

Competitor Information Competitions



Seiken Ryu Karate Association

These guidelines have been developed for Seiken Ryu Competitions: they are closely aligned to WKF Guidance but some procedural differences do exist.

Be aware when entering external competitions that differences in scoring and procedure may apply.

Dress and Presentation

- Gi trousers should not be below ankles
- Long hair should be tied back
- Finger and toe nails cut short
- Only SAFETY SPECTACLES can be worn
- Soft contacts can be worn at competitors own risk
- GUM SHIELDS must be worn
- All jewellery to be removed/taped
- Suitable sparring mitts ESSENTIAL
- Groin guards are recommended

Sparring Competition Levels

Summary of Match Differences between the Three Levels of Seiken Ryu Competition Sparring			
	LEVEL 1	LEVEL 2	LEVEL 3
Scoring Criteria Applied	Technique must demonstrate all five relevant criteria of: form; speed; distance/contact; awareness; use of kiai		Referee's discretion to award points for lesser techniques
Scoring Contact Level	Within 5cms of head and touch contact with body	Within 10cms of head and touch contact with body	Within 15cms of head and within 10cms of body
Maximum Contact Level	Touch contact to head/face, moderate contact to body	No contact to head or face, touch contact to body	
Duration of Matches	Preliminary bouts 2 mins, final bout 3 mins	All bouts will be of 2 mins duration	
Number of Match Points	All bouts will be fought for 8 match points; first competitor to reach 8 points, or competitor with highest score at end of bout will win the match		

Scoring – Points Awarded

YUKO: One Point – awarded for any hand technique

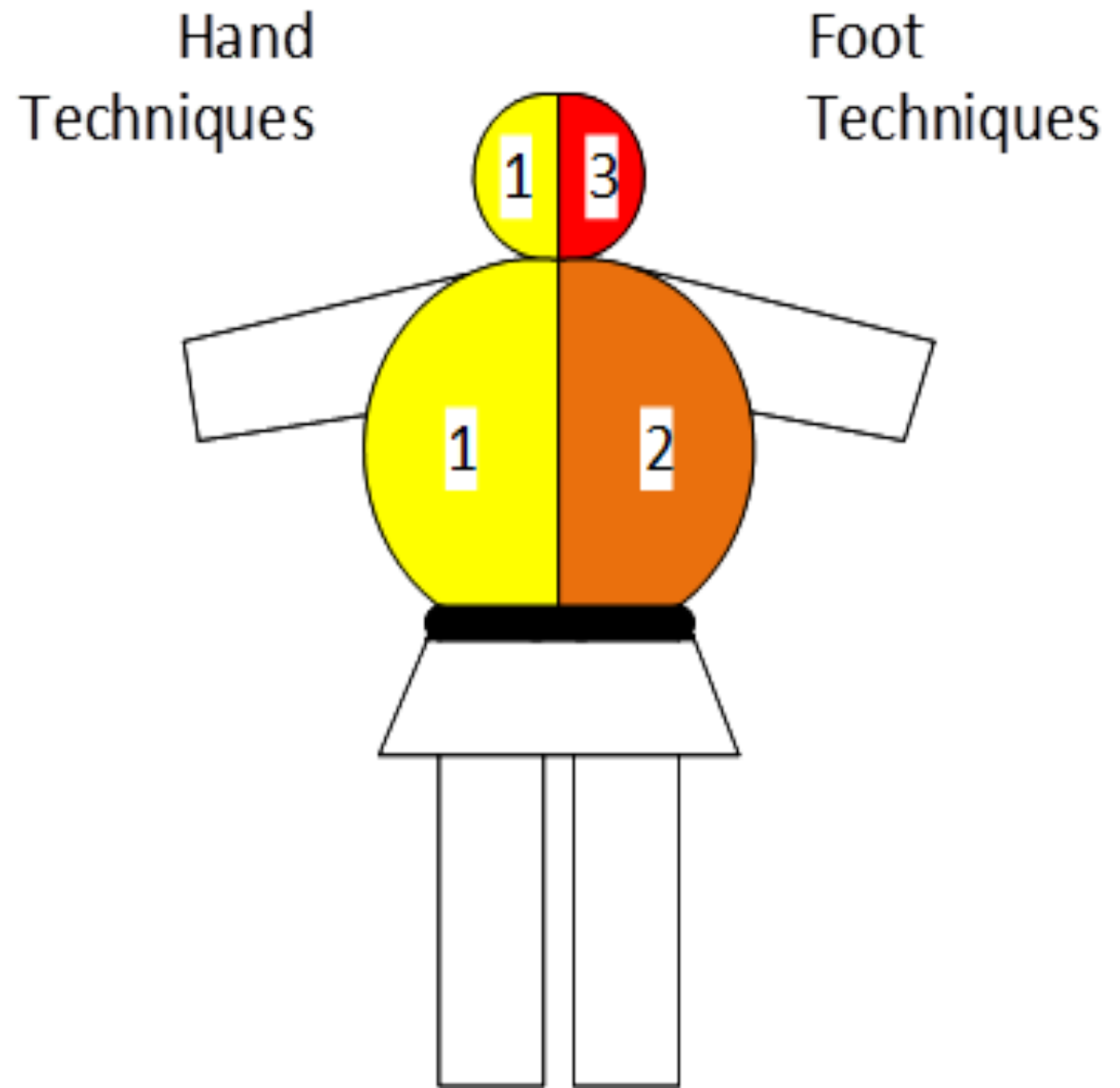
WAZA-ARI: Two Points – awarded for any foot technique to body

IPPON: Three Points – awarded for any foot technique to head, and, any technique on a fallen opponent

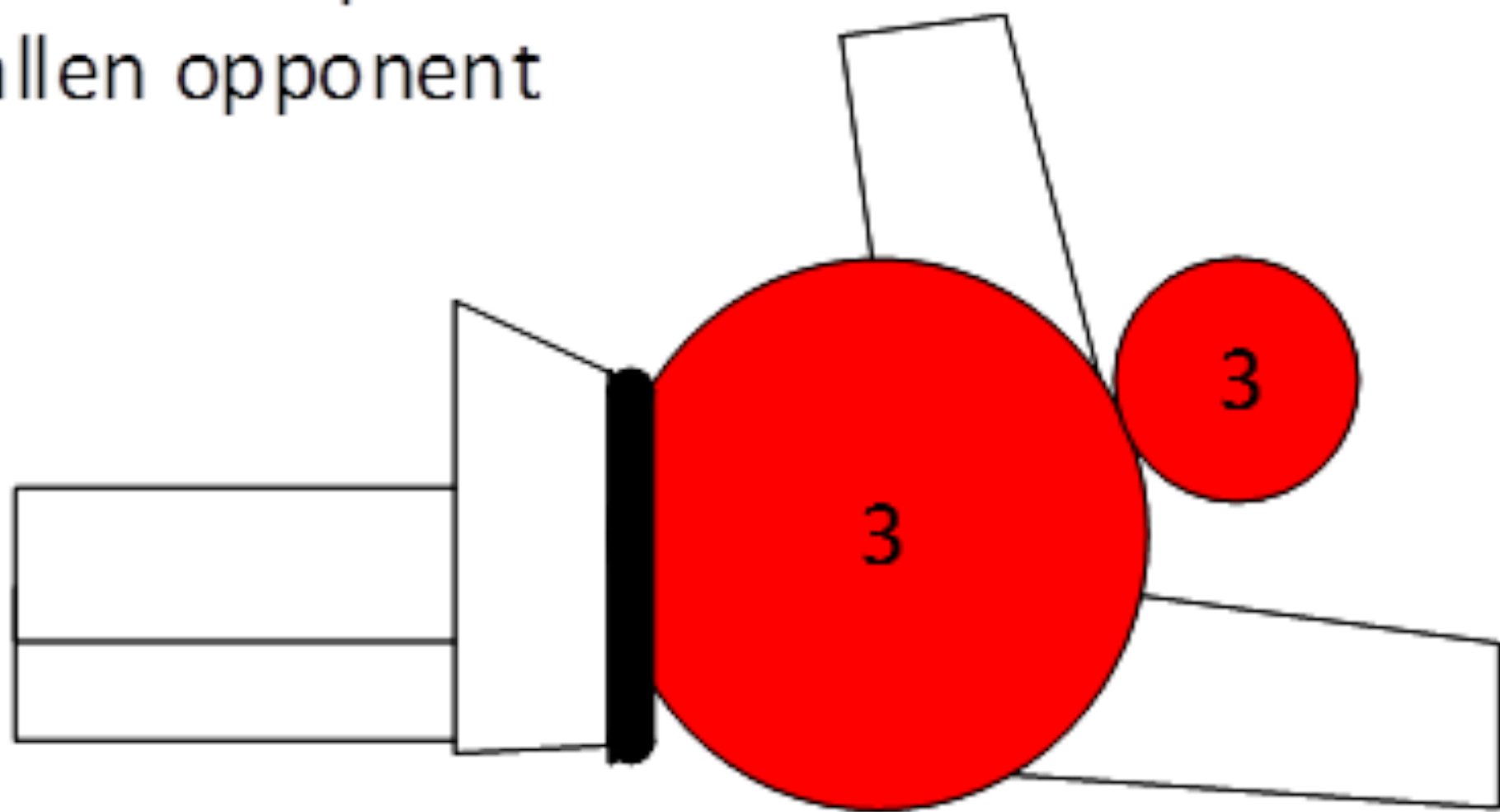
Scoring Areas and Scoring Techniques

Scores are awarded by techniques and by target (Jodan and Tudan) so that:

- All hand techniques whether to body or to head score 1 point.
- All foot techniques to the body score 2 points.
- All foot techniques to the head score 3 points



All Techniques on
fallen opponent



Category 1 & 2 Warnings

Category 1 Offences put the opposing fighter at risk, they include:

- Excessive contact
- Attacks to the throat, arms, legs, groin, joints, or instep
- Forbidden techniques
- Dangerous techniques
- Jumping attacks
- Attacks with knees, elbows

Category 2 Offences put only the offending fighter at risk, they include:

- Feigning or exaggerating injury
- Exits from area (jogai)
- Self-endangerment (mubobi)
- Avoiding combat to prevent score
- Clinching without throw
- Failing obey referee
- Goading opponent

Forbidden Techniques

- Throws with pivot above hip
- Throws where opponent let go
- Any attack to the throat
- Any open hand technique
- Any strike to groin or legs
- Any techniques that can not be controlled

Awarding Points after Penalties

Indicate Penalty Level

- 1st – CHUKOKU
- 2nd – KEIKOKU
- 3rd – HANSOKU CHUI
- 4th – HANSOKU

- 5th - SHIKKAKU

Then Indicate any Points awarded

- Free – no points to opponent
- Award 2 points (signal waza-ari)
- Award 3 points (signal ippon)
- Disqualification – award match

- Stop match, make no comment, consult Chief Referee