

Categories	Intermediate White	White/Blanche	Yellow/Jaune	Orange	Green/Vert	Blue/Bleu Purple/Mauve	Brown/Brune	Black/Noir
Rank	9Bkyu	9 kyu	8kyu	7 kyu	6 kyu	5-4 kyu	3 - 1 kyu	Dan
Individual Kata Eliminations	Taikyoku 1	Heian 1	Heian 2	Heian 3	Heian 3, 4	Heian 4,5	Heian 5, Tekki 1	Bassai Dai, Kanku Dai, Empi, Jion
Finals							Choice	Choice
Individual Kumite	Basic 5 step	Basic 5 step	Basic 3 Step	Basic 1 step	Basic 1 step	Basic 1 Step & Semi-free	Semi-free & Free	
	Gohan Kumite	Gohan Kumite	Sanbon Kumite	Kihon Ippon	Kihon Ippon	Kihon Ippon & Jyu Ippon	Jyu Ippon & Shobu Ippon	
Attacks/Attaques	Jodan Chudan if tie	Jodan Chudan if tie	Jodan Chudan if tie	Jodan & Chudan migi if tie	Jodan (J) Chudan (C) Maegeri (M) Kekomi (K)			
8-11 mixed/mixtes					JCM 1 side/côté	Basic Ippon JCM 1 side/côté	Jyu Ippon JCMK	Jyu Ippon JCMK
12-17 mixed/mixtes					JCMK 1 side/côté migi if tie	Jyu Ippon JCMK migi if tie	Jyu Ippon JCMK	Jyu Ippon JCMK
18&up adult men/hommes & women/femmes					JCMK migi if tie	Jyu Ippon JCMK migi if tie	Shobu Ippon Kumite	Shobu Ippon Kumite (1point/2min)
TEAM KATA	Taikyo-ku 1	Heian 1	Heian 2	Heian 3	Heian 4	Heian 5 , Tekki 1	Choice	Choice
TEAM KUMITE en Equipes								18 & up adult 3 men

There will be a separate category for shodans. The top 2 shodans will join the Nidan & up eliminations. The final match for first place in adult kumite will be Shobu Sanbon Kumite (3 points - 3 minutes). A student cannot be on 2 team katas.

Mouth guard

Hand covers - white

Shin guards - none                      Arm protection - none

Hair - tied back - male & female

No verbal retaliation