

World Karate Guild

Knockdown Karate Rules 2023



Version 01 Nick da Costa 2023

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Competition Rules for Karate Matches

Using the Kyokushin Knockdown System

Notes for Entry!

1. The following rules are for “full contact” Kyokushin Guild adult matches.
2. The minimum age of competitors is 18yrs old.
3. Participants in “Open Categories” must have a minimum of 2yrs martial arts experience and 1yr in Novice sections.
4. If members of other associations wish to compete, any grade will be allowed to participate, providing they sign a disclaimer stating they have practised a martial art for the minimum specified time for that category.
5. WKG/BKG members participating in the “Open Categories” must be a minimum grade of 6th kyu unless they have previous experience in another art and their instructor has taken this into account on entering. The minimum grade for “Novice Categories” is 8th kyu.
6. Competitors will be examined by a medical doctor prior to competing to ensure their physical condition is suitable. A doctor may use their discretion to withdraw a competitor at any time.
7. Organisers have the right to stop an individual from competing should they consider it disproportionately unsafe for the person to participate.
8. Given the physically arduous Nature of the fighting, all competitors are advised to acquire appropriate individual health insurance. The British Karate Guild or its appointed officers or officials accept no responsibility for any accident or injury incurred during the tournament.

General Rules on Safety

1. The medical examination may take place the day before or on the day of the competition. In some cases, a doctor’s medical certificate obtained prior to the event may allowed.
2. The weight of the competitor may be taken for verification of a category the day before or on the day of the competition as stipulated prior to the event in the invitation. Should a competitor fail to make a specific category, it is the decision of the organisers as to whether the person may be included in another category or not.
3. Each contestant must wear a clean white gi with sleeves rolled down.
4. An opposing red or white belt or tag may be used to identify the fighters.
5. Fingernails and toenails must be cut short.
6. Long hair must be tied back with a soft band and no hard hairclips.
7. Standard white elasticated shin/instep pads are optional for the Open Adult Categories. If worn, the competitor must wear them on both legs.
8. Standard White elasticated shin/instep pads are compulsory In the Novice & Veteran Categories.
9. All male competitors are required to wear a groin protector under their gi bottoms.
10. All female competitors are required to wear a suitable chest protector that does not cover the solar plexus.
11. No bandaging may be used in the first round. If this is required in subsequent rounds this must be agreed by the head referee and signed by a doctor.

12. Female contestants may use protective wrapping around the knuckles as agreed with the organisers.

Match Area

The fighting area will consist of 8 metres square, with a 1 metre safety perimeter.

The marking out and positioning of contestants, match referee, judges and arbitrators shall be as per normal karate match requirements (see diagram)

The contest area should consist of 40mm thick matting compliant with full contact fighting.

Officials team:

1*main referee, 4*corner judges & 1*arbitrator.

Or 1*main referee, 2 judges of which 1 is also the arbitrator.

At the end of each round, each official shall have 1 vote. A draw may be given unless otherwise directed.

In the 5-official team, the arbitrator has no vote, but has the duty of ensuring the match is contested according to the rules. In a 3-person team, the arbitrator will also be called upon to vote on the outcome.

Table: 1*time official, 1* organiser/registrar.

Categories:

Male: -70kg (Lightweight), 70 to -80kg (Middleweight) & +80kgs (Heavyweight)

Female: -60kg (Lightweight) & 60+kgs (Heavyweight)

These are subject to change at the discretion of the organisers.

Duration of the Match

1. Each round should last 2 minutes unless another duration has previously been agreed.
2. If after the 1st round there is no majority decision a further round (Saishai) will be fought for a further 2 minutes.
3. If after the 2nd round there is no decision, weight difference/wood breaking will be taken into consideration (in that order) if included in the event. If there is no difference, a final round will be contested where each official must express a winner. The Referee will then announce the outcome.
4. Weight difference requirements: Men's Light & Middle categories, 5kgs, Men's Heavyweight, 8kgs. Women's Categories, Lightweight 3kgs & Heavyweight 5kgs.
5. In the final contest of the tournament category, no weight or boards will be taken into consideration.
6. The number of rounds fought is at the discretion of the organisers!

Criteria for decision/score

1. The winner shall be decided at any time by a contestant scoring an ippon or a 2nd score.
2. At the end of a round, if a contestant has a score of any kind and the opponent has none, they will be declared the winner.
3. Ippon is awarded if an opponent is disabled or affected by a legal technique lasting more than 5 seconds.
4. Wazari is awarded if an opponent is disabled or affected by a technique lasting less than 5 seconds.
5. Wazari's can be awarded if an opponent is swept and scored on with an immediate sharp punch that makes reasonable contact with the body.
6. An Ippon or Wazari can be awarded if the opponent refuses to continue the bout immediately when commanded.
7. A serious breach of the rules either by technique or behaviour will result in a competitor being disqualified.
8. A decision awarded by an official can be based on a combination of superior power, techniques, tactics and spirit.

Legal Techniques

1. Punches with the closed fist to the body.
2. Round or direct elbow strikes to the body.
3. Blocking a strike with any part of the hand or arm.
4. Kicking to thighs with any part of your leg.
5. Kicking with any part of your leg to the body.
6. Kicking with any part of your leg to the head.
7. Blocking your opponents' techniques with your leg/foot.
8. Un-sustained push to the opponent's body with one or both arms to create space for a follow-up technique.
9. Sweeping an opponent's legs away and following up with a scoring punch to the body of the prone opponent.

Prohibited Techniques

1. Attacks to the opponent's head, face, neck with the hand, fist or any part of the arm.
2. Kicks to the groin.
3. Head-butts or thrusts
4. Direct kicks to the knee joints
5. Grabbing any part of the opponent's body or clothing.
6. Any strikes to the spine.
7. Striking a "downed" opponent unless it is a scoring follow-up after a sweep.
8. Attacking from the floor.
9. Sustained pushing or suppressing of an opponent body or limbs.
10. Failing to obey the referee's instructions during the bout.
11. Any other techniques or practices that the referee deems improper or unfair.

Warnings

1. Chui (an informal warning without any penalty)
2. Chui ichi first level of official warnings
3. Genten ichi a warning that should be taken into consideration when giving a decision.
4. Genten-Ni is the equivalent of having a wazari scored against you.
5. Genten-San Hansoku-Disqualification or very serious breach, where a contestant is involved in other events a Shikaku can be given, disqualifying the contestant from all proceedings.
6. A contestant will be disqualified if they are not at the fighting area within a specified time, usually 1 minute. The bout will then automatically be awarded to the opponent.
7. All official warnings will carry through to the next round.
8. If a competitor scores wazari and also has a genten-ni, the bout can be declared a draw, where both score and penalty will carry forward.
9. If penalising a competitor for anything above a chui-ichi, then all officials must be involved in the decision.

Tameshiwari (wood-breaking)

Should the event include tameshiwari to decide the outcome of a drawn fight, then the following breaks will be allowed and specified in an order and at what stage in the competition they will be performed.

1. Seiken (Fist)
2. Shuto (Knife hand)
3. Empi (Elbow)
4. Kakato (Heel)

The breaking can be performed at the end of a bout with a previously declared number attempted to decide a winner, or on a number of boards broken previously, at a certain stage in the event. If the amounts broken are the same, then a final round (Encho-sen) will be fought.

The dimensions and type of the wood used, is at the discretion of the Chief Referee of the Tournament, however a standard size is approximately 12" X 8" X 1".

Should a competitor fail to break the minimum number, they will still proceed to the next round.

For each of the breaking techniques there is a minimum number, normally 2.

There is no maximum number that can be attempted.

The contestants are not allowed to touch the board prior to the break. This will be done by the official in charge.

Thin material is allowed to be placed on top of the boards with the agreement of the official.

The maximum time allowed to attempt the break is 30 seconds, otherwise it will be deemed a failure.

Should the breaking be part of a tournament competition, then the total number across all breaks will be considered. If the highest number broken is the same, then the lighter fighter shall be declared the winner, if this should be the same, the fighter who progressed further will be winner. If contestants are the same weight a final break will be performed.

Terminology used by Referee's at Karate Tournaments

Proceeding with the bout:

1. Rei (Bow)
2. Shomen ni rei (bow to the officials)
3. Shushin ni rei (Bow to the referee)
4. Otagai ni rei (bow to each other)
5. Kamaete (assume your fighting stance)
6. Hajime (start the bout)

During the bout:

1. Yame (stop)
2. Kamaete (assume your fighting stance)
3. Zoko (continue)
4. Shiro nakai (white sash wearer enters the area)
5. Aka nakai (red sash wearer enters the area)
6. Atoshi baraku (30 seconds remaining) A little more time left

Fouls as previously described:

- | | |
|-----------------------------|--|
| 1. Chui | point to the feet. |
| 2. Chui-ichi | point to the waist. |
| 3. Genten-ichi | point to the chest. |
| 4. Genten-ni | point to the face. |
| 5. Hansoku/Shikkaku | point to the face and then off the tatami. |
| 6. Jogai (leaving the area) | 3 consecutive infringements will lead to a formal penalty. |

The referee will declare who has fouled, the infringement and the penalty. For instance: Aka, punching to the face, genten ichi.

Declaration of scores:

1. Ippon Full-point and victory to the declared. Example: Shiro, shita-tsuki, Ippon.
2. Waza-ari Half-point. Award given and bout continues to the end of the round.
Example: Aka, gedan mawashi-geri, Wazari, Kamaete, Zoko.
3. 2nd score within a round. Example: Wazari or Ippon, Awasete (together) Ippon, Gachi.

Decisions:

1. No points scored: Fighters in fudo-dachi. Example: Aka no score, shiro no score, hantei onegashimasu. Any fouls will also be added after no score to either fighter.
2. Judges will indicate whether they consider the fight a draw or win to one side or the other.
3. The Referee will then call out the flags and sushin (himself) and declare the result based on the balance of the flags and his personal decision. Such as: shiro, ichi, ni. Aka, ichi, ni, sushin, Aka kachi (winner)
4. Hiki waki is awarded if there is not enough awards to either side.
5. A winner must have 3 of the 5 votes declared.
6. The winner will be declared visually, by the referee pointing and then raising his own arm on that side.

Closing the bout

1. Shomen-ni rei
2. Shushin-ni rei
3. Otagai-ni rei
4. Shake hands (Akushu o suru)

Tameshiwari procedure

1. Shomen-ni rei
2. Mawatte-rei
3. Kamaete
4. Hajime (30 seconds allowance)

Declaring the results

- | | |
|------------|---|
| 1. Kansui | Successful, all boards broken. Official has hand raised as in scoring an ippon. |
| 2. Shippai | Unsuccessful, not all boards broken. Official has hand low to the ground. |

Changing of officials

- | | |
|-------------------|------------------------------|
| 1. Fukushin Shugo | Calling the judges together. |
| 2. Maware migi | Turn to the right. |

Officials then move to the right side of the mat to face the new team.

1. Shimpan-ni rei
2. Hidari maware

Leave the area at the designated point bowing to the area on exit.

Flag signals used by officials



Formal Sitting Position



Wazari (half-point)



Ippon (Full-Point)



Hikiwaki (Draw)



Me ga Mienai (unsighted)



Waving up and down (Foul)

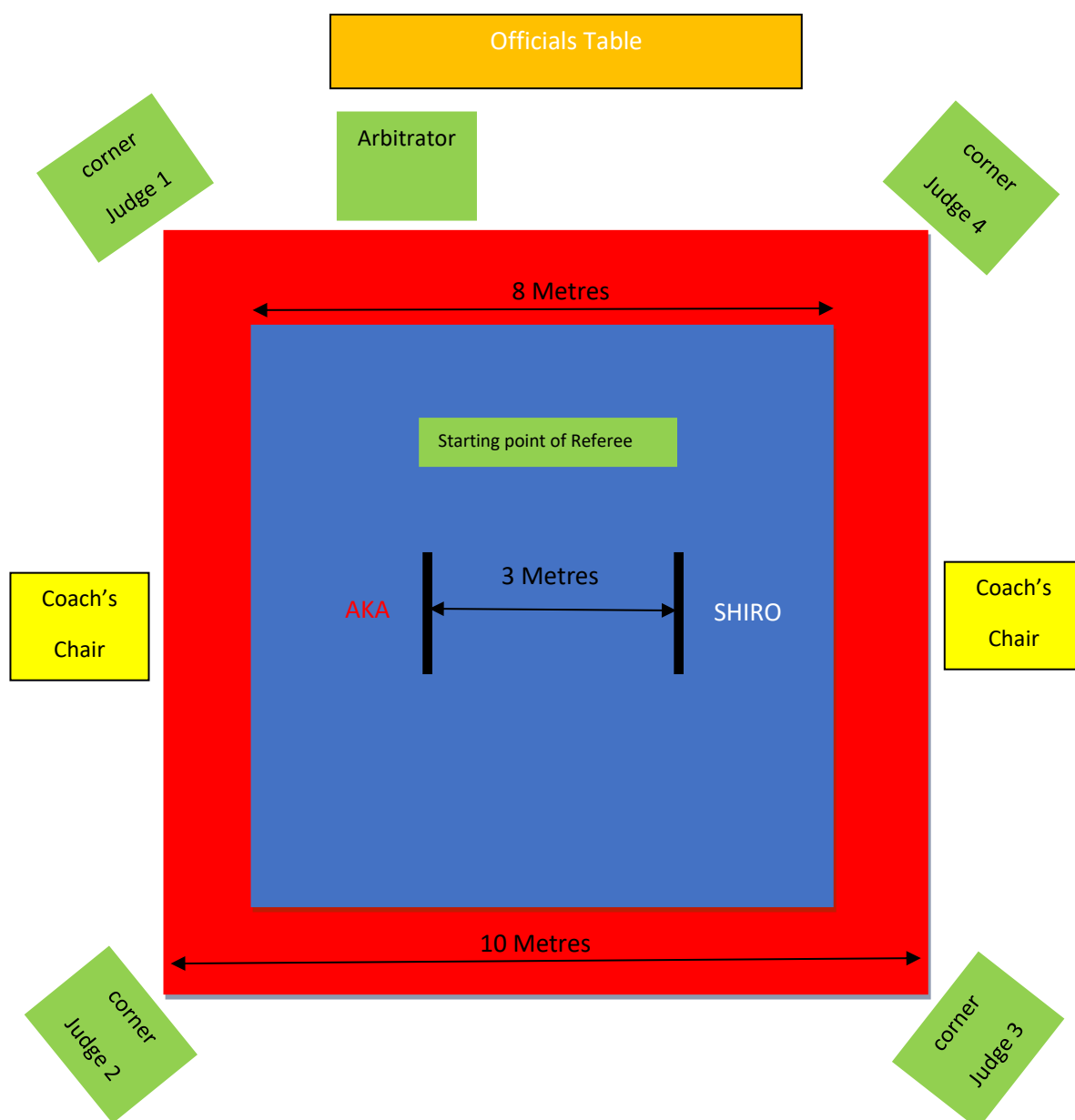


Tapping the floor (Jogai)



Alternating cross to open flags indicates No-Score

A Typical Fighting Area for Full-Contact Kyokushin



The officials table will consist of a minimum of 2 people ie: Timer & Registrar

Coaches must always remain seated whilst the bout is in progress.

The Referee may sometimes be on the opposite side to the table. If this is the case, then the colours of the fighter will change sides so that AKA is on the right.

The configuration of officials will change should a 3-person team be used.

Timing of bouts is subject to change and the fighter/coaches will be informed prior to the bout should this be the case.

Officials not involved in a rotation must be on-hand should a conflict of interest occur with an existing bout and their services are required.

Example Chest Protector

General Rules on Safety

9. All female competitors are required to wear a suitable chest protector **that does not cover the solar plexus.**

