

~Youth KATA Rules~

Category	6 ~ 8 yr Boys & Girls	9, 10, 11 yr Boys & Girls	12 ~ 14 yr Boys & Girls
Belt Rank	Yellow and up	Green and up	Brown and up
Performing Kata No Preliminary	Pinan 4, Pinan 5, Gekisai Dai, Gekisai Sho, Yantsu, Saifa, Tsukino-kata, Seienchin		Tsukino-kata, Saifa, Garyu, Seienchin, Seipai, Kanku, Sushihou

Any Kata in Ura, Sanchin, Tensho, Bassai Dai, Tekki will NOT score points.

~Men & Women KATA Rules~

Category	15 ~ 34, +35 yr Men & Women
Belt Rank	Brown and up
Performing Kata No Preliminary	Tsukino-kata, Saifa, Garyu, Seienchin, Seipai, Kanku, Sushihou, *Any Kata in Ura, Sanchin, Tensho, Bassai Dai, Tekki will NOT score points.

~Team KATA Rules~

Team	3 ~ 5 person per team, Open to all age and gender
Belt Rank	Green and up
Performing Kata No Preliminary	Any Kyokushin Kata except for Ura, Sanchin, Tensho, Bassai Dai and Tekki
Performing Time	Maximum 5 min.
Required Elements	1. Perform one Kata by all team members. 2. Perform same Kata a second time demonstrating the Kata's "Bunkai" in a free style format. *No Music. No Breaking. No Props (fake weapons & knives etc..) Must wear