



# Malta Karate Federation

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## National Karate League

*Under the auspices of the World Karate Federation*

**11<sup>th</sup> - 12<sup>th</sup> April 2015**

**Savio College, Dingli**

### Programme of events

Saturday, 21 <sup>st</sup> March 2015	<i>Closing date for handing in applications. Applications are to be handed to any committee member. <b>Payment must be included with applications.</b></i>
Saturday, 28 <sup>th</sup> March 2015	<i>Fixtures to be finalized in a meeting held specifically for this purpose. Following this meeting, MKF will forward finalized fixtures to all dojos. <b>No further adjustments will be entertained after this date.</b></i>
Saturday, 11 <sup>th</sup> April 2015 at 9:00am	<i>All athletes aged 11 years or younger at venue.</i>
Saturday, 11 <sup>th</sup> April 2015 at 9:30am	<i>Referees briefing.</i>
Saturday, 11 <sup>th</sup> April 2015 at 10:00am	<i>Competition for athletes 11 years or younger commences.</i>
Sunday, 12 <sup>th</sup> April 2015 at 8:30am	<i>All athletes older than 11 years at venue.</i>
Sunday, 12 <sup>th</sup> April 2015 at 9:00am	<i>Competition for athletes older than 11 years commences.</i>





## **CATEGORIES for KATA COMPETITION** **(WKF Age-grouped)**

CATEGORY NO.	AGE / years	Gender	Belts
1	Up to 7	Mixed	Ungraded and White
2	Up to 7	Mixed	Yellow
3	Up to 7	Mixed	Orange and Green
4	Up to 7	Mixed	Blue
5	Up to 7	Mixed	Brown
6	8 - 9	Mixed	Ungraded and White
7	8 - 9	Mixed	Yellow
8	8 - 9	Mixed	Orange and Green
9	8 - 9	Mixed	Blue
10	8 - 9	Mixed	Brown
11	10 - 11	Mixed	Ungraded and White
12	10 - 11	Mixed	Yellow
13	10 - 11	Mixed	Orange and Green
14	10 - 11	Mixed	Blue
15	10 - 11	Mixed	Brown
16	12 - 13	Male	Ungraded and White
17	12 - 13	Male	Yellow
18	12 - 13	Male	Orange and Green
19	12 - 13	Male	Blue
20	12 - 13	Male	Brown
21	12 - 13	Female	Ungraded and White
22	12 - 13	Female	Yellow
23	12 - 13	Female	Orange and Green
24	12 - 13	Female	Blue
25	12 - 13	Female	Brown
26	14 – 15	Male	Ungraded and White
27	14 – 15	Male	Yellow
28	14 – 15	Male	Orange and Green
29	14 – 15	Male	Blue
30	14 – 15	Male	Brown
31	14 – 15	Female	Ungraded and White
32	14 – 15	Female	Yellow
33	14 – 15	Female	Orange and Green
34	14 – 15	Female	Blue
35	14 – 15	Female	Brown
36	16 – 17	Male	Ungraded and White
37	16 – 17	Male	Yellow
38	16 - 17	Male	Orange and Green
39	16 – 17	Male	Blue
40	16 – 17	Male	Brown





CATEGORY NO.	AGE / years	Gender	Belts
41	16 – 17	Female	Ungraded and White
42	16 – 17	Female	Yellow
43	16 - 17	Female	Orange and Green
44	16 – 17	Female	Blue
45	16 – 17	Female	Brown
46	18 – 20	Male	Ungraded and White
47	18 – 20	Male	Yellow
48	18 - 20	Male	Orange and Green
49	18 – 20	Male	Blue
50	18 – 20	Male	Brown
51	18 – 20	Female	Ungraded and White
52	18 – 20	Female	Yellow
53	18 - 20	Female	Orange and Green
54	18 – 20	Female	Blue
55	18 – 20	Female	Brown
56	21+	Male	Ungraded and White
57	21+	Male	Yellow
58	21+	Male	Orange and Green
59	21+	Male	Blue
60	21+	Male	Brown
61	21+	Female	Ungraded and White
62	21+	Female	Yellow
63	21+	Female	Orange and Green
64	21+	Female	Blue
65	21+	Female	Brown
66	36+	Male	Ungraded and White
67	36+	Male	Yellow
68	36+	Male	Orange and Green
69	36+	Male	Blue
70	36+	Male	Brown
71	36+	Female	Ungraded and White
72	36+	Female	Yellow
73	36+	Female	Orange and Green
74	36+	Female	Blue
75	36+	Female	Brown
76	14 - 15	Male	1 <sup>st</sup> Dan and above
77	14 - 15	Female	1 <sup>st</sup> Dan and above
78	16 - 17	Male	1 <sup>st</sup> Dan and above
79	16 - 17	Female	1 <sup>st</sup> Dan and above
80	18+	Male	1 <sup>st</sup> Dan and above
81	18+	Female	1 <sup>st</sup> Dan and above
82	30+	Male	1 <sup>st</sup> Dan and above
83	30+	Female	1 <sup>st</sup> Dan and above





## **KATA RULES**

- World Karate Federation (WKF) rules shall apply throughout the entire competition. (FLAG SYSTEM). An adjustment has been effected in relation to certain age categories.
- All Kata judges are prohibited from participating in the competition.
- All karate athletes may participate in the championship provided that they are enrolled as members of the Malta Karate Federation.
- All dojo chos having athletes from their club participating in the competition are required to act as judges.
- For categories 1 to 15, males and females (up to 11 years), will compete together.
- A competitor shall compete **ONLY** in the category that is considered in his/her level (age and grade).
- A minimum number of THREE (3) athletes are required to form a category. If only ONE or TWO (1 or 2) athletes are available for a category, then the category will be removed and the athletes will be transferred to a higher category (first by age then by belt).
- The competition will be in the form of a league where each competitor will compete against all competitors within his/her category. For **ALL categories**, the point system will be applied with 2 points for a win and 0 for a loss.
- For all categories, the order of play will be determined by fixtures.
- All ages apply as on the first day of the competition.





## **RANGE of APPROVED KATA and CONDITIONS**

<b>Ungraded, White and Yellow Belts (Ungraded , 9<sup>th</sup> Kyu and 8<sup>th</sup> Kyu)</b>	
<i>Taikyoku Shodan</i>	<i>Fu Kyu Kata Ichi</i>
<i>Heian Shodan</i>	<i>Heian Nidan</i>
<ul style="list-style-type: none"><li>• Athletes must perform a Kata of their own choice from the list above.</li><li>• Athletes may repeat the same Kata throughout the competition.</li></ul>	

<b>Orange and Green Belts (7<sup>th</sup> and 6<sup>th</sup> Kyu)</b>	
<i>Happo Taikyoku</i>	<i>Heian Nidan</i>
<i>Heian Sandan</i>	<i>Heian Yondan</i>
<ul style="list-style-type: none"><li>• Athletes must perform a Kata of their own choice from the list above.</li><li>• Athletes may repeat the same Kata throughout the competition.</li></ul>	

<b>Blue Belts (5<sup>th</sup> and 4<sup>th</sup> Kyu)</b>	
<i>Happo Taikyoku</i>	<i>Heian Yondan</i>
<i>Heian Godan</i>	<i>Tekki Shodan</i>
<ul style="list-style-type: none"><li>• Athletes must perform a Kata of their own choice from the list above.</li><li>• Athletes may repeat the same Kata throughout the competition.</li></ul>	

<b>Brown Belts (3<sup>rd</sup> Kyu to 1<sup>st</sup> Kyu)</b>	
<i>Heian Godan</i>	<i>Bassai Dai</i>
<i>Kanku Dai</i>	<i>Jion</i>
<i>Empi</i>	<i>Kanku Sho</i>
<ul style="list-style-type: none"><li>• Athletes must perform a Kata of their own choice from the list above.</li><li>• Athletes may repeat the same Kata throughout the competition, or they may choose two different ones and alternate between them.</li></ul>	





## **ALL YODANSHA (Black Belts)**

### *Major Shotokan Kata List of the World Karate Federation*

- |                 |                    |
|-----------------|--------------------|
| 1. Bassai Dai   | 12. Jion           |
| 2. Bassai Sho   | 13. Sochin         |
| 3. Kanku Dai    | 14. Nijushiho      |
| 4. Kanku Sho    | 15. Goju Shiho Dai |
| 5. Tekki Shodan | 16. Goju Shiho Sho |
| 6. Tekki Nidan  | 17. Chinte         |
| 7. Tekki Sandan | 18. Unsu           |
| 8. Hangetsu     | 19. Meikyo         |
| 9. Jitte        | 20. Wankan         |
| 10. Empi        | 21. Jiin           |
| 11. Gankaku     |                    |

- Athletes must perform two Katas of their own choice from the list above.
- Athletes must choose **any two Katas** and alternate between them.

## **TEAM KATA RULES**

- Every club can enrol any number of teams in any of the following categories:

Category A:	<i>Up to 11 years</i>
Category B:	<i>12 – 14 years</i>
Category C:	<i>15 – 18 years</i>
Category D:	<i>19 years and above</i>

- Each team must be composed of THREE (3) athletes, of either gender. Each category is divided into two sections:

Section 1:	<i>White to Green belts</i>
Section 2:	<i>Blue belts and above</i>





- The kata chosen must be as follows:

White to Green belts: *Any one of the Heian Kata*

Blue belts and above: *Any Heian Kata, Kanku Dai, Bassai Dai, Jion, Empi*

- The above team kata can be repeated throughout the whole Team Kata event.
- All the Team Sections and their appropriate categories must be within the required Age and Belt groups. Should any club find difficulty in registering all THREE (3) athletes within the required Age group, then an exception will be allowed for only ONE athlete to be outside that Age group.
- A minimum number of TWO (2) teams are required to form a category (in team kata only). If only ONE (1) team is available for a category, then the category will be removed and the team will be transferred to a higher category (not section).

### **BUNKAI TEAM KATA RULES**

- Every club can enrol any number of teams in any of the following categories:

Category A: *12 - 14 years*

Category B: *15 – 18 years*

Category C: *19 years and above*

- Each team must be composed of THREE (3) athletes, of either gender. Each team member must have a green belt or higher.
- The team must perform one of the following katas with BUNKAI:
  - Heian Ohio Shodan;
  - Heian Ohio Nidan;
  - Heian Ohio Sandan;
  - Heian Ohio Yondan;
  - Heian Ohio Godan.
- The above kata can be repeated throughout the whole Bunkai Team Kata event.
- All the team members must be within the required Age and Belt groups. Should





any club find difficulty in registering all THREE (3) athletes within the required Age group, then an exception will be allowed for only ONE athlete to be outside that Age group.

- A minimum number of TWO (2) teams are required to form a category (in bunkai team kata only). If only ONE (1) team is available for a category, then the category will be removed and the team will be transferred to a higher category.







## **KUMITE REGULATIONS: CLASSES and WEIGHT CATEGORIES**

<b>Pre-Athletes children: 8 to 9 years</b>			
<b>Males</b>		<b>Females</b>	
<b>Category Number</b>	<b>Weight in Kg</b>	<b>Category Number</b>	<b>Weight in Kg</b>
1	- 35	6	- 35
2	- 40	7	- 40
3	- 45	8	- 45
4	- 50	9	+ 45
5	+ 50		

<b>Pre-Athletes children: 10 to 11 years</b>			
<b>Males</b>		<b>Females</b>	
<b>Category Number</b>	<b>Weight in Kg</b>	<b>Category Number</b>	<b>Weight in Kg</b>
10	- 35	15	- 35
11	- 40	16	- 40
12	- 45	17	- 45
13	- 50	18	+ 45
14	+ 50		

<b>Pre-Athletes children: 12 to 13 years</b>			
<b>Males</b>		<b>Females</b>	
<b>Category Number</b>	<b>Weight in Kg</b>	<b>Category Number</b>	<b>Weight in Kg</b>
19	- 35	24	- 35
20	- 40	25	- 40
21	- 45	26	- 45
22	- 50	27	+ 45
23	+ 50		





<b>Cadets: 14 to 15 years</b>			
<b>Males</b>		<b>Females</b>	
<b>Category Number</b>	<b>Weight in Kg</b>	<b>Category Number</b>	<b>Weight in Kg</b>
28	- 40 (min 35)	34	- 40 (min 35)
29	- 45	35	- 45
30	- 50	36	+ 45
31	- 55		
32	- 60		
33	+ 60		

<b>Juniors: 16 to 17 years</b>			
<b>Males</b>		<b>Females</b>	
<b>Category Number</b>	<b>Weight in Kg</b>	<b>Category Number</b>	<b>Weight in Kg</b>
37	- 55 (min 50)	43	- 50 (min 45)
38	- 60	44	- 55
39	- 65	45	+ 55
40	- 70		
41	- 75		
42	+ 75		

<b>Athletes Under 21: 18 to 20 years</b>			
<b>Males</b>		<b>Females</b>	
<b>Category Number</b>	<b>Weight in Kg</b>	<b>Category Number</b>	<b>Weight in Kg</b>
46	- 60 (min 55)	52	- 53 (min 45)
47	- 65	53	- 60
48	- 70	54	+ 60
49	- 75		
50	- 80		
51	+ 80		





<b>Athletes Seniors: 21+ years</b>			
<b>Males</b>		<b>Females</b>	
<b>Category Number</b>	<b>Weight in Kg</b>	<b>Category Number</b>	<b>Weight in Kg</b>
55	- 60	61	- 53 (min 45)
56	- 65	62	- 60
57	- 70	63	+ 60
58	- 75		
59	- 80		
60	+ 80		

<b>Open Categories</b>			
<b>Males</b>		<b>Females</b>	
<b>Category Number</b>	<b>Age</b>	<b>Category Number</b>	<b>Age</b>
64	13 – 16 years	66	13 – 16 years
65	17 – 21 years	67	17 – 21 years

### **KUMITE TEAM EVENTS**

Category 68:	8 - 11 years
Category 69:	12 - 14 years
Category 70:	15 - 18 years
Category 71:	19 years and above

### **KUMITE RULES**

- World Karate Federation (WKF) rules shall apply throughout the entire competition.
- Individual and Team KUMITE Rules that will be applied during this competition





will be in accordance with those published and as amended from time to time by the World Karate Federation.

- A competitor can compete in both his/her weight category and an appropriate open category.
- **Weighing in:** Athletes that are found over or under the designated weight category will be disqualified. This also applies for the age category that the athlete should fit in on the day of the championship. Only a discrepancy of **+ or - 500 grams** will be allowed.
- Pre-Athletes rules:
  - No face contact and skin touch for chest and back.
  - Techniques allowed:
    - **Feet** – *Mawashi geri and Uramawashi geri;*
    - **Hands** – *Uraken Jodan and Gyakuzuki Chudan;*
    - *No ashi barai allowed.*
  - Failure to observe the above regulations will be penalized.
- Duration of bouts:

Category	Age group	Duration
Male Seniors	21+ years	3 minutes
Female Seniors	21+ years	2 minutes
Juniors and Cadets	14-20 years	2 minutes
Pre-Athletes	8-13 years	1½ minutes
Team events	All	2 minutes

- **Obligatory** protection equipment:
  - Mitts (red or blue)
  - Gum shields
  - Chest protectors
  - Shin protectors (red or blue)
  - Foot protectors (red or blue)
- **Optional** protection equipment:
  - **Males:** Groin protectors (not the removable plastic cup type)





- A minimum number of THREE (3) athletes are required to form a category. If fewer athletes are available for a category, then they will be transferred to a higher category (first by weight and then by age). This process continues by alternatively attempting a higher category, first by age then by weight, until the athlete can be fitted into a category.
- A competitor shall not compete in a category that is considered below his/her level of age and weight, unless by consent from competitor's dojo cho or competitor him/herself.
- All karate athletes may participate to the championship provided that they are enrolled as members of the Malta Karate Federation.
- All dojo chos having athletes from their club participating in the competition are required to act as judges.





# National Karate League Application Form

11<sup>th</sup> & 12<sup>th</sup> April 2015

*(to be handed to any committee member of the Malta Karate Federation before SATURDAY, 21<sup>st</sup> MARCH, 2015)*

Name: \_\_\_\_\_

Licence Book No: \_\_\_\_\_

Club: \_\_\_\_\_

Gender: M  F

Current Karate Grade: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Weight (if applicable): \_\_\_\_\_

Age (on day of competition): \_\_\_\_\_

Kata Categories		
Individual:	_____	
Team:	Cat. _____	Sect. _____
Bunkai:	<input type="checkbox"/> A	<input type="checkbox"/> B <input type="checkbox"/> C

Kumite Categories	
Individual:	_____
Team:	_____
Open:	_____

Fees	
Individual Kata	€15 <sup>†</sup>
Bunkai Kata	€5
Team Kata	€5
Individual Kumite	€15 <sup>†</sup>
Open Kumite	€10*
Team Kumite	€5
<b>Total:</b>	<b>€</b>

**Declaration:** *By signing this entry form, I declare that I am physically fit to participate in this competition, and will not hold the organizers or sponsors responsible for any injury, loss or accident sustained as a consequence of my participation in this karate championship. I also declare that I will be personally responsible for any damage that I commit and that I exonerate the Malta Karate Federation and any of its officials from any loss/liability whatsoever. I hereby authorize the Malta Karate Federation to use any images taken during the event for marketing purposes.*

<sup>†</sup> If participating in both individual kata and kumite, fee for second category is €10.

\* If participating in more than one category fee is €5.

\_\_\_\_\_  
Competitor

\_\_\_\_\_  
Parent/Guardian's signature  
(if under 18 years of age)

ID Card No of Competitor or Parent/Guardian if under 18: \_\_\_\_\_

*The personal information provided in this application form shall be processed in accordance with the provisions of the Data Protection Act (Cap. 440 of the Laws of Malta) and solely processed for the purpose(s) of organizing this Karate competition. Your personal information will not be disclosed to third parties without your express consent unless this will be strictly required by law.*





# National Karate Championships Application Form

11<sup>th</sup> & 12<sup>th</sup> April 2015

*(to be handed to any committee member of the Malta Karate Federation before  
SATURDAY, 21<sup>st</sup> MARCH, 2015)*

## Team Registration Form

Kata       Bunkai       Kumite

Category: \_\_\_\_\_

Section:\* \_\_\_\_\_

*\* for Team Kata only*

Team Name: \_\_\_\_\_

Club: \_\_\_\_\_

Members: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*The fee for each team is €15  
(€5 from each member).*

*The personal information provided in this application form shall be processed in accordance with the provisions of the Data Protection Act (Cap. 440 of the Laws of Malta) and solely processed for the purpose(s) of organizing this Karate competition. Your personal information will not be disclosed to third parties without your express consent unless this will be strictly required by law.*

