

# **TOURNAMENT FORMS COMPETITION RULES**

## **Competition Format**

- Competitors perform their form individually
- Each competitor announces their name and form to the judges before beginning
- Bow to judges upon entering, then bow again after completing the form

## **Judging Criteria**

Each judge scores the performance in three categories:

### **1. Technical Proficiency (Stances, Precision, Form)**

- Correct stances and body positioning
- Precise execution of techniques
- Proper structure and mechanics

### **2. Flow (Continuity)**

- Smooth transitions between techniques
- No stops or hesitations
- Consistent rhythm throughout
- Proper timing and coordination

### **3. Spirit and Intensity**

- Focus and concentration
- Fighting spirit and determination
- Power and strength in techniques
- Commitment and confidence
- Presence and commanding performance

## **Scoring System**

- Each judge provides a score for each of the three categories
- Judge's final score = sum of their three category marks
- Competitor's final score = average of all three judges' scores

## **Important Notes**

- If you make a mistake, continue the form—stopping will result in greater point deduction
- Extra acrobatic movements not part of traditional forms will not earn extra points
- Variations based on your specific karate style are permitted