



NAK OFFICIAL KIHON 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.

How It Works

Competitors will compete against each other in pairs and simultaneously move through three previously agreed blocks or strikes in agreed stances. For example:

‘Downward Block in Forward Stance.’

‘Side Block in Back Stance’

‘Reverse punch in Forward Stance’

Once each of these has been completed, the three judges will show the winner with flags or hand signals.

The winner of each ‘bout’ will move through to the next round in an elimination style.

NOTE: competitors will know in advance which basics will be required for each grade section.

(EG. low grades as above, middle grades may be, knife hand in back stance, X block in forward stance, side block in horse riding stance)

Length

Each Kihon technique will be performed over 6 steps. From Yoi (Gommon or other ‘ready’ position) the senior judge will call ‘step’ and the competitors will move forward with their left foot into the first position. On the next command the right foot will be placed in front and the third the left foot again. The next move will be about turn followed by two more steps and another turn to get back (approximately) to the start position.

Divisions

These will be allocated by grade and/or age. As there is no contact between competitors, size, shape, weight is not an issue.

Movement

All movements must capture the traditional essence of Martial Arts.

Acrobatic and gymnastic movements are not allowed in Kihon.

Competitors must not leave the marked area when performing.

Success Criteria

Before making any decisions about the winner of each match, the judges must take into consideration the following:

- Correct hand techniques, in the correct stances (different schools may teach slightly different positioning and this will be allowed for).
- Balance and poise in each position.
- Power of execution and confidence.
- Precise positioning of limbs and techniques
- Speed and control

Negative criteria (things to avoid if possible).

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.