

CHICAGO KARATE TOURNAMENT

KIHON

Level	Age Group	Techniques	System / Duration	Notes
Beginner/Novice	Ages 3-4	Front punch, Rising block	Stationary from Ready or Horse stance	Double elimination: Winners' bracket decides 1st/2nd places. Losers' bracket determines two 3rd places. 5 repetitions of each technique per round.
Intermediate/Advanced		Front punch, Rising block, Front kick		
Beginner/Novice	Ages 5-6	Front punch, Rising block, Downward block	Moving forward	
Intermediate/Advanced		Front punch, Rising block, Downward block	Moving forward/backward	

MAKIWARA-TATAMI SAMURAI

Level	Age Group	Techniques	System / Duration	Notes
M - Beginner/Novice	Ages 3-4	Front punch, Front kick	Stationary from Ready or Fighting stance	Single Eliminations - points or flags using bags/shields paddles - max 5 repetitions using rebreakable boards
M- Intermediate/Advanced				
M- Beginner/Novice	Ages 5-6	Front/Reverse Punch or Hammer Fist or Front Kick	Stationary from Fighting stance	Progressive Scoring - 3 pts-1st time, 2 pts-2nd, 1 pts-3rd, 0 pts - no break (1st round-blue, 2nd round-yellow, 3rd round-red)-max 3 attempts with gloves
M-Intermediate/Advanced				
TS -Beginner/Novice	Ages 5-7	No touch to the jodan "smiley face" and no knocking down the bags	superiority of techniques and tactics (combinations)	Single Eliminations - 1 min stopping time Using bags - 8 points ceiling - R/B gloves
TS - Intermediate/Advanced				

KUMITE

Level	Age Group	Techniques	System / Duration	Notes
Beginner/Novice	Ages 5-13	No touch to the face, neck or head.	Single Elimination, 1.5 min stopping time	8 points ceiling for all categories except WKF - 8 points spread. Headgear or mouthguard, R/B gloves, R/B shinguards, R/B belts, white uniuform, <i>bodyprotector/sport googles*</i> <i>*optional</i>
Intermediate/Advanced				
Beginner/Novice	Ages 14-15	No hand touch to the face, neck or head.	"skin touch" is allowed for kicks only.	
Intermediate/Advanced				
Beginner/Novice	Ages 16-17	Jodan "skin touch" is allowed for punches and kicks.	Single elimination, 1.5 min stopping time or 2 min-WKF only	
Intermediate/Advanced				
Beginner/Novice	Ages 18+	Scoring techniques require controlled impact without causing injury.	Single elimination, 1.5 min stopping time or 3 min-WKF only	
Intermediate/Advanced				

KATA

Level	Age Group	Techniques	System / Duration	Notes
Beginner/Novice	Ages 5+	Taikyoku, Heain/Pinan, Gekisai, Fukkyu Kata, Kihon Kata	Single or Double Elimination, Simultaneous execution except WKF	white uniuforms, <i>R/B belts</i>
Intermediate		Beginner or Intermediate kata from the Kata List - <i>may repeat</i>		
Advanced		Any kata from the Official List - <i>repeat every 2nd round</i>		

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Kata List (Beginners):
0-1 Year Experience
1. Chi no Kata
2. Fukyu Daichi
3. Fukyu Daini
4. Gekisai Daichi
5. Gekisai Daini
6. Heian Shodan
7. Heian Nidan
8. Junino Kata
9. Kihon Kata
10. Pinan Shodan
11. Pinan Nidan
12. Taikyoku
13. Ten No Kata

Kata List (Novice):
1-2 Year Experience
1. Chi no Kata
2. Fukyu Ichi
3. Fukyu Ni
4. Fukyu San
5. Gekisai Daichi
6. Gekisai Daini
7. Gekisai Dai San
8. Junino Kata
9. Heian Shodan
10. Heian Nidan
11. Heian Sandan
12. Heian Yondan
13. Heian Godan
14. Pinan Shodan
15. Pinan Nidan
16. Pinan Sandan
17. Pinan Yondan
18. Pinan Godan
19. Taikyoku
20. Ten No Kata

Kata List (Intermediate):	
2-4 Year Experience	
1. Ananku	28. Naifanchin Nidan
2. Arakaki Sochin	29. Naifanchin Sandan
3. Aoyagi	30. Naihanchi
4. Bassai	31. Nijushiho
5. Bassai Dai	32. Niseishi
6. Bassai Sho	33. Pachu
7. Chinte	34. Passai
8. Enpi	35. Bohai
9. Garyu	36. Sails
10. Hangetsu / Seisan (no goju)	37. Sanchin
11. Haufa (Ishimine)	38. Sanseiru
12. Bassai	39. Sanseru
13. Itosu Bohai Shodan	40. Seichin
14. Itosu Bohai Nidan	41. Seienchin (Seiyunchin)
15. Itosu Bohai Sandan	42. Seipai
16. Jiin	43. Seiryu
17. Lion	44. Shinpa
18. Jitte	45. Shinsei
19. Puroku	46. Shisochin
20. Kanku Dai	47. Tekki Shodan
21. Kousokun Dai	48. Tekki Nidan
22. Kusanku (only wado kata)	49. Tekki Sandan
23. Matsukaze	50. Tensho
24. Matsumura Bohai	51. Wankan
25. Meikyo	52. Wanshu
26. Myojo	53. Wanshin (Kobayashi)
27. Naifanchin Shodan	

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