

WKU RULES

Under the Registration of GCO



KYOKUSHIN Rules WKU

****THE EIGHT STARS OF WKU****

Concentration

Discipline

Courage

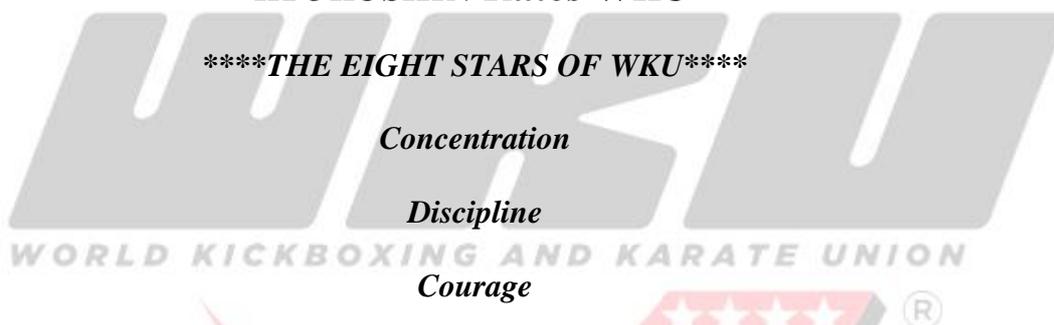
Loyalty

Control

Fighting Spirit

Strength

Respect



International KYOKUSHIN JINZEN DO

In Kyokushin Jinzen Do point fighting style you learn have to move quickly, perform blocks and counterattack with strength and 100% focus. This fighting style builds up a good fighting eye with good reflexes and demands good conditions. In Knock Down karate style you see many times fighters that becomes lazy in their movements and moves on flat feet because there think it is not important to block your opponent attack, which gives unnecessary damage, a bade idea especially if you have to fight many battle on the same day and you like to win.

Have to score in Kyokushin Jinzen Do Kumite

To score points there must be a clear contact and the technique must be hitting clear. In kids/ Junior games , there must be an good control to achieve points and you can't win by K.O. If you knock down your opponent in Junior/ Kids games, there will be an disqualification.

In **Adults combat** fights you can fights after **Semi Contact** rules or Full **Knock Down** combat Kumite rules. If you don't score ippon or Wazari it will be the fighter that have the highest score in point that win. if you have a draw it will be the fighter that have score by tameshiwari, the highest number of board.

You can score with legal technique :

Sune geri (Low kicks) makes 1 point, hiza geri 1 point, seiken tsuki chudan maks 1 points, mae geri chudan 1 point, ushiro geri chudan maks 2 point, Mawashigeri jodan maks 3 points, Ushiro Mawashi geri jodan 4 points.

"To score you must pulling hand or foot back to show control in your technique. To score with Ushiro Mawashiri Geri (reverse roundhouse kick) you must hit with control and with the underside of foot , not with the heel".

Jinzen Do Ultimate Point Fighting category demands strong skills, focus and fast reflex to win and it is fun and a great tool to make better Knock Down karate fighter, because you will learn to be faster in your movements.

Wight and age Categories:

Kyokushin:

Weight Category: WKU World Kyokushin Division:

Junior Girls: 15-16 years old. -60kg and +60 kg

Junior Girls 17-18 years old. -58kg and -65kg +65kg

Junior Boys: 15-16 years old. -60kg,- 70kg,-80kg + 80kg

Junior Boys: 17-18 years old. -70kg,- 80kg,+80kg

Men 19-40 years old. -70kg,-80kg,- 90kg and +90kg

Women 19-40 years old. -55kg, -65 kg + 65 kg

Veteran +40 years old. -85kg -95kg +95kg

1. JUDGING PRINCIPLES AND BASIC REQUIREMENTS

Kyokushin knock down karate rules

A. The competitors' safety

The competitors' safety should always be the main priority of the match officials.

In a case of an accident the referee must stay calm and act promptly to check the state of the competitor and if necessary, call the tournament doctor.

B. Judging principles and requirements

The referee should be able to make fair judgements at all times. If a judge or referee at any time feels that he/she can not be impartial, he/she should contact the Competition Supervisor to be substituted.

The referees must be able to make the correct signals and announcements.

The judges must wear Black trousers, Navy blue shirt and White bow tie and provide their own whistle.

2. CORNER JUDGES, REFEREES AND JUDGING CRITERIA

A. The bouts will be judged by 5 match officials; 4 judges and 1 referee.

B. The referee gives all the commands and announces all decisions.

C. Each judge, including the referee, has one vote.

D. All decisions must be majority vote of at least three of the five match officials.

E. The doctor may decide to stop a bout after consulting with the match officials, if a competitor is unable to continue due to an attack (legal or foul). If the bout has been stopped by the doctor due to a foul attack (Hansoku Waza) the fighter who fouled will lose the bout and the opponent will only continue into the next round with the doctor's authorization.

3. BOUT'S STARTING PROCEDURE

1. As the competitors are announced the head referee (**Sushin**) calls the red/white competitor to enter the competition (**Shobu**) mat area by saying: "**Aka / Shiro Nakae**"

2. The referee commands each competitor as he/she comes to the line to turn towards the official seats (**Shomen**) and in Fudo Dachi "**Aka / Shiro Shomen Muite**"

3. Once both competitors are on the match area the referee proceeds with the opening of the match, (**Shiai-gaishi**) with the formal greeting, (**Aisatsu**) with both competitors facing the official seats (**Shomen**) and bow on command: "**Shomen ni rei**".

4. Then the competitors face the referee and bow to the command: "**Sushin ni rei**".

5. Finally the competitors face each other and bow at the command: "**Otagai ni rei**".

6. After the greetings the referee indicates the competitors to take fighting position on the command: "**Kamaete**".

7. Herewith the referee gives the competitors the command to start the bout with: "**Hajime**".

4. BOUT'S REFEREEING TERMINOLOGY

A. Terminology during the match (Shiai-chu):

1. Stop the match: "**Yame**"
2. Continue fighting / Attack: "**Zokko**"
3. Foul attacks: "**Kogeki**"
4. Foul attacks to the face: "**Ganmen Kogeki**"
5. Foul attacks to the groin: "**Kinteki Kogeki**"
6. Grapping: "**Tsukami**"
7. Holding and clinching "**Kakaekomi**"
8. Head butting: "**Zutsuki**"
9. Pushing: "**Oshi**"

10. Calling in corner judges: "**Fukushin-shugo**"

B. The corner judge shall show the following actions with the flag:

1. Full point: "**Ippon**"
2. Half Point: "**Waza-Ari**"
3. Draw: "**Hiki-Wake**"
4. Warnings: "**Chui**"
5. Penalties: "**Genten**"
6. Disqualification: "**Shikaku**"
7. No score /no count: "**Mitomezu**"
8. Out of match area: "**Jogai**"
9. Unclear: "**Fumei**"

5. ANNOUNCEMENTS TERMINOLOGY

A. Foul Attack (**Hansoku Waza**):

Warning to red/white for head butting: "**Aka/Shiro, Zutsuki, Chui Ichi!**"

B. Full point Score (**Ippon**)

Red/white full point score with lower punch: "**Aka/Shiro, Shita-tsuki, Ippon**"

C. Half point score (**Waza-Ari**)

Red/White fighter's half point score with front kick: "**Aka/Shiro, Mae-Geri, Waza-ari**"

D. Two Half points score equals a full point

Announcing a second Waza-Ari with Gedan-Geri: "**Gedan-Geri, Waza-Ari Awasete Ippon**"

6. BOUT'S ENDING PROCEDURE TERMINOLOGY

The procedure at the conclusion of a bout (**Shiai Shuryo**):

- Stop Fighting: "**Yame**"
- Indication to face the front: "**Shomen-Muite**"
- The referee indicates judges to be set to raise their flag: "**Hantei-O-Torimasu**"
- The referee requests corner judges' decision: "**Hantei**"

The referee counts the flags ending with the majority decision and announces the victory.

Hereafter he employs the same procedure as in the opening of the bout.

- The contenders are facing the official seats: "**Shomen ni Rei**"
- The contenders face the referee and bow: "**Sushin ni Rei**"
- The competitors face each other and bow: "**Otagai ni Rei**"

After the greetings the referee indicates the fighters to shake hands.

The contenders should step down from the Shobu (match) mat on the same side as they entered the area.

7. COMPETITION / SHOBU AREA

The size of the competition area will be 8x8 meters + 1 meter safety zone around this. Thus the total will be a 10x10 meters mat. The platform will be 12x14 meters and 50 cm high.

8. DURATION OF THE BOUT AND EXTENSIONS PROCEDURE

The match procedure and duration of the bouts will diverge in preliminaries, semi-finals and finals as follows:

Women

- Preliminaries: 2 min.; 2 min.; Weighing; 2 min. (Final extension)
- Semi-finals: 3 min.; + 2 min.; 2 min.; Weighing; 2 min. (Final extension)
- Finals: 3 min.; 2 min.; 2 min.; Weighing; Tameshi Wari; 3 min. (Final extension)

Men

- Preliminaries: 3 min.; 2 min.; Weighing, 2 min. (Final extension)
- Semi-finals: 3 min.; 2 min.; 2 min.; Weighing; Tameshi Wari; 2 min. (Final ext.)
- Finals: 3 min.; 2 min.; 2 min.; 2 min.; Weighing; Tameshi Wari; 3 min. (Final ext.)

1. In both the Middleweight and Lightweight Divisions, if there is more than 5 kg weight difference, the lighter competitor shall be declared the winner, if there is less than 5 Kg difference a draw is declared and a final extension will held.

2. In the Heavyweight Division, if there is more than 10 kg in weight difference, the lighter competitor shall be declared the winner, if there is less than 10 Kg in weight difference a draw is declared and a final extension will be held.

3. In the final extension Encho-sen a winner has to be decided and the judges and referee can not declare a draw Hiki Wake and each judge must declare a win to one of the competitors.

4. The time of the bout will run when the referee signals the start with "Hajime".

5. The time will only be stopped during the match if the referee commands: "Jikan" (Time-stop) or when the bout's time is up.

9. EQUIPMENT, PROCEDURE AND RULES FOR COMPETITORS

9.1. Equipment

A. Fighters must fight in white Dogi. Men must not wear T-Shirt under dogi.

B. Women may only use soft types of breast protectors under white T-shirt.

C. Groin Guards are compulsory.

D. Mouth Guards are optional.

E. All fights are with bare knuckles and without shin pad protection.

F. Bandages and tapes must be authorized by the doctor prior to the bout.

G. All protection must be approved at the registration of the contenders.

H. It is not allowed to fight with glasses. The use of contact lenses is optional.

9.2. Procedure

A. Fighters are responsible for being ready on time for each bout.

B. The fighters must enter and exit the match Shobu mat area from each side as indicated by the organisation.

C. The red fight will be will be the contender with the lowest back number and the white competitor the one with highest back number.

D. The red "Aka" fighter will be called in first and should enter the match area on the official front's "Shomen" left side hand side. The white "Shiro" contender should enter the match area on the right side.

9.3. Rules

A. Competitors should present a medical certificate at the weigh-in. The medical certificate should include health check, HIV test, Hepatitis B&C test and medical declaration that approve participating in full contact fighting.

B. Competitors for should be a minimum of 18 years of age on the date of the tournament; and at least 4th Kyu.

C. All competitors must provide information and registration requests through your area Branch Chief or Country Representative.

I. Only official Branch Chiefs can enter requests of enrolments.

J. The participation in the world cup is on the competitors' responsibility only.

K. It is the Competitor's total responsibility to make a specific insurance for knock down fighting. The Spanish Organisation, OKKE and NPO IKO Matsushima will not in any way be responsible for any injury or accident that may come about during the World cup

10. HALF POINT SCORE (WAZA-ARI)

A. A legal technique or attack that downs an opponent that is able to recover his standing position within 3 seconds will be judged as Waza Ari, a half point score.

B. A competitor who is reluctant to fight but resumes the fight within 3 seconds will be judged as a Waza Ari.

C. It is the referee's and the doctor's combined decision to decide whether a downed Competitor may continue.

D. A competitor who is awarded a half point score will be given the victory at the end of the bout if no other score have been granted.

11. FULL POINT VICTORY (IPPON GACHI)

A. A technique or an attack that connects or results in an immediate knock down of the opponent for more than 3 seconds, scores an Ippon, a full point

B. The competitor will be awarded a full point (IPPON) if his opponent is reluctant to fight for longer than 3 seconds as a result of a legal technique.

C. Two half points (Waza Aris) will result in a full point Awasete Ippon

D. The disqualification will automatically give the opponent victory.

12. WINNER BY DECISION (HANTEI GACHI)

A. If no Ippon, Waza Ari or Hansoku has been given the full amount of damage during the bout will be taken into account as main priority in the decision.

B. If no damage has been registered, the overall Yuko Uchis, efficient attacks will be the criteria for the decision.

C. In the final extension, Encho-sen, where a decision has to be taken, if no Ippon, Waza Ari or Yuko Uchi has been effectuated, the decision must be taken upon the basis of who has been the most forceful and dynamic during the bout.

D. If a Genten, a penalisation has been awarded to a competitor during Encho-sen, the final extension, his opponent will be awarded the victory.

13. ALLOWED TECHNIQUES AND **ACTIONS**



踵落とし蹴り Axe Kick



後ろ蹴り Back Kick



肘打ち Elbow Strike



正拳突き Fore-Fist Thrust



前蹴り Front Kick



上段蹴り High Roundhouse Kick



下段蹴り Low Kick



膝蹴り Knee Kick



足掛けから瞬時に下段突き
Leg Sweep Followed By A Strike



下突き Lower Thrust



下段蹴り Low Kick



中段蹴り Middle Roundhouse Kick



寝蹴り Roll Kick



横蹴り Side Kick



後ろ廻し蹴り Spinning Back Kick

14. BANNED ACTIONS AND TECHNIQUES

1. Disobeying the referee's directions
2. Making comments to the referee
3. Straight attacks to the knee joints

4. Any intentioned attack to the opponent's spine from behind
5. Attacks towards a fallen opponent
6. Attacking a downed opponent, while he/she is lying on the floor.
7. Stepping repetitively out of the match mat area: "**Jogai**"
8. Attacks with hand or elbow techniques, **Ude-waza** to the head, neck or face
9. Grappling: "**Tsukami**"
10. Attacking while hook holding: "**Kake Tsukami**"
11. Holding or clinching: "**Kakaekomi**"
12. Pushing: "**Oshi**"
13. Head butting: "**Zutsuki**"
14. Kick to the groin: "**Kinteki-geri**"
15. Retreating continually out of the match area and to avoid or refrain from fighting
16. Constant bad attitude or behaviour towards the referee or competition
17. Any fighter who refuses to fight over a longer period of time (30 seconds) can be disqualified.



15. WARNINGS AND PENALTIES PROCEDURE

The following procedure for announcements of warnings and penalties should be implemented by the referee towards foul techniques or actions:

1. **FIRST WARNING:** The referee points to the offender's stomach saying: "**Chui-ichi**"
2. **SECOND WARNING / FIRST PENALTY:** The referee points to the offender's stomach saying:

- "Chui-ni", he then points to the offender's face with: "(Awasete) Genten-ichi"
3. **THIRD WARNING:** The referee points to the offender's stomach saying: "Chui-ichi"
 4. **FOURTH WARNING / SECOND PENALTY / DISQUALIFICATION:** The referee points to the offender's stomach saying: "Chui-ni" the referee then points 2 fingers to the offender's face with: "(Awasete) Genten-ni". Finally the referee disqualifies the offender by pointing to the offender's face, then to the outside of the match area, indicating him/her to leave the area by announcing: "Shikkaku"
 5. Serious infringements may result in penalties without warnings.

16. DISQUALIFICATIONS

The following circumstances may result in disqualifications **Shikkaku**:

1. In the case of second penalisation **Genten-ni**
2. Constant disobeying the referee's instructions.
3. All actions regarded as absolute violence or intentional fouls.
4. Any contender who refuses to engage in fighting during a match after the referee has appealed to the fighter to do so 3 times.
5. If both contenders show unwillingness to engage in fighting for more than 30 seconds, both fighters will be disqualified.
6. No show. If a competitor does appear when called in for a bout within 1 minute

17. TAMESHI WARI /BREAKING CONTEST

The Tameshi-Wari contest is compulsory for semi-finalists (12 contestants) and female finalists (6 contestants) with the following 4 techniques:

1. **Seiken** (punch with the fist)
2. **Shuto** (Strike with the edge of hand)
3. **Hiji** (Elbow strike)
4. **Kakato or Sokuto-Geri** (Downward Heel or Side kick)

A. The minimum amount of boards for male contestants will be 2 boards and 1 board for female contestants.

B. Points are awarded according to the number of boards broken.

C. The total sum of broken boards will be base on which the "Decision on Tameshi Wari" will be made when no sufficient weight difference is found between the fighters.

D. Contestants who fail to break the boards in the first attempt will have second attempt at the minimum amount of boards.

E. Contestants who fail the second attempt with a specific technique will not score any points.

F. Any materials as cloths or towels must be recognised by the Tameshi Wari supervisor.

G. The contestants have 30 seconds to break the boards.

18. TAMESHI WARI CONDUCT AND TERMINOLOGY

a. Tameshi Wari area:

The Tameshi Wari contest will be held on the ceremony stage (not on competitions mat area)

b. Procedure of the contestants:

The Tameshi Wari contest will commence with the 6 female finalists and end with the 12 male semi-finalists.

The contestants must all be facing the official seats and stand in **Fudo Dachi** when standing and sit in **Seiza** or **Anza** (if indicated by the Tameshi Wari contest official) when sitting down.

The contestants who succeed breaking the boards most sit down.

The contestants who fail keep standing.

c. Announcements of the Start of Tameshi Wari contest:

- **Shomen ni rei:** Bow for official table.
- **Mawatte:** Turn around 180° towards Tameshi Wari official
- **Rei:** Bow to official
- **Mawatte:** Turn around towards official table
- **Kamaete:** Stand by / Get Ready
- **Hajime:** Start breaking the boards (within 30 seconds)

d. Announcements of results

Kansui: Successful breaking

The Tameshi Wari contest official raises his right arm 45° indicating a successful attempt, pronouncing:

1. **Name of contestants**
2. **Back number**
3. **Numbers of broken boards**
4. And "**Kansui**"

Shippai: Failed breaking

The Tameshi Wari official crosses his arms downwards gesticulating from side to side indicating a failed attempt, pronouncing:

1. **Name of contestants**
2. **Back number**
3. And "**Shippai**"

Any situation or item not classified in this Rules, will be decided by The Referee Executive Commission during the tournament.

