



KARATE NEW ZEALAND
Union of New Zealand Karate-Do Organisations
P.O Box 6298 Marion Square WELLINGTON
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Attn: Clubs, Sports Co-ordinators

2010 NATIONAL SECONDARY SCHOOLS KARATE CHAMPIONSHIPS

Information Sheet

What: NZ National Secondary Schools Karate Championships
When: Sunday 11 July 2010, 1pm – 5 pm
Where: Te Rauparaha Arena, Porirua
Cost: \$20 - unlimited events; spectators free.

- The competition is open to all fulltime students of New Zealand Secondary Schools as long as their entry is signed by their School Principal, they are under the age of 19 years as at 1 January 2010 and they meet the eligibility requirements of the NZ Secondary Schools Sports Council and Karate NZ
- The tournament will be conducted under the rules of the World Karate Federation (basic outline of rules explained below) & officiated by qualified Karate New Zealand referees & officials.

Basic Explanation of Rules

The tournament has two distinct areas of competition - Kata & Kumite.

Kata are Form patterns performed by an individual, which are judged on the basis of execution of technique, timing, correct posture & focus etc. For this tournament, there are two separate divisions:

- Development (3rd kyu and below) – must perform Heian, Pinan, Taikyoku, Gekisai, Saifa or any basic level kata – can repeat but not in consecutive rounds
- Premier (open grade) – must perform kata from either the KNZ compulsory kata list or the WKF kata list – cannot repeat kata in succeeding rounds

Competitors cannot enter both development and premier kata categories.

Kumite is the sparring competition between two contestants.

Each match will be 2 minutes in duration of actual sparring time. The winner is the first to achieve an eight-point difference or the contestant with the most points at the end of the time. In situations of a draw, the referee will call extra time of 1 minute. This will be a new bout. If at the end of extra time the match is still drawn, the referee, in conjunction with the judges will make a decision.

Points will be scored for correct application & execution of kicks, punches or strikes to the scoring area, which are not blocked or avoided. The scoring area includes the head, face, neck, side, abdomen, chest and back but excludes the groin & limbs.

“Control” is of the essence & therefore excessive force or contact will result in penalty points being awarded, even if the technique is delivered to a scoring area.

Open handed techniques to the face, attacks to joints (knees, elbows etc) & any technique, which by its nature is considered dangerous, are all illegal techniques & will be penalised.

For this tournament, there are two separate divisions:

- Development (3rd kyu and below)
- Premier (open grade)

Competitors cannot enter both development and premier kumite categories.

The WKF rules are on the Karate New Zealand website (www.karatenz.co.nz) under the sport karate section or call the Karate New Zealand office on 0800 367-527.

Competition dress code

- All competitors must wear a clean white Gi in good condition
- All Kumite competitors must wear mouth guards
- All male competitors (particularly seniors) should wear groin protectors
- All female competitors 14 yrs and over must wear chest protectors (younger competitors are encouraged to wear chest protectors as approved by WKF or KNZ)
- All kumite competitors must wear WKF or KNZ approved hand guards and shin and instep protectors (competitors should have both red and blue hand guards)

Further information is available by contacting Karate New Zealand 0800 367 527 or email admin@karatenz.co.nz

Please ensure entries with entry fee attached are received by Karate New Zealand by Monday 5 July 2010, at PO Box 6298, Marion Square, Wellington or admin@karatenz.co.nz

Karate New Zealand National Secondary Schools Championships Entry Form



*"Supporting the community through
hotels and taverns"*

Te Rauparaha Arena, Porirua
Sunday 11 July 2010: 1pm start
COMPETITOR FEE: \$20 UNLIMITED EVENTS

Name _____ Ph _____

Age (as at 01 Jan 10) _____ D.O.B. _____

Gender (circle one) Male Female

School _____

Principal's Declaration: The students named above are enrolled at this school in a class in Year 9 or above on the day of competition, are under the age of 19 years as at 1 January 2010 and satisfy the eligibility criteria for secondary school sporting competitions as set by NZSSSC and Karate New Zealand.

Signature of Principal or authorised designate _____

Entering (circle or tick divisions entered)

MALE KATA	Prem	Dev	FEMALE KATA	Prem	Dev
under 14 years	___	___	under 14 years	___	___
under 16 years	___	___	under 16 years	___	___
under 19 years	___	___	under 19 years	___	___
MALE KUMITE	Prem	Dev	FEMALE KUMITE	Prem	Dev
under 14/ Open	___	___	under 14/ Open	___	___
under 16/ Open	___	___	under 16/ Open	___	___
under 19/ Open	___	___	under 19/ Open	___	___

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