

SEIDO KARATE TOP OF THE SOUTH JUNIOR / TEEN TOURNAMENT

Rules

Shiai – White Belt to Yellow Belt

-  2 students in the ring at the same time.
-  Let them show their own individual free spirit Shiai.
-  25 seconds (Bell at 20 seconds then 5 seconds to finish a strong technique and Kiai.

Kata - All Grades

-  An Appropriate Kata for the student's current grade.
-  Recently graded students may do a kata of their previous grade.

Point Sparring – Green belt to Black Belt

-  One 2 Minute Round
-  Cumulative points system where participants with the most points at the end of the round is declared the winner.
-  Points will be awarded as follows:
 -  Ippon – 1 point for Chudan Tsuki, Jodan Tsuki/ Haito.
 -  Nihon – 2 points for Chudan kicks, Mae Geri, Mawashi Geri or Yoko Geri
 -  Sanbon - 3 Points for any Jodan kicks followed by a scoring technique

Contact Sparring – Continuous 2 Minute Round

Normal dojo sparring rules (No leg kicks, No Knee kicks)

Light controlled Head contact. Medium contact allowed

Contact Sparring is an exchange of Technique, which will be closely monitored by the Centre judge.

Protective Equipment – Mouthguard – Hand and Foot protection Compulsory.

Head gear optional