytic Disorders such as Monoplegia, Diplegia, Hemiplegia, Paraplegia and Quadraplegia.

Competitor must perform a recognisable kata within the limitations of their disability.

Other than a wheelchair, no other aid/support must be used i.e. walking sticks or crutches. This is to ensure the safety of the competitor in the event of a fall or trip.

The competitor must perform unassisted, in order to maintain equality with unassisted competitors.

Conditions such as ADD, ADHD, Dyspraxia and Autism Spectrum disorders are not currently included in this section as many are behavioural and social conditions and will require diagnosis and verification outside the proficiency of the W.K.C

*These WKC Kata Rules are the current ones and will be in use at all WKC events worldwide.
W.K.C. Rules will be reviewed, revised, and updated (when and where deemed necessary) on an annual basis.*