

# United Promoters Martial Arts Circuit

## KATA – KUMITE – PADDED WEAPONS – SELF DEFENSE

### ( RULES) – QUICK REFERENCE

**KATA:** SCORING RANGE 9:60 – 9:80 ALL DIVISIONS (AVERAGE 9:70 )

**KATA-WEAPONS-SELF DEFENSE (MAY RE-START) UNDER BLACK BELTS.**

**ALL BLACK BELTS MAY NOT RE-START.**

**JUDGE FOLLOWING : Speed, Power, Control, Balance, Coordination,  
Focus, Stance, Punching, Kicking, Blocking.**

**SPARRING: ALL COMPETITORS MUST WEAR FACESHIELD. INCLUDING BLACK BELTS.**

**Coaching is allowed at all times. ONE TIME per match. (Parents can call a time out)**

**TIME LIMIT (2 Minutes Per Match) Total Points 8. Whichever comes first.**

**1 point for all hand techniques, body kicks.**

**2 point for all head kicks.**

**2 point for boot to boot. Must control opponent going to ground.**

**Follow up with punch only.**

**( THERE IS FACEMASK CONTACT ALLOWED IN ALL DIVISIONS )**

**THERE IS NO WARNING ISSUED FOR THE FOLLOWING VIOLATION:**

**A POINT WILL BE GIVEN TO YOUR OPPONENT.**

**1. Running out of bounds. (One foot out. Means your out)**

**2. Kicking to spine/back area. 3. All low kicks below the waist. 4. Spinning back fist.**

**5. No Groin Kicks. 6. Anyone that is rude to officials. Disrespecting OFFICIALS.**

**7. Bullying from the stands. ( Example: Hit him/her harder, Knock him out.)**

**8. (EXCESSIVE CONTACT TO HEAD AREA):**

**FIRST TIME IS A POINT TO OPPONENT. SECOND TIME IS DISQUALIFICATION.**

**9. ANY BLOOD DRAWN. ALL HEAD SNAPPING DUE TO CONTACT.**

**PADDED WEAPONS: MUST WEAR A FACE SHIELD. TIME IS 1 ½ MINUTES.**

**1. First to five points or time is over.**

**2. One point for all strikes/ No ground striking/ Both hands must stay on weapon.**

**3. No baseball swinging/ no strikes to the back.**

**SELF DEFENSE: PLEASE SCORE ON REALITY.**