



GUIDELINES FOR KUMITE - KIHON EVENTS

Combination

1. The combination will COMPULSORY include 3 kumite techniques.
2. Of the 3 techniques that will be executed, one of them MUST be a leg technique (Geri Waza).
3. Techniques will be executed successively so that each attack "touches" its imaginary opponent (this will be considered same height as the athlete one performing the attack).
1. Attack techniques can be at JODAN, CHUDAN or GEDAN levels.
2. The 3 techniques must be executed in the front direction (the imaginary opponent will be considered to be in front of the athlete carrying out the attack)
3. In addition to the 3 attacks, the combination may include blockages or swipes, which cannot exceed the number of 2 in a combination. These are not part of the number of compulsory attack techniques.
4. The combination will be executed in a maximum of 10 seconds.

Number of steps:

1. The athlete enters the tatami and sits on the left or right side (depending on those indicated by the Central Referee).
2. The athlete performs the salute.
3. The Central Referee will ask the athlete to start the execution by: HAGIME!
4. The athlete executes the combination (combination is performed forward).
The combination is performed 3 times (the direction of all exercises will be in the front. After the execution of a combination the athlete will return to the initial position, keeping the direction of future attacks).
5. The execution time of the 3 combinations may not be more than 40 seconds.
6. After completing the 3 combinations, the athlete will return to its original position and waiting for the decision.
7. The referees, at the command of the Central Referee (through a long sound of whistle followed by a firm and short one) will raise a flag for AKA / SHIRO or Equality.
8. After the final decision the athletes will perform the salute and leaves the tatami.

Equality:

In the event of a tie, each athlete will have to change the content of the combination (another combination will be executed). After completing the 3 exercises the referees will decide, avoiding a new tie decision.

Objectives:

1. Athletes:

1. Attacks techniques must be successive, clear and precise (focusing the target). It will be performed with maximum KIME and the last technique of each combination will be finalized with KIAI.
2. The execution of the 3 combinations must be identical.
3. The movements must be precise, firm and executed at full speed.

Referees:

1. Track the accuracy of each technique that must reach its target.
2. Evaluate the firmness, speed, strength of each technique.
3. Evaluate the rhythmicity of the 3 techniques, the chaining and fluidity of their execution in each combination.
4. Track stability, position accuracy when completing each technique.
5. Follow the execution of the third technique with KIAI in each combination.
6. Follow the mastery of execution of the combination as well as its level of difficulty.