



NAK OFFICIAL TRADITIONAL KATA/FORMS RULES

Revised January 2025

Equipment

All competitors must wear the correct uniform that is representative of their style and club. Uniforms must be clean and in good repair.

All competitors must wear a belt or sash denoting their rank.

Length

Kata/forms performances must not be longer than 4 minutes.

If a performance is less than 30 seconds in length, the minimum score will be awarded.

Divisions

Competitors can compete in their own age division and/or the division above their own if they wish.

In team events, the team must compete in the category in which the eldest team members age falls.

Movement

All Kata/Forms movements must capture the traditional essence of Martial Arts.

Acrobatic and gymnastic movements are not allowed.

Competitors must not leave the marked area when performing.

Scoring Criteria

Before making any decisions, the judges must take into consideration the following:

- Correct sequence of techniques
- Power of execution
- Control of limbs and techniques
- Speed and rhythm control
- Difficulty of techniques and overall Kata/Form
- Movement of the head and eyes
- Coordination
- Balance
- Endurance
- Pace
- Correct breathing
- Hesitations

Adaptations of Kata/Form will be acceptable (adjustments to timing, etc) as long as the moves remain traditional and the original essence of the Kata/Form is not lost.

Scoring

All performances will be scored by 3 judges and marked on a points system.

Each judge will be scoring separate elements of the Kata/Form. These are:

1. Power and balance
2. Neatness and accuracy (including correctness)
3. Confidence and presentation

Points will be deducted from a final score for the following:

- Competitor interrupts their performance, hesitates or starts again.
- Loss of coordination
- Loss of balance
- Incorrect movements
- Poor execution of technique, including stances.
- Missing or no Kiais

The scores from all 3 judges will be added together at the end of the performance and the average will be taken.

The competitor with the highest score will be deemed the winner.

In the event of a draw, the competitors must perform again.

Lower grade competitors (up to and including 5th Kyu) may repeat the same Kata.

Higher grade competitors (5th Kyu and above) must perform a different Kata to the one performed in the previous round.

2nd and 3rd place will be awarded accordingly.