

SEIDO KARATE TOP OF THE SOUTH JUNIOR / TEEN TOURNAMENT



Tournament Tips

When you do kata and Shiai, you are not only being judged on your technique but also on your spirit.

Look Sharp



Looking neat and tidy will give the judges a good impression, and it will also help your confidence. Be sure you have a clean, ironed Gi.

Tie your belt neatly and evenly, get a senior to help if you need to.

Louder Is Better



When you hear the judge call out your name to come up and perform, respond loudly with an "Osu".

When you let the judges know the name of your kata, say it clearly, practicing this at the dojo is good for your confidence.

When it's time to "**Kiai**" in your kata, do it loud enough that everyone at the tournament hears you.

Put On Your Karate Face



One thing the judges are looking at is your focus. The better your focus the better the score may be. You can show them that you have good focus by putting on your Karate face. Your serious face.

When you finish your kata, stand still (without fidgeting) while waiting for your score, be proud of your achievement.

When ever you get a chance to practice your Kata or Shiai in front of other students at the Dojo take the opportunity, it gets you ready for the tournament

Get Down Low and Go, Go.



Sometimes we do all our punches and kicks as fast as we can, but we forget about our stances.

When the judges are deciding what score to give you, they pay close attention to your stances.

So, make them **Low, Long and Strong**.

Be A Good Sport



Manners and respect are important parts of Seido Karate. When you are at a tournament, after each person has completed their kata, be sure to join in and clap and cheer for them.

Even if you don't know them, it shows everyone that you are a good sport.

I'm sure they tried their hardest and for that, they deserve your applause.

Finally, if you get a medal, that is awesome. But if you don't get a medal, don't worry, because if you tried your best then you should be proud of yourself for entering because that is the only way we get better.

Tournament Sparring (Kumite) Tips

To Do Well, You Need Energy



Kumite requires lots of energy so be sure to get a good night's sleep and have a good breakfast. Even if you are a little nervous and don't feel hungry, eat something anyway.

Pack a bottle of water to bring with you to sip between rounds.

Quality over Quantity

It's not how many punches you throw that scores you points, it's the quality of your punches. If you want to score points, make sure that each punch or kick is your best technique. Remember it is Point Sparring not full contact, so watch your contact level.

Kiai Loudly

When you deliver a good punch or kick, you need to yell out a loud kiai. This tells the judge that you were trying your best.

When competing, you have two goals. To try and score points for yourself AND to stop your opponent from scoring points. This is where your guard comes in. You need to keep your guard up high,

Have Fun!

Whether you win or lose is not as important as to whether you tried your hardest and had a great time. So, decide before you start that you are competing for fun. Winning is just a bonus!