

## Kihon (Basics) Competition Format & Procedures

### **Division Structure**

- Competitors will be divided into six Para Kihon categories.
- Each category will be separated by skill level:
  - **Beginner/Novice**
  - **Intermediate/Advanced**
- Divisions will also be separated by the following age groups:
  - 7 & Under
  - 8–13
  - 14–17
  - 18 & Over
- Male and female athletes will compete together within their respective category, age group, and skill level.

### **Competition Format**

- Competition will be conducted using a **single-elimination bracket with repechage**.
- Athletes must provide and wear both a **red belt** and a **blue belt**.
- Two athletes will compete simultaneously.

### **Starting Positions**

- **Beginner/Novice:** Athletes will begin in a ready stance (*Yoi* position).
- **Intermediate/Advanced:** Athletes will begin in a front stance.

### **Event Procedure**

- An announcer/demonstrator will stand adjacent to the Center Referee and direct the competitors throughout the match.
- Each technique will be announced first in **Japanese** and then in **English**, followed by a demonstration.

- Five techniques will be selected from the approved skill-level technique list.

### **Beginner/Novice Division**

- All techniques will be performed from a stationary position.

### **Intermediate/Advanced Division**

- Techniques will be performed while moving forward and backward as directed.

### **Technique Execution**

For each of the five selected techniques:

1. The announcer will call the technique and demonstrate it.
2. Athletes will perform the technique five consecutive times.
3. The announcer will count each repetition.
4. Athletes will perform a **kiai** on the fifth repetition.
5. The announcer will instruct competitors to return to the ready position before proceeding to the next technique.

This process will continue until all five techniques have been completed, resulting in a total of **25 techniques performed**.

### **Judging**

- Upon completion of all techniques, judges will evaluate the competitors and determine the winner.
- Judges will indicate their decision by raising either the **red** or **blue** flag.

### **Coaching Assistance**

- Coaches may be seated near the competition area and may assist their athlete when necessary for safety purposes.