



Assessment of technical and physical criteria of performed kata

Judges during evaluation of Kata performance must take in consideration the following fouls in the criteria of evaluation:

1. Stances:

a) Incorrect stances - too wide, long or short stances and position of foots, points deduction form 0.2 to 0.6 points.

b) Incorrect distribution of the body's center of gravity on the legs in the stance, points deduction form 0.2 to 0.6 points.

2. Techniques:

c) Performing a techniques in an incomplete manner such as failure to fully execute a block, kick or punch, points deduction from 0.2 to 0.6 points

d) Performing a movement in the wrong direction the block, kick or punch off the target, changing the target (Jodan, Chudan, Gedan), point deduction from 0.2 to 0.6 points.

e) Slapping the chest, arms, or Karate-gi during a techniques execution, point deduction from 0.4 to 0.6 points

3. Transitional movements:

f) Proper tension in the abdomen, bobbing up and down of the hips when moving forward or backward, maintaining the direction of movement **Enbusen**, point deduction from 0.2 to 0.6 points

g) Proper tension in the legs feet flat on the floor, so that the heel of back foot do not lift during and after transitional movement, point deduction from 0.2 to 0.6 points.

Clause g) does not apply to the performance of kata Heiku, Paiku, Pachu, Anan - Anan 2 in which the heels of yori ashi / suri ashi naturally raise when moving in postures. This fact must be taken into account due to the fact that these kata come from the Ryuei ryu style in which this movement is natural.

4. Kime focus:

g) Proper tension when performing arms and legs techniques with inappropriate exhalation and focus of attention **Chakugan** - too loud exhalation etc., point deduction from 0.2 to 0.6 points.



ESHRKF
European Shito Ryu Karate Federation
M.R.Štefánika 47, 94002 Nové Zámky, Slovakia

5. Timing:

h) Asynchronous movement, such as delivering a technique before the body transition is completed, point deduction from 0.2 to 0.6 points.

l) Long pauses between sequences of kata or after combination of techniques (3 or more seconds), point deduction from 0.2 to 0.6 points.

6. Strength:

j) Powerless movements without of development explosive energy during of execution of techniques, point deduction from 0.2 to 0.6 points

7. Speed:

k) Speed of transitional movements from stances to stance and their continuity, speed of execution of offensive and defensive techniques, from 0.2 to 0.6 points

8. Balance:

l) Minor loss of balance, from 0.2 to 0.4 points

m) Serious loss of balance, from 0.5 to 0.9 points

During the evaluation of individual performance, the judge must award a point according to the above criteria, so as to ensure the objective order of the competitors in the group that the judge is evaluating.

If the competitor meets the all individual criteria, he will be awarded the full number of points.

The role of the judge in the Elimination Round of the competition is to determine the first six competitors who will advance to the finals.

In the Final Round, he must determine the competitor in the first, second, third to sixth place.

Prepared by: Peter Baďura