

IFK Kata Rules (USA-IFK)

Divisions

Age

- 13 and below
- 14–17
- 18+

Skill

10th kyu – 5th kyu

Kata List: Taikyoku 1, Taikyoku 2, Taikyoku 3, Pinan 1

4th kyu – 1st kyu

Kata List: Pinan 3, Pinan 4, Pinan 5, Tsuki no Kata

Black Belt (not available for ages 13 and below)

Kata List: Pinan 2, Gekisai Dai, Yantsu, Saiha

Note: If a kata is drawn in Round 1 that the student has not been taught due to the student's current rank, the student may pass and a new card will be drawn. In Round 2, the student selects a kata they know.

Format

Round 1: The competitor performs one kata from the appropriate kata list, randomly selected by the Chief Judge. The Chief Judge announces the kata name; the competitor repeats it back to confirm. If the competitor performs the wrong kata, they are disqualified.

Scores from all judges are added. The top four total scores advance to Round 2. If there is a tie for the 4th position, the tied competitors will perform a second kata under the same rules (the same kata may be performed again by chance).

Round 2: The competitor chooses a kata from the list for their skill level. They may not choose the kata they performed in Round 1.

Awards are given to the top three competitors.