



USA Karate Kata Competition

Examination questions for Kata & Para-Karate Judges March 2024

The answer paper must be returned to the examiners if the test is taken at a USA Karate Signature Event. All answers must be entered on a separate answer paper only. You must ensure that your name and other required information are entered on the answer paper.

You may not have additional papers or books on your desk while taking this examination. Speaking to another candidate or copying another's paper during the examination will result in suspension and automatic failure. If you are unsure of the correct procedures or have questions about any examination aspect, you should speak only to an examiner or the RC Secretary.

The questions in this document are based on the USA Karate Rules of Competition (USA Rules). The USA Karate Rules consist of the World Karate Federation (WKF) Competition Rules for Kata and Para-Karate, modified by USA Rules. Consult the WKF Rules first, then the USA Rules. Where the USA Rules are more specific or address a subject not addressed by the WKF Rules, the USA Rules are applied.

KATA & PARA-KARATE EXAMINATION

“TRUE OR FALSE”

On the answer paper, put an “X” in the appropriate box. A question's answer is true only if it can be held to be true in all situations; otherwise, it is considered false. Each correct answer scores one point.

- 1 All competitors must wear a white unmarked Karate-Gi without stripes or piping or personal embroidery.
- 2 The belts are to be of plain red and blue color, without any personal embroidery, advertising, or markings other than the manufacturer's label.
- 3 In Kata competition the sleeves of the Karate-Gi jacket may not be rolled up.
- 4 The Karate-Gi trousers may be slightly shorter so as to only cover half of the shin.
- 5 Religious headwear designated for both genders (Competitors, Officials, and Coaches) approved by USA Karate will be allowed.
- 6 Female competitors may wear a plain white T-shirt beneath the Karate-Gi jacket.
- 7 Hair slides (“scrunchies”) and metal hair grips (“barrettes”) are prohibited in kumite but are permitted in kata competition.
- 8 Although ribbons and other decorations for the hair are not allowed in kumite, they are permissible in Kata.
- 9 1-2 discreet plain hair ties on a single ponytail are permitted.
- 10 Only one discreet hair tie on a single ponytail is permitted.
- 11 Competitors may use approved religiously mandated headwear covering the hair and throat area.
- 12 The starting point for Kata performance is one meter from the boundary.
- 13 Where an elevated competition area is used, the safety area should be of an additional one (1) meter on each side.

- 14 Where an elevated competition area is used, the safety area should be of an additional two (2) meters on each side.
- 15 Competitors and Judges must wear the official uniform as defined in the USA Karate Kumite Rules of Competition.
- 16 Competitors who present themselves incorrectly dressed shall be given one minute in which to remedy matters.
- 17 Competitors who present themselves incorrectly dressed shall be given two-minutes in which to remedy matters.
- 18 Strength, KIME and Speed are some of the criteria of evaluation for Kata.
- 19 Kata must demonstrate strength, power, and speed, as well as grace, rhythm, and balance.
- 20 Kata performance must be realistic in fighting terms and display concentration, power, and potential impact in its techniques.
- 21 An athlete who participates in an Elite Division may not compete in an Advanced Division in another category.
- 22 The placement of athletes in the correct skill level is the responsibility of both the athlete and their Coach/Instructor.
- 23 Team Kata matches consist of competition between teams of three competitors for each round.
- 24 A “performance” only refers to an individual’s performance of a kata.
- 25 In a matrix, or “Round-robin” competition, a round allows all competitors in a group one performance against each of the other competitors.
- 26 A “round” is a discrete stage in a competition leading to the eventual identification of finalists.
- 27 In single elimination Kata competition, a round eliminates fifty percent of competitors within it, counting byes as competitors.
- 28 Variations of kata as taught by the competitor’s style (RYU-HA) of Karate will be permitted.
- 29 In all Advanced divisions, of every age category, competitors must perform a different kata in the “medal” round.
- 30 Beginner and Novice divisions may perform any kata on the "Official Kata List."

- 31 It is the responsibility of the coach or competitor to notify the name and the number of the Kata to the score table prior each round.
- 32 When Intermediate and Advanced divisions are combined the competitors may only perform Intermediate katas from the "Official Kata List" and may repeat the same kata in every round.
- 33 Kata teams consist of 3 or 4 competitors, of which 3 compete in each round.
- 34 Kata teams consist of 3 competitors and may have a 4th person as an alternate.
- 35 In Team Kata, all three members must start facing the Judges.
- 36 The members of the team must demonstrate competence in all aspects of the Kata performance, as well as synchronization.
- 37 In USA Karate Signature Events, if sufficient personnel are available, a panel of five (5) Judges for each match shall be designated by the Tatami Manager.
- 38 Judge 1 will sit in the center position facing the competitor and the other four Judges will be seated at the corners of the competition area.
- 39 Officials shall not officiate any competitor with whom their relationship may project an appearance of bias or conflict of interest.
- 40 There are 10 criteria for Kata evaluation.
- 41 There are 5 criteria in each Kata category.
- 42 Strength is one of the criteria of Kata evaluation.
- 43 The performance is evaluated from the bow starting the Kata until the bow ending the Kata.
- 44 In Kata competition variations as taught by the competitor's style (RYU-HA) are permitted.
- 45 Minor loss of balance must not be considered in the evaluation of the Kata performance.
- 46 Performing a movement in an incorrect or incomplete manner is considered a foul.
- 47 Failure to fully execute a block or punching off target is considered a foul.
- 48 Asynchronous movement, such as delivering a technique before the body transition is completed is considered a foul.

- 49 In team Kata, failing to do a movement in unison is not considered a foul.
- 50 The use of audible cues from any other person, including other team members is considered a foul.
- 51 Inappropriate exhalation will be taken into account by the Judges when arriving at a decision.
- 52 Giving a command to start and finish the Kata by a team member is not considered to be an external cue.
- 53 The use of audible cues is not considered a foul.
- 54 Audible cues must be considered very serious fouls by the judges in their evaluation of the performance of the Kata.
- 55 Audible cues are on the same level as one would penalize a temporary loss of balance.
- 56 Stamping the feet, slapping the chest, arms, or Karate-Gi, will be taken into account by the Judges when arriving at a decision.
- 57 When the belt comes loose to the extent that it is coming off the hips during the performance is a foul.
- 58 Time wasting, including prolonged marching, excessive bowing or prolonged pause before starting the performance is considered a foul.
- 59 Excessive bowing before starting the performance is considered a foul.
- 60 There are 8 reasons for disqualification.
- 61 Performing the wrong Kata or announcing the wrong Kata leads to disqualification.
- 62 Not announcing the Kata, is not considered as disqualification.
- 63 A team which does not perform the bow at the beginning and completion of the performance will be disqualified.
- 64 A competitor will not be disqualified if he/she does a distinct pause or stop in the performance for several seconds.
- 65 Omitting or adding movements - or otherwise substantially changing the performance from its original form is a disqualification.

- 66 If the competitor's belt falls off during the performance of Kata, the competitor will be disqualified.
- 67 The belt coming loose to the extent that it is coming off the hips during the performance is a disqualification.
- 68 The failure to follow the instructions of the Chief Judge or other misconduct is considered a foul.
- 69 The failure to follow the instructions of the Chief Judge or other misconduct leads to disqualification.
- 70 The failure to follow the instructions of Judge 1, or other misconduct is a disqualification.
- 71 An Advanced competitor in a medal round who repeats the previously performed Kata is disqualified.
- 72 The Chief Referee shall determine if the competitors will perform Kata Individually or Simultaneously.
- 73 The starting point for Kata performance is anywhere within the perimeter of the competition area.
- 74 After the bow the Kata Competitor must clearly announce the name of the Kata that is to be performed and then start the performance.
- 75 The Competitor must bow at the beginning and the end of their performance.
- 76 If a competitor is disqualified Judge 1 shall cross and uncross the flags (as in Kumite Torimasen signal) and raise the flag indicating the winner.
- 77 In Kata competition no ties are permitted.
- 78 Individual competitors or teams that do not present themselves when called will be disqualified (KIKEN) from that category.
- 79 Individual competitors or teams that do not present themselves when called will be disqualified (KIKEN) from all categories.
- 80 There are 100 Kata on the "Official Kata List".
- 81 In Kobudo the jacket and hakama colors may differ.
- 82 In Kobudo competitors may elect to wear a red, white, blue, or black jacket and hakama.

- 83 In Kobudo if the competitor chooses to wear a Karate-Gi, both the jacket and the trousers must be solid white without stripes or piping.
- 84 Kobudo competition only consists of long-weapons competition.
- 85 Kobudo competition takes the form of team and individual matches.
- 86 Kobudo competition takes the form of only individual matches.
- 87 In Kobudo competition the competitors must perform a traditional Kobudo Kata.
- 88 Weapons must be of traditional design and any decision as to a weapon's eligibility will be made by the Chief Referee and/or Tournament Director.
- 89 In Kobudo competition a panel of three or five (3 or 5) Judges for each match shall be designated by the Tatami Manager before the match.
- 90 In Kobudo if the competitor loses balance completely and/or falls, a foul and not a disqualification is the correct call.
- 91 Para-Karate competitions only consist of Kata Competitions.
- 92 Intellectual impaired athletes will perform the Kata standing up.
- 93 Visually Impaired Athletes competition is only divided into one category.
- 94 The straps to fix the legs of wheelchair Athletes must be of white color and without logos.
- 95 Therapy animals or emotional-support animals are not allowed in the competition area or its perimeter.
- 96 There are three general Categories in Para Karate competitions: Visually Impaired, Intellectually Impaired and Wheelchair Users.
- 97 Prostheses, canes, crutches, and other equipment used for physical support are not allowed in Para-Karate competitions.