

~KATA Rules~

Category	6yr old	7~8 yr old 9 yr old	10yr old 11yr old	12~14 yr old	15~34 yr old	+35 yr old
Gender	Boys & Girls Mix			Men / Women		
Belt Rank	Blue and up	Yellow and up	Green and up	Brown and up		
Preliminary Kata	Pinan 1	Pinan 2	Pinan 5	Gekisai sho		Saifa
Final Kata	Pinan 2 or higher Kata	Pinan 3 or higher Kata	Gekisai Dai, Gekisai Sho, Yantsu, Saifa, Tsukino-kata, Seienchin (No Pinan Kata)	Tsukino-kata, Saifa, Garyu, Seienchin, Seipai, Kanku, Sushihou		Tsukino-kata, 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 6 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 Karate Dogi.