



JSKA
EUROPEAN CHAMPIONSHIPS
8-10th July 2022

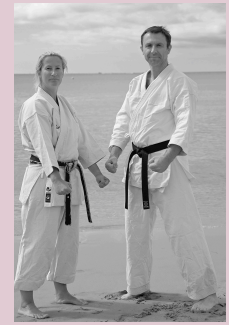
GUILDFORD
United Kingdom



日本松涛館空手協会



[**www.jskauk.co.uk**](http://www.jskauk.co.uk)



Dear karate-ka,

It is my great honour and pleasure to host the JSKA European Champions 2022 in United Kingdom.

We are all very thankful to our JSKA Shihankai, who expressed their confidence in our team to host the next memorable event.

We would like to invite you to this journey of your next success and to wish your team a wonderful time. We shall make sure to provide the best services and information to make your stay enjoyable and full of fun and excitement .

Please ensure that our team is here to help you.

Thank you for your amazing support and I wish you an incredible journey .

Kind regards,

Jana Gee
JSKA UK Chief Instructor

jana@jskauk.co.uk
0044 7753237058



日本松涛館空手協会

JSKA EUROPEAN CHAMPIONSHIP

8-10TH JULY 2022
GUILDFORD, UNITED KINGDOM

GENERAL INFORMATION:

Location : Spectrum Leisure Centre, Parkway, Guildford, GU1 1UP, UK

Airport: Heathrow Airport (All transferees will be made from this airport only)

Transfers : Available during 7th - 11th July 2022

Included are:

- Heathrow to Guildford arrival/ Guildford to Heathrow departure
- Transports between the hotel listed in Guildford and Guildford spectrum
- If you arrive via another transport or airport , you are required to organise your own transfers (Information included in the pack)

Hotel : Hotel for the Shihankai

Premier Inn, Parkway, Guildford GU1 1UP, Phone: 0333 003 1689

For all further participants and visitors please see information below regarding further hotels . Please, you are responsible to book your own accommodation. Only hotels listed below will include all transfers.

Fees:	Starter.	£150 (Incl. transfer, training, participation, championship party)
	Non Competitor.	£120 (Incl. transfer, training, championship party, spectator entry)
	Visitor	£80 (Incl. transfer, championship party, spectator entry)

Please contact us direct for UK residents packages.

Ask Siri: As part of your package every team is going to be given a UK phone number, which you can whatsapp anytime you wish during your stay in the UK. Any questions, worries or suggestion, we will help you.

Contact: Jana Gee
0044 07753237058
jana@jskauk.co.uk

REGISTRATION DATES:

Please send us an approximate number of participates and referees attending (Each team that wishes to enter must bring referees) until the **31st January 2022.**

Registration deadline **1st May 2022**, participates must pay fully when registering.

Final payment must be paid by the **1st June 2022.**

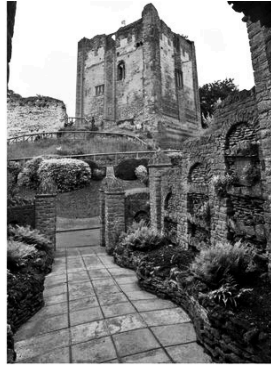
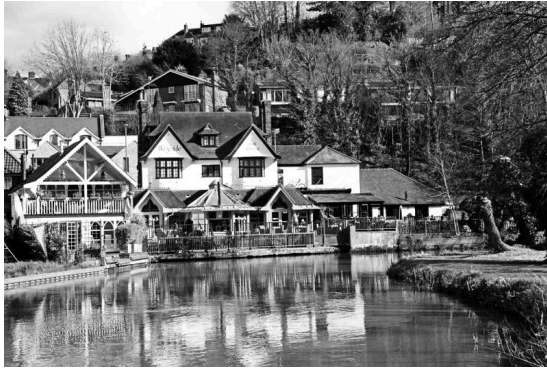
Tokon Shotokan Karate Academy

Sort Code: 20 61 82 Account Number : 53200906

Swift Code: BUKBGB22 International Bank account number: GB28BUKB20618253200906

Please keep in mind that cancelation is only available until 1st May 2022, fees are not refunded after that day.

GUILDFORD HISTORY



Guildford is a town in Surrey, England, 27 miles (43 km) southwest of London on the A3 trunk road midway between the capital and Portsmouth.

The town has a population of about 80,000 and is the seat of the wider Borough of Guildford which had an estimated 146,100 inhabitants in 2015.

Guildford has Saxon roots¹ and historians attribute its location to the existence of a gap in the North Downs where the River Wey was forded by the Harrow Way. By AD 978 it was home to an early English Royal Mint. The building of the Wey Navigation and the Basingstoke Canal in the 17th and 18th centuries, respectively, connected Guildford to a network of waterways that aided its prosperity. In the 20th century, the University of Surrey and the Anglican Guildford Cathedral were added.

SPECTRUM LEISURE CENTRE



Guildford Spectrum is a leisure complex in Guildford, Surrey, England. Owned by Guildford Borough Council, it was opened on 23 February 1993 at a cost of £28 million.

It is the home of ice hockey teams the Guildford Flames and the Guildford Phoenix, Aldwych Speed Club (short track speed skating) and other sports clubs.

In addition to its large indoor sports arena it has an Olympic size ice rink, three swimming pools and a high diving pool, a tenpin bowling centre, squash courts and a football/athletics stadium.

It offers 3 restaurants, shops, coffee shops and a bar. After a day of training you may relax in a spa or indulge yourself with many other facilities this centre has to offer.



ACCOMODATION

- As a team you are required to book your own accommodation . [booking.com](https://www.booking.com) makes incredible deals or you can always contact the hotel direct. All hotels listed below are the only hotels we shall provide transport for.

Guildford Premier Inn (Shihankai accomodation)

- Address: Parkway, Guildford GU1 1UP
Phone: 0333 003 1689
- 5 minutes walk to the Guildford Spectrum
- 20 minutes walk to the Train station
- 15 mins walk to the town center



Travelodge Guildford

- Address: Woodbridge Meadows, Woodbridge Rd, Guildford, GU1 1BD
Phone: 0871 984 6295
- 10 minutes walk to the Guildford Spectrum
- 10 minutes walk to the Train station
- 15 mins walk to the town center



Harbour Hotel

- Address: 3 Alexandra Terrace, High Street, Guildford GU1 3DA
Phone: 01483 792300
- 25 minutes walk to the Guildford Spectrum
- 10 minutes walk to the Train station
- In the the town center



TRANSPORT

Airport: Heathrow Airport (All transferees will be made from this airport only)
You can get cheap European flights from BA, Easyjet, Ryan air....

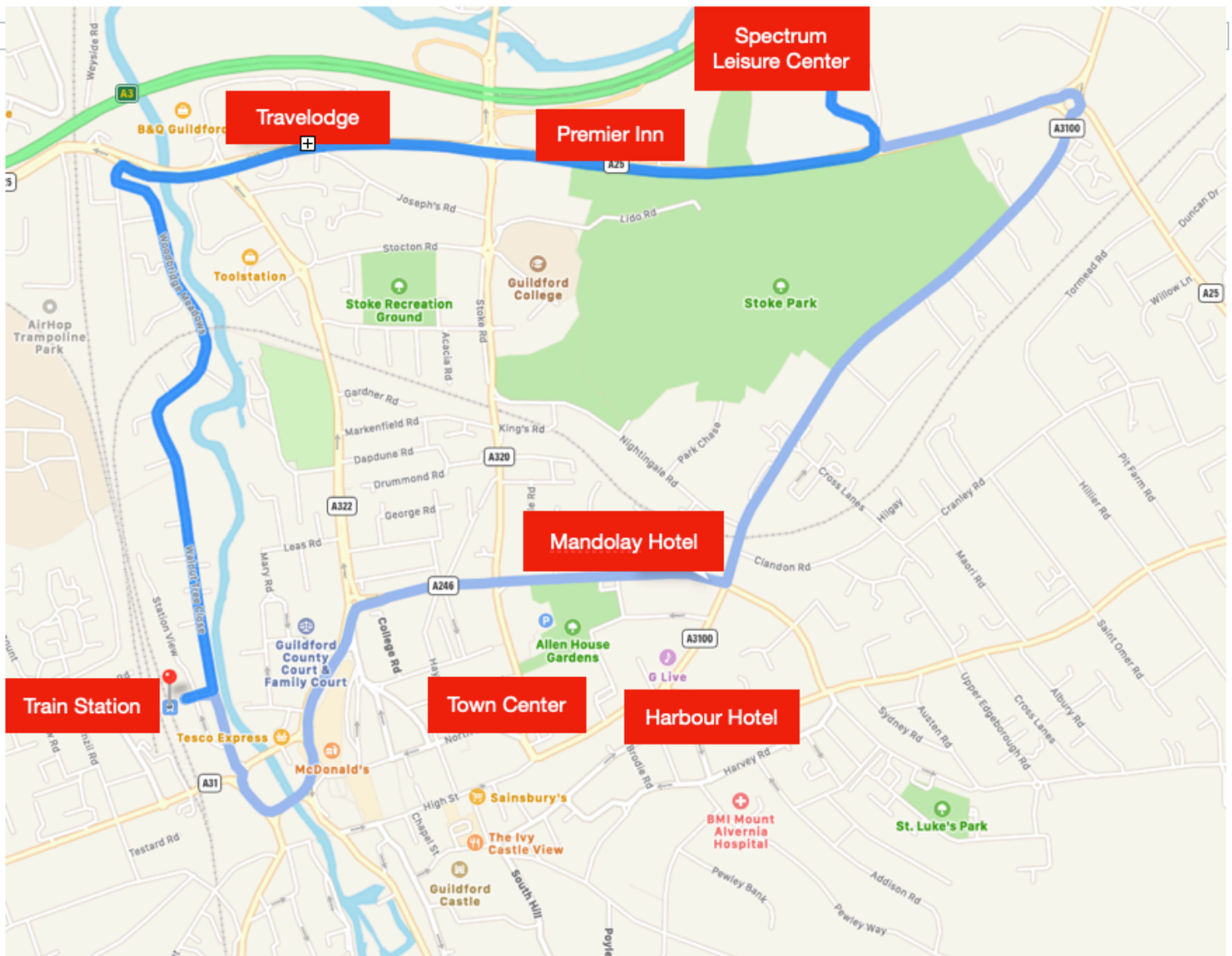
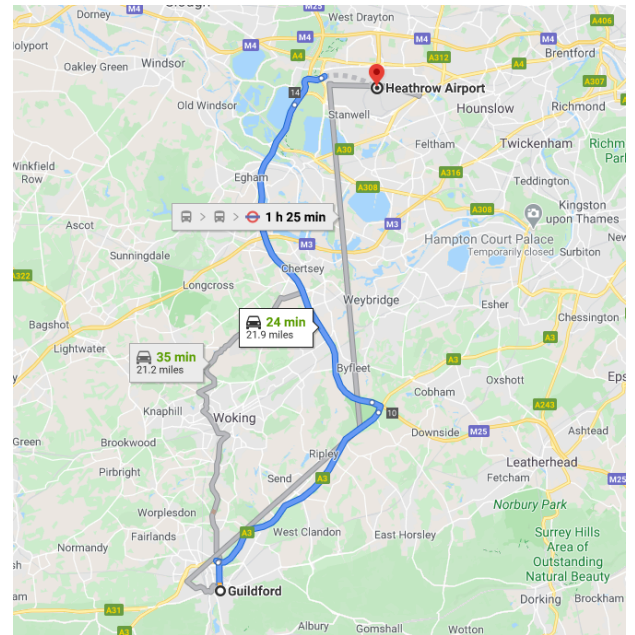
Transport Time from Heathrow: 30 minutes to Guildford

Train Time: 1.25 minutes via London Waterloo

Train to London from Guildford : 40 minutes

Taxi : Airport to Guildford (£100)- 0208 688 7744

Guildford Local Taxi : 01483 566566



GUILDFORD IDEAS



1. Spend the day in Spectrum Leisure center (Play bowling, go swimming or climbing)
2. Visit the two main shopping streets (High Street and North Street)
3. Take a long walk by the canal
4. Visit the ruins of Guildford castle
5. Take a day trip to London. (**Please get a day Travel card - It includes all the underground in London and trip there and back. Card is cheaper from 9 am in the morning**)
6. Visit the Friary street and treat yourselves to any amazing restaurants from around the world
7. Visit the Guildford Cathedral





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GUILDFORD, UNITED KINGDOM

日本松涛館空手協会

TEAMS- ALL GRADES

PLAN OF ACTION

7TH JULY 2022 - THURSDAY

- Teams are welcomed to UK and will be looked after our representatives
- 5-7pm Teams registration at the Premier Inn hotel

8TH JULY 2022- FRIDAY

- **8- 9.30 am** Transports from your hotels to Spectrum Leisure center
- **09-10 am** Teams registration
- **10-11.30 am** Training seminar with JSKA Shihankai (All grades)
- **12- 1.30pm** Training seminar with JSKA Shihankai (All grades)
- **2.00-3.30 pm** Training Seminar with JSKA Shihankai (All grades)
- **3.45 - 5.30 pm** Judge and referee seminar and JSKA Dan Grading
- **5.30- 6.30 pm** Transports back to the hotel

9TH JULY 2022- SATURDAY

- **7.30-8.30 am** Transports from your hotels to Spectrum Leisure center
- **8.30 am** - Judges meeting
- **9 am - OPENING CEREMONY OF ALL COUNTRIES**
- 10.00 AM Start
- All team events
- Awards Ceremony

10TH JULY 2022- SUNDAY

- **7.30-8.30 am** Transports from your hotels to Spectrum Leisure center
- **8.30 am** - Judges and competitors line up
- **9 am** - START
- Kata and kumite straight after
- Awards Ceremony
- **5- 6 pm** Transports back to the hotel
- 7-8 PM Transports from your hotels to Spectrum Leisure center
- **8 PM - AFTER PARTY Guildford Spectrum**
- **11-12pm** Transports back to the hotel

11 TH JULY 2022- SUNDAY

Good bye and thank you for coming
Teams will be taken to Heathrow airport

INDIVIDUAL CATEGORIES

The categories may be changed by the organiser

KYU

AGE	KATA	KIHON IPPON KUMITE	JIYU KUMITE
-9	1 MIXED	2 MIXED	
10-12	3 MALE 4 FEMALE	5 MALE 6 FEMALE	7 MALE 8 FEMALE
13-14	9 MALE 10 FEMALE	11 MALE 12 FEMALE	13 MALE 14 FEMALE
15-17	15 MALE 16 FEMALE	17 MALE 18 FEMALE	19 MALE 20 FEMALE
18-21	21 MALE 22 FEMALE		23 MALE 24 FEMALE
22-30	25 MALE 26 FEMALE		27 MALE 28 FEMALE
31-39	29 MALE 30 FEMALE		31 MALE 32 FEMALE
40-49	33 MALE 34 FEMALE		35 MALE 36 FEMALE
50-59	37 MALE 38 FEMALE		39 MALE 40 FEMALE
60-99	41 MALE 42 FEMALE	43 MALE 44 FEMALE	

DAN

AGE	KATA	KIHON IPPON KUMITE	JIYU KUMITE
10-12	45 MALE 46 FEMALE		47 MALE 48 FEMALE
13-14	49 MALE 50 FEMALE	...	51 MALE 52 FEMALE
15-17	53 MALE 54 FEMALE	55 MALE 56 FEMALE
18-21	57 MALE 58 FEMALE		59 MALE 60 FEMALE
22-30	61 MALE 62 FEMALE	...	63 MALE 64 FEMALE
31-39	65 MALE 66 FEMALE	67 MALE 68 FEMALE
40-49	69 MALE 70 FEMALE		71 MALE 72 FEMALE
50-59	73 MALE 74 FEMALE		75 MALE 76 FEMALE
60-99	77 MALE 78 FEMALE	79 MALE 80 FEMALE	

TEAM CATEGORIES

The categories may be changed by the organiser

AGE	KATA	KIHON IPPON KUMITE	JIYU KUMITE
-9		81 MIXED	
10-12	82 MALE 83 FEMALE		84 MALE 85 FEMALE
13-14	86 MALE 87 FEMALE		88 MALE 89 FEMALE
15-17	90 MALE 91 FEMALE		92 MALE 93 FEMALE
18-21	94 MALE 95 FEMALE		96 MALE 97 FEMALE
22-30	98 MALE 99 FEMALE		100 MALE 101 FEMALE
31-39	102 MALE 103 FEMALE		104 MALE 105 FEMALE
40-49	106 MALE 107 FEMALE		108 MALE 109 FEMALE
50-59	110 MALE 111 FEMALE		112 MALE 113 FEMALE
60-99	114 MALE 115 FEMALE	116 MALE 117 FEMALE	
4-12	118 MIXED		
13-17	119 MIXED		
18-30	120 MIXED		121 MIXED
30-49	122 MIXED		123 MIXED
50-99			

JSKA TOURNAMENT RULES & REGULATIONS

1. Rules of Conduct for All Participants

All participants shall act in accordance to the highest standards of ability and fair play in the spirit of Karate-do and strive to the utmost respect and dignity towards other participants.

Dress Code for Participants

1. A competitor wears an all white Karate-gi/ uniform. In order to differentiate between opponents, one shall wear a red band or belt around the waist. The belt or band is provided by the tournament organisation.
2. A competitor needs to wear an identifying number that is given prior to the tournament and that is affixed on a designated location of the uniform.
3. A competitor wears protective gear as per specification. That means hand guards are required while mouthguard and groin protector for male and body protection for female are highly recommended. Other protections (helmet, shin guards etc.) are not allowed. Only white hand guards with 2 cm thickness are permitted. Blue or red belts or hand guards are not allowed.
4. A competitor wears nothing more than is mentioned in the prior statement unless specified by either the Head Judge or the Chief Judge/Referee. Earrings, bracelets , piercings or any kind of other jewellery is strictly permitted.

Dress Code for Judges

The Head Judges, Judges and Arbitrators must wear the JSKA official dress wear that consists of a pair of light grey pants, a white shirt and a tie.

Set-up of Courts

The court area is a square measuring 8 meters x 8 meters, marked off by a 4-5 centimetres wide line. The outer edges of this line measure 8 meters.

2. Events & Categories

The events are as follow:

Day 1 Team events

Day 2 Individual events: Kata a followed by kumite

2.1. Kumite Events

Definition of Event:

In a Kumite event, two competitors enter the court and within the allotted time, perform various kinds of techniques freely against each other. There are two different kinds of scoring system:

1. Point Match or Ippo Shobu: The competitor who has scored one full point or 2 half points first, within the allotted time (2 minutes) is declared as winner.
2. Point Match or Nihon Shobu (finals only): The competitor who has scored 2 full points first within the allotted time (3minutes) is declared as winner.

In a match or event, all techniques - punches, kicks, and strikes - have to be done with full control. The distance required to do the techniques should be close enough to be able to be effective. There should be no damage done to the opponent.

Definition of Team Event:

A team consists of 3 competitors. As a general rule, all team members have to be present at the first round of a match or event. Subsequently, if the team is missing a member or members, that missed person or persons must be placed last in the sequencing of competitors of that match. Prior to the event, the order in which the competitors will perform must be reported. The winning team is determined by the number of individual performances that are won. There are two kinds of team competition: Match by elimination: Each team member has one performing individually. The individual results are then added up to determine which team has won. If there is a draw, the highest score determines the win, as per the following: one point or Ippon, two half points or Waza-ari , decision by Judges. If there is still a draw, a match is held with a competitor chosen by each team, in order to determine the win. This is called a decision match by team choice or Daihyosha-ketteisen. This match continues until there is a winner. In this case, a team member that has performed before may compete, but no more than twice.

Definition & Criteria for Scoring Points

The areas of attacks are defined as follow:

1. head and neck: Jodan
2. stomach, sides of the abdomen, and back: Chudan

Criteria for scoring points are as follow:

1. proper execution and power of the technique

2. proper distance and timing
3. correct posture and proper frame of mind
4. concentrated mind and spirit
5. execution to the target

If all the criteria mentioned above have been reached in the execution of a punch, a kick, or a strike, these constitute what is scored as Ippon. Ippon can be scored, even if some of the above mentioned criteria are not reached, in the following situations:

1. successfully evading an attack while executing an effective counter-attack or De-ai
2. knocking the opponent off balance and executing an effective attack
3. if the opponent is without any defence

When a technique is well executed but does not qualify as Ippon, it is defined as Waza-ari; two half points become Ippon. If both competitors move and execute a technique at the same time, this is called Ai-uchi: in this instance, the attacks cancel each other and no points are scored.

Re-Match (Sai-shiai) & Second Re-match (Sai-sai-shiai):

If there is a Hiki-wake, another match will be held. This re-match is called Sai-shiai. If this rematch ends up in a Hiki-wake, a second re-match called Sai-sai-shiai will be held. However, the Head Judge may order that this second re-match is a "Sakki-dori" match meaning that the competitor that scores first is declared the winner. After a second re-match the Judges must determine a winner. In a World Championships as well as a National Championships, the final match of that event will have as many re-matches as needed in order to determine a winner.

Criteria Leading to Disqualification (Hansoku):

The following elements are strictly forbidden:

1. excessive contact;
2. performing dangerous throws and where joints are involved;
3. wasting time by not attacking;
4. using provocative language and attitude, or verbal taunting;
5. head butt attack;
6. spear hand or Nukite attack;
7. purposely attacking the groin area;
8. purposely attacking after Yame or Jogai is called.

If there has been any of the above that have been perpetrated, the following decisions will be made:

1. If an element has been identified but not severe as to cause injury or damage to a competitor, a caution or Keikoku is then given. This caution does not affect judging decision but if a second caution is given in the same match, this could result in disqualification of the perpetrator and the other competitor is declared as winner.
2. If an element has been identified as severe and there is obvious malicious intent or if a competitor is seriously injured or damaged, a disqualification or Hansoku is given to the perpetrator and the other competitor is declared the winner. Any competitor, who has received a disqualification or Hansoku twice during a tournament, is not allowed to continue competing in that tournament.

Absolute Disqualification

An absolute disqualification or Shikkaku is given in the following situations and therefore the other competitor is declared as winner:

- a) non compliance to the orders of the Head Judge
- b) use of unacceptable language as a Karate competitor
- c) display of poor and unacceptable attitude and frame of mind as a Karate competitor

After an absolute disqualification has been given to a competitor, that competitor can not continue to participate in that tournament. Exceptions might be discussed between the involved Judges and the Chief Referee. The details of an absolute disqualification must be discussed by the involved Judges and given to the pertinent scorekeepers who enter these specified details on the appropriate form which is given to the Chief Referee. If a team has perpetrated a serious offence, the whole team is given an absolute disqualification and the other team is declared as winner.

Withdrawal (Kiken):

If a competitor withdraws, the other competitor is declared as winner. A competitor who voluntarily withdraws cannot compete in any other matches or events.

In the Case of an Injury:

If a competitor is unable to continue a match due to injury, the Judges will decide if a withdrawal or Kiken is to be given. If that is the case, the other competitor is declared as winner. If both competitors are injured and there are no disqualifications or Hansoku issued, the match is stopped and a decision to the outcome of the match will be called. If the official event doctor decides that a competitor can not continue to compete, the match

is stopped and a withdrawal or Kiken is given. The doctor will determine if the injured competitor is fit to compete in further matches or events. If the competitor is deemed fit, the doctor will notify the Chief Referee.

Time of the Event:

The allotted time for a match or event is 2 minutes for regular rounds and 3 minutes for finals. The Head Judge starts the match with a verbal cue: *Hajime* at which the countdown is started. Countdown is interrupted when *Yame* or *Jogai* (out of bounds) is called.

2.2. Kata Events

The following types of Kata Events or Matches are as follow:

Red and White Flag System:

2 competitors simultaneously perform the same Kata that is chosen by the Head Judge and a winner is declared. A table for which number of participants this applies can be found here:

Until 15 participants there will be Point-System immediately. From 16 participants there will be Flag- System until the final 4 competitors. A winner will be declared by Point-System.

For Kyu-Grades one Kata is chosen from Heian Katas by the Head-Referee in Flag-System-Events up to the last 4 or 6 participants. In the final round the participant chooses his favourite Kata or Tokui Kata.

For Dan-Grades one Kata is chosen from Jion, Enpi, Bassai Dai and Kanku Dai by the Head-Referee in Flag-System-Events up to the last 4 or 6 participants. In the final round the participant chooses his favourite Kata or Tokui Kata.

Point System:

One competitor at a time performs a Kata and each Judge gives points on the performance of that competitor. The points are added up for a total score and a winner is declared.

Team Kata:

3 competitors perform the same Kata and start by facing the Front or Shomen, at a designated starting position of their choice. The team is given a total score according to the Point System.

Each competitor or team chooses a Kata from the following list unless previously stated: Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jion, Enpi, Bassai Sho, Kanku Sho, Jitte, Gankaku, Hangetsu, Nijushiho, Chinte, Unsu, Jiin, Meikyo, Gojushiho Sho, Gojushiho Dai, Wankan, and Sochin.

Category changing:

Due to a strict running order no participants are allowed enter a category which is not their age or grade.

Criteria for Judging:

Criteria for judging a Kata Event are as follow:

1. proper sequence of movement and correct accuracy of the techniques
2. observing the key elements of Kata: levels of strength, contraction and expansion of the body and change in the speed of the techniques
3. following the proper course of direction and showing smoothness in feet movements
4. demonstrating an understanding of the meaning of each movement
5. overall performance and illustrating the essential characteristics of the chosen Kata
6. correct eye contact
7. power and accuracy in performance of basic techniques
8. fighting spirit and effort
9. proper use of stance and posture or Kamae and the ability to focus the mind or Zanshin
10. proper frame of mind
11. accuracy in returning to the starting position
12. accuracy in transforming the body parts into "weapons" of attack and defence
13. accuracy in reaching the point of target
14. if there are any exaggerated movements
15. intentional change to the set flow of the Kata
16. synchronisation of performance in Team Kata

Criteria for Point Deduction & for Disqualification:

Points are deducted as per the following situations:

- a) the competitor makes a mistake, but continues to perform
- b) the competitor pauses for no apparent reason but continues afterwards

c) The competitor is disqualified as per the following situations:

- the competitor does not finish the Kata
- the competitor does a different Kata from the one announced - the competitor uses profane verbal or body language

d) as a general rule, a competitor that has been absolutely disqualified (shikkaku) in a match or event can not compete in Kata events as well

e) unnatural breathing

Re-match (Sai-shiai):

If there is a draw in a Red and White Flag System match or event, the Head Judge will choose another Kata to be performed by the two competitors. If there is a draw in a Point System match or event, the competitors will perform the same Kata again. If there is still a draw, the lowest score that was dropped is now added up for a total score. If there is still a draw, the highest score that was dropped is now added up as well for a total score. If finally there is still a draw, the competitors will perform a different Kata.

3. General Rules

Rules of Conduct for Officials:

1. All judging officials have to be neutral and fair.
2. All judging officials should make their decisions freely and based on the Tournament Rules & Regulation documents.
3. All judging officials have to behave in a dignified and professional manner.
4. All judging officials give their decisions promptly and accurately.
5. During a match or event, a judging official does not talk to any person other than the involved ones in that particular match or event.

Specific Guidelines for Kihon Ippon Kumite:

To start a match or event

1. When called, the two selected competitors move forward to their designated starting positions and bow to each other.
2. The Head Judge starts the match with the vocal command: Hajime. Note: Red side always starts first. Then the attacks alternate between each side.

Attacking techniques

1. Punch to the face or Jodan Oi-zuki - aiming for either just below the nose and in this particular situation, as well for the lower part of the chin.
2. Punch to the stomach or Chudan Oi-zuki - aiming for the solar plexus.
3. Front kick to the stomach or Chudan Mae-geri using the back leg, aiming for the solar plexus. Note: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.
4. There must be appropriate distance to attack. The attacking competitor steps the leg back and forms a downward block or Gedan-barai. Each attack must be clearly announced before execution. Note: For the execution of front kick or Mae-geri, both arms are extended and kept on each side of the body.
5. After the completion or an attack and defence sequence, both competitors simultaneously return to the natural position or Shizentai. The attacking competitor takes a step back to return to the natural position while the defending competitor takes a step forward to do the same. Note: If the distance between the competitors is not appropriate, the Head Judge or the judges will tell the competitors to adjust their distance appropriately.

Defensive techniques

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counterattack to the target areas as mentioned above can be used but only a single counterattack is allowed.

Additional remarks

1. An attack or defence technique can only be used one time.
2. There has to be one sudden vocal release of energy or Kiai per attack and per counterattack.

Prohibited Elements Pertinent to Attack

1. Faking a movement in order to have the opponent move, and then attack that opponent.
2. Lunging the body towards the opponent or taking more than one basic step forward to attack.
3. From the natural position or Shizentai, the attack must follow a straight line forward and not follow the opponent who may have moved prior to completion of the attack. Note: The foot of the attacking competitor that has stepped forward, should end positioned between the opponent's legs. Fundamental basic technique must be applied during execution.
4. Face level and stomach level attacks that are executed with forceful motions such as pressing the arm downward while the opponent is executing a blocking technique.
5. Withdrawing the hand too quickly that is executing an attack.

Pertinent to defence

1. Contact or hitting the attacking competitor other than the blocking technique that should be executed. Note: There is no contact to the other competitor except to execute the blocking technique.
2. Any combination techniques; sweeping the attacking competitor – Ashi-Barai , any projection techniques or holds involving the joints.
3. During the execution of a blocking technique to the stomach, to be blocking at the other competitor's elbow. Note: Proper blocking is done at the wrist of the attacking competitor.
4. During the execution of a blocking technique to the face, any forceful motions that may cause loss of balance of the attacking competitor.
5. Withdrawing the hand too quickly that is executing a counterattack.

Specific Guidelines for Jiyu Ippon Kumite Attacking Techniques

1. Punch to the face or Jodan Oi-Zuki - aiming for either just below the nose and in this particular situation, as well for the lower part of the chin.
2. Punch to the stomach or Chudan Oi-Zuki - aiming for the solar plexus.
3. Front kick to the stomach or Chudan Mae-Geri - using the back leg, aiming for the solar plexus. Note: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.
4. There must be appropriate distance to attack and each attack must be clearly announced before execution. Note: If the distance between the competitors is not appropriate, the Head Judge or the Judges will tell the competitors to adjust their distance appropriately.

Defensive techniques

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counterattack to the target areas as mentioned above can be used but only a single counterattack is allowed.

Additional remarks

1. An attack or defence technique can only be used one time.
2. There has to be one sudden vocal release of energy or Kiai per attack and per counterattack.
3. When there is proper distance or Maai to attack, the competitor must initiate that attack. It has been seen that proper distance or Maai has been reached and no attack is initiated. This must not be adhered too.
4. The defending competitor must not back away too far, creating a longer distance from the attacking competitor than is necessary.
5. Faking a movement or Kensei is not allowed.

Prohibited Elements Pertinent to Attack

1. Distance is too short, and lunging the body towards the opponent.
2. Withdrawing the hand too quickly that is executing an attack.
3. Contact or hitting the opponent.
4. Blocking or shifting the body during the counterattack.
5. Grabbing or holding the opponent.

Pertinent to Defence

1. Stepping out of the court 3 times. A caution or Keikoku is given for the first time, a warning or Chui is given for the second time and a disqualification or Hansoku is given for the third time.
2. Blocking and counterattacking at the same time.



