

**JKA WF UK Championships, Saturday 21<sup>st</sup> June 2025**  
**Categories and Rules of Entry**

**CLOSING DATE FOR ENTRIES SUNDAY 8<sup>TH</sup> JUNE 2025 using Entry Form.**  
**For entry form contact [admin@jske.co.uk](mailto:admin@jske.co.uk).**  
**NO ENTRIES ON THE DAY.**

**Kata**

**9<sup>th</sup> – 4<sup>th</sup> kyu grades (ORANGE to PURPLE/WHITE BELT)**

1. Children's kata (Under 12yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
2. Children's kata (13-15yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
3. Children's kata (Under 12yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)
4. Children's kata (13-15yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)
5. Male kata (16+ yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
6. Male kata (16+ yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)
7. Female kata (16+ yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
8. Female kata (16+ yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)

9 <sup>th</sup> kyu	Orange belt
8 <sup>th</sup> kyu	Red belt
7 <sup>th</sup> kyu	Yellow belt
6 <sup>th</sup> kyu	Green belt
5 <sup>th</sup> kyu	Purple belt
4 <sup>th</sup> kyu	Purple & White belt

**Kumite**

Sanbon kumite (**three** step sparring)

Kihon ippon kumite (**one** step sparring)

9. Boys sanbon kumite (Under 12yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
10. Boys sanbon kumite (13-15 yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
11. Boys kihon ippon kumite (Under 12yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)
12. Boys kihon ippon kumite (13-15yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)
13. Girls sanbon kumite (Under 12yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
14. Girls sanbon kumite (13-15yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
15. Girls kihon ippon kumite (Under 12yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)
16. Girls kihon ippon kumite (13-15yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)
17. Male sanbon kumite (16-18yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
18. Male sanbon kumite (19+yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
19. Male kihon ippon kumite (16-18yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)
20. Male kihon ippon kumite (19+yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)
21. Female sanbon kumite (16-18yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
22. Female sanbon kumite (19+yrs) orange/red/yellow (9<sup>th</sup>-7<sup>th</sup> kyu)
23. Female kihon ippon kumite (16-18yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)
24. Female kihon ippon kumite (19+yrs) green/purple/purple-white (6<sup>th</sup>-4<sup>th</sup> kyu)

See notes to this section.

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## **NOTES - ORANGE to PURPLE/WHITE BELT**

**Please note:**

1. The **age and / or grade** of a competitor must be as of the closing date for entries – **Sunday 8<sup>th</sup> June 2025** and **not** the date of the championships.

**PLEASE CHECK THESE DETAILS BEFORE ENTERING YOUR STUDENT.**

2. If there are not enough entries in any category, the competitors will be moved to the next appropriate category.

9 <sup>th</sup> kyu	Orange belt
8 <sup>th</sup> kyu	Red belt
7 <sup>th</sup> kyu	Yellow belt
6 <sup>th</sup> kyu	Green belt
5 <sup>th</sup> kyu	Purple belt
4 <sup>th</sup> kyu	Purple / White belt

**Rules of Kata**

- **Kata 9<sup>th</sup>-7<sup>th</sup> kyu** – Eliminations: Kihon Kata to last 4 - flag system. Finals: any kata – points system.
- **Kata 6<sup>th</sup>-4<sup>th</sup> kyu** – Eliminations: Heian Shodan or Heian Nidan to last 4 - flag system. Finals: any kata not Heian Shodan or Heian Nidan – points system.

**Rules of Kumite**

- Sanbon kumite (**three** step sparring) = Aka jodan oi-zuki, Shiro jodan oi-zuki, Aka chudan oi-zuki, Shiro chudan oi-zuki
- kihon ippon kumite (**one** step sparring) = Aka jodan oi-zuki, chudan oi-zuki and mae geri then Shiro jodan oi-zuki, chudan oi-zuki and mae geri (right side only, but if competitors' draw, then left side).

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**Kata**

**3rd kyu grades and above (BROWN and BLACK BELT)**

- 25. Boys individual kata Under 12yrs
- 26. Boys individual kata 13-15yrs
- 27. Girls individual kata Under 12yrs
- 28. Girls individual kata 13-15yrs
- 29. Male individual kata 16-20yrs
- 30. Male individual kata 21-39yrs
- 31. Male individual kata 40+ yrs
- 32. Female individual kata 16-20yrs
- 33. Female individual kata 21-39yrs
- 34. Female individual kata 40+ yrs
- 35. Boys team kata Under 15yrs
- 36. Girls team kata Under 15yrs
- 37. Male team kata 16+ yrs
- 38. Female team kata 16+ yrs

3 <sup>rd</sup> kyu	Brown belt
2 <sup>nd</sup> kyu	Brown & white belt
1 <sup>st</sup> kyu	Brown & two white belt

**Kumite:**

Jiyuu ippon kumite (**semi free** sparring) = Aka jodan oi-zuki, chudan oi-zuki & mae geri then Shiro jodan oi-zuki, chudan oi-zuki & mae geri)

Jiyuu kumite (**free** sparring)

- 39. Boys individual jiyuu ippon kumite Under 12yrs
- Either 40. Boys individual jiyuu ippon kumite 13-15yrs **up to shodan**
- Or 41. Boys individual jiyuu kumite 13-15yrs
- 42. Girls individual jiyuu ippon kumite Under 12yrs
- Either 43. Girls individual jiyuu ippon kumite 13-15yrs **up to shodan**
- Or 44. Girls individual jiyuu kumite 13-15yrs
- Either 45. Male individual jiyuu ippon kumite 16-18yrs **up to shodan**
- Or 46. Male individual jiyuu kumite 16-18yrs
- Either 47. Male individual jiyuu ippon kumite 19+ yrs **up to shodan**
- Or 48. Male individual jiyuu kumite 19-39yrs
- Or 49. Male individual jiyuu kumite 40+ yrs
- Either 50. Female individual jiyuu ippon kumite 16-18yrs **up to shodan**
- Or 51. Female individual jiyuu kumite 16-18yrs
- Either 52. Female individual jiyuu ippon kumite 19+ yrs **up to shodan**
- Or 53. Female individual jiyuu kumite 19-39yrs
- Or 54. Female individual jiyuu kumite 40+ yrs
- 55. Male team kumite 18+ yrs
- 56. Female team kumite 18+ yrs

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## **NOTES - BROWN and BLACK BELT**

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2. If there are not enough entries in any category, the competitors will be moved to the next appropriate category.
3. Up to Shodan can choose either jiyuu ippon kumite or jiyuu kumite, **but not both**. Nidan and above **cannot** choose jiyuu ippon kumite.

3 <sup>rd</sup> kyu	Brown belt
2 <sup>nd</sup> kyu	Brown & white belt
1 <sup>st</sup> kyu	Brown & two white belt

**Rules of Individual Kata**

- **Eliminations** Up to best 4 will be Heian 1 to 5 - flag system
- **Finals** will consist of best 4 and choice of any kata not Heian 1 to 5  
- points system

**Rules of Team Kata**

- **Eliminations** Up to best 4 choice of any kata - points system
- **Finals** will consist of best 4 and choice of any kata (can be the same as eliminations) - points system

**Rules of Kumite**

- Jiyuu ippon kumite (semi free sparring) = Aka jodan oi-zuki, chudan oi-zuki & mae geri then Shiro jodan oi-zuki, chudan oi-zuki & mae geri)
- Contestants must have their own protection gear: mitts, gum shield, chest protectors (for ladies) are compulsory for all jiyuu ippon kumite (jodan oi-zuki, chudan oi-zuki & mae geri) and jiyuu kumite. Groin protectors are recommended for males. Mitts must be approved (**WHITE ONLY no thicker than 1.5cm**).
- Contestants who wear contact lenses must re-attach replacement lenses within 2 minutes if the lenses come out during a match.
- Contestants wearing glasses must ensure they are plastic. Glasses cannot be worn during jiyuu kumite.

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