



TAMESHIWARI (BREAKING) TOURNAMENT RULES

Time limit for breaking is two minutes per Competitors

Permitted techniques: Tsuki - Shotei - Shuto -Empi
Ashi(Breaking using the foot) or Kakato(Breaking using the heel)

1. The material to be used for the Breaking Competition shall be Pine boards 11-3/4" Wide (Sold as 12" Inch)



2. The Referees shall check if whatever the material corresponds to the standards set by the international Karate Organization Kyokushinkaikan Organization.
3. Each Competitor shall have 3 different techniques to execute their 3 consecutive breakings centered on 2 concrete cinder blocks.
4. Competitors shall attempt to break as many boards as they like up to a maximum of 5 boards in total.
5. All boards need to be separated by spacers of 1/2" thick in between each Pine board pieces.
6. The competitors are not allowed to touch or move the boards or the cinder blocks. However they are allowed to measure the distance.
7. Only one attempt is permitted per set up. Meaning they miss the break they need to move to the next set up (Clockwise).
8. The breaking is approved only if the boards are completely broken in two pieces by the first attempt.
9. In case of failure (SHIPPAI) the competitor score will be 0 (zero).
10. The Tameshiwari competition will be held according to the referee's instructions.



TAMESHIWARI (BREAKING) TOURNAMENT RULES

Time limit for breaking is (TWO MINUTES) per Competitors

Permitted techniques: Tsuki - Shotei - Shuto - Empi

Ashi(Breaking using the foot) or Kakato(Breaking using the heel)

LOWER SCORE WILL BE GIVEN IN THE CASE OF PERFORMING BREAKING

✓ Ashi(Breaking using the foot) or Kakato(Breaking using the heel)

The technique of withdrawing the striking hand or foot performed during the breaking will result a higher score.

Scoring Range

10th Kyu - 8th Kyu Divisions 6.0 - 7.0

7th Kyu - 5th Kyu Divisions 6.5 - 7.5

4th - 3rd Kyu Divisions 7.0 - 8.0

2nd - 1st Kyu Divisions 7.5 - 8.5

Black Belt Divisions 8.0 - 9.9

**Tameshiwari rules revised and approved by Kancho Peter Lowl
on June 11, 2026**



COTE KARATE STUDIO
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Please read the following guidelines carefully:

✦ **Official rules for the (Free Standing Karate Sand Bag) Challenge**

1. **Judging Panel:** The Challenge will be judged by 4 judges who will be seated in the designated Judging area. It is important that each Judge focuses on assessing the performance, speed, technique, and discipline of all three Competitors simultaneously.
2. **Scoring System:** Judges will evaluate the Competitors based on their performance, speed, the variety of technique applied, and adherence to discipline. Each Judge will use scoreboards to assign scores to the Competitors, similar to the scoring system in Katas.
3. **Fairness and Professionalism:** Judges are expected to maintain fairness and professionalism throughout the competition. It is crucial that Judges do not allow themselves to be influenced or intimidated by other Judges. Each assessment should be objective and independent.

✦ **Competitor rules for the (Free Standing Karate Sand Bag) Challenge**

1. **Respect:** All Competitors must demonstrate respect towards Judges, Officials and fellow competitors at all times. Racism and bad sportsmanship will not be tolerated during the competition.
2. **Attire:** Competitors are required to wear a clean and complete Gi, along with their official belt (Obi) of the appropriate level. The use of a lower-level belt is strictly prohibited.
3. **Duration:** The challenge will last **1 Minute**, during which competitors must perform to the best of their ability while competing against each other.
4. **Number of competitors:** A maximum of 3 competitors will be allowed to participate in each round of the challenge.

✦ **Expected Presentation Protocol and Procedure**

1. **Standing position and presentation to the Judges.**
 - Competitors must be in a ready standing position on the side in the designated area chosen by the Official.
 - When called by the Official, Competitors should slightly move 1 step forward, bow and go to their designated bag that will be assigned to them. Competitors will present themselves directly at the bag in a proper position for the presentation loud and clear, so that all Judges can hear them.
2. **Placement behind bags.**
 - The first competitor will be directed to take place behind bag number one.
 - The second competitor will be directed to take place behind bag number two.
 - All three competitors will need to wait in ready position until the sound of the whistle to start their performances and stop immediately after the **1 Minute** sound of the Whistle is thrown.
3. **All 3 competitors will be ask to stay at their bag to receive their score and awards in a disciplinary manner.**



KNOCKDOWN FIGHTING RULES
GKO
“ WEIGHT DIVISION GUIDELINES ”

MEN'S DIVISION	WEIGH-IN	WOMEN'S DIVISION
Lightweight 70 Kilos & under (154 lbs. & under) Middleweight 80 Kilos & under (176 lbs. & under) Heavyweight 90 Kilos & under (198 lbs. & under) Super Heavyweight Over 90 Kilos & Over (199 lbs. & Over) Masters (35 years & older) Lightweight 90 Kilos & under (198 lbs. & under) Heavyweight Over 90 Kilos & Over (199 lbs. & Over)	ALL KNOCKDOWN FIGHTERS MUST BE PRESENT AND CHECKED-IN BY Saturday Morning the day of the Championship 8:00 -10:00am <i>*Note : The Tournament Director reserves the right to combine or alter any divisions.</i>	Lightweight 60 Kilos & under (132 lbs. & under) Heavyweight Over 60 Kilos (132 lbs. & Over) Masters (35 years & older) Lightweight Heavyweight Over 60 Kilos (132 lbs. & Over)

Protective Equipment

No Head, Hand, Shin or insept and foot protection is permitted.

Groin Protector (Male, and Mouthpiece are OPTIONAL. (Over 18 Only)

No Taping or bracing of hands and/or feet is permitted during the first round of competition.

After the first round, taping must meet approval by the head referee BEFORE the round begins.

Legal Techniques

All karate techniques, other than those outlined in (Illegal Techniques) are permitted. This will include full contact kicks and knees to the head, legs and torso. Legs kicks and sweeps designed to take down the opponent must be followed up immediately with a non-contract karate technique.

Illegal Techniques

Illegal techniques consist of any hand, elbow or head strikes to the opponent's head, face or neck areas. Kicks to the groin, front of the knee joints and spinal area are not permitted. Grabbing with the hands or excessive running out of bounds, to escape the opponent, may result in points being deducted or disqualification. Two (2) Warnings for the same violation will result in a 1/2 point deduction.

No strikes (hand techniques or punches) to the back of the head.

Match Time Limit

Each match will be monitored by a stopwatch. Each match will last **(3)** minutes.

Overtime rounds if necessary, will **Go for (2)** minutes in duration. (See scoring)

SEMI – CONTACT RULES:

 **Semi-Contact Fighting General Rules = NOTE: Semi-Contact is full power striking with padded protection.**

**ALL SEMI-CONTACT FIGHTERS WILL BE WEIGHED
COMPETITORS MUST BE WITHIN FIVE POUNDS OF REGISTERED WEIGHT OR RISKS BEING DISQUALIFIED.**

There will be a demonstration of legal and illegal techniques prior to the beginning of any matches. Each match will last 2 minutes without stopping, and is won by a single point(ippon), which is awarded within 5 seconds. A half point (wasa ari) can be awarded for a technique that momentarily stuns the opponent. If no point is awarded during the 2 minute round, the center referee and corner judges can decide upon a or send the fight into an overtime round.

1. Uniforms: All competitors will wear clean well maintained traditional uniform of their style. Boxers / Kick Boxers must wear a tank or T style shirt.

2. Mandatory Protective Equipment: All competitors are required to wear the following gear unless otherwise indicated. No taping for first round. Medical staff must sign taping for later rounds. Hand gear must have at least 3/4 inch padding or more over the knuckles. Cloth gloves with forearms (allowed) under approval by the organization. No palm grips allowed soft or hard. MMA style glove is acceptable. Shin and Instep(Cloth or Vinyl). Head gear(Mandatory for all divisions). Mouth guard(Mandatory for all divisions). Groin cup(Mandatory for all competitors). No chest protection in 14 and older divisions. (Females 14 & older May wear padded bra with plastic cups. Breast protection may not cover abdomen).

Note: Chest Protectors will be mandatory for Children 13 years old and under.

SEMI CONTACT RULES:

Match Time Limit

The duration of each match shall be two minutes with a maximum of 2-minute extension in the event of tie/draw.

Divisions

Divisions will be determined after all fighter registrations have been completed at the discretion of the tournament director.

Legal Techniques:

Include any leg techniques(kicks, knee strikes, etc.) to the legs and to the body which include the chest, ribs, kidneys and abdomen area and any hand techniques (fist, elbows)to the body.

Sweeps are allowed when followed a non-contact technique to scores half point. Brown/Black Belt "junior" Divisions ONLY.

Kicks to the head WILL BE permitted in the 14 years old and over unless agreed upon in advance for the safety of the fighters.

Illegal Techniques:

Attacks to the groin.

Attacks to the face, base of the neck or spine areas.

Attacks to the head with the hands, arms or elbows.

Grabbing or holding.

Kicks directly to the knees.

Kicks to the head other than the specified divisions listed above.

Excessive out of bounds.(Out of the ring).

Striking an opponent when they are down.

Kicks to the head WILL NOT BE permitted for 13 years old and under .

Warnings / Fouls / Disqualifications:

The head referee may issue a warning for a minor infringement of the rules.

2 warnings for the same violation will result in a penalty/foul and a deduction in the judges scoring. A disqualification, however, may be issued at any time during match for unsportsmanlike conduct, and/ or obvious disregard for the rules.

Head Referee's decision is FINAL !

Scoring

One (1) full point wins the match ! Any hand, elbow or kicking technique that makes contact to the opponent and stuns the opponent momentarily or causes the opponent's hand or any part of their body to touch the floor, will be scored 1/2 point.

A leg sweep that causes the opponent to fall to the mat must be immediately followed up with a well-focused non-contact punch or kick and will be awarded 1/2 point. If an opponent is unable to continue within the standard 5-second count administered by the head referee and corners judges, the contest will be declared a knockout with the winner receiving 1 point and the match. If no points are scored during the match, the judges may award the match to an opponent based on " Spirit " or technical Excellence that is demonstrated by one of the competitors. A competitor who has scored at least 1/2 point at the end of the match may be declared the Winner.

Judging

The Judging staff will consist of a head Referee and (4) corners Judges located in the fighting area. There will be a Timekeeper and a Scorekeeper.

The Head Referee is the supreme arbitrator of any and all questions pertaining to the interpretation of the rules Or conflicts that may arise during the competition.

NOTE: Any competitor acting in an unsportsmanlike manner will automatically be disqualified from the contest. Use of intentional illegal techniques shall be considered evidence of unsportsmanlike behavior.

New Hampshire, USA Championship

KATA Rules

General Rules

- 1- 🖐️ The Participant needs to wear a Martial Arts Gi (Not be shirtless).
 - 🖐️ For Boys/Mens No T-Shirt must be worn under the Martial Arts Gi.
 - 🖐️ For Girls/Women T-Shirt or Sport Bra is Mandatory under the Martial Arts Gi. Long Hair needs to be tied. No Jewels permitted.

2- Types of Events

There is Three Types of Events in KATA:

1- **Regular KATA:**

- This Event is offered to all participants (All Levels, All Ages).

2- **Elite KATA:**

- This Event is only offered exclusively to green belt students and above and 12 years old and above.
- ⚠️ Participant in Elite KATA cannot participate in Regular KATA.

3- **Weapons KATA:**

- This Event is offered to all participants (All Levels, All Ages).
- This Event is complimentary to Reg and Elite KATA.

3- Categories in KATA

- 🔴 Please ensure you consult the document: [Categories - KATA](#).

Registered participants are grouped into pre-established categories based on the Kata event type (Regular, Elite, Weapons), age, and belt level. For all Kata categories, Organizers reserve the right to modify, subdivide, or combine categories based on the number of participants. Categories include girls, boys, women and men.

KATA-Rules (Continue)

4- Coach access to the competition area

👉 To limit the number of people in the staging area where groups wait for KATA events, no coach is permitted to accompany a participant beyond the barrier.

👉 No coach is permitted near the competition area during KATA events.

5- Judging criteria

🏆 The following criteria are used to judge KATA competitors.

(Regular / Elite / Weapons) :

- | | |
|--|---------------------------------------|
| ✓ Knowledge of the KATA | ✓ Balance |
| ✓ Quality of techniques / Stances | ✓ Concentration / Focus (Gaze) / Kiai |
| ✓ Quality of weapon handling | ✓ Power / Fluidity |
| ✓ Effectiveness of attacks and blocks | ✓ Control / Speed / Energy |
| ✓ Consistency in the execution of a specific technique or stance | |

Rules - Regular KATA and Weapon KATA

1- On each tatami, the officiating team consists of one referee and four judges.

Each possesses scorecards to award a score to participants, ranging from 5.0 to 9.9

2- Participants in the same category perform their KATA in turn, in random order.

Scores awarded by the Referee and Judges are revealed at the end of each participant's performance. A participant's performance is evaluated in comparison with those of the other participants in the same category.