

Article VIII. NASKA FORMS AND WEAPONS DIVISIONS

Section 8.01 TRADITIONAL

These forms must capture the essence of classic martial arts movements, displaying the traditional techniques, stances, footwork, and weapons. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances, and focus. Forms may be unmodified or modified from what a system or school considers to be the original version of the form; however, performance of the following movements will result in a downgrade of the form, or upon unanimous vote of the judges, a “no score” as a form inappropriate for the division:

- a) Movements that involve more than a 360-degree spin;
 - b) Require the body to be inverted more than parallel to the floor;
 - c) More than two kicks with the same leg without putting the foot down in between;
 - d) Front or back flips;
 - e) Cartwheels;
 - f) Front or side leg splits;
 - g) Releases of the weapon other than simple hand switches;
 - h) or any other gymnastic movements or extreme exhibitions of flexibility or agility with the body or weapon that are deemed in the opinion of the judges to be inappropriate for the division pursuant to the general guidelines set forth here. (EXCEPTION – A Forward Roll is a legal Traditional Technique.)
- Commentary There has been a great deal of debate among reputable martial artists regarding whether a form or series of moves are outside of the bounds of the Traditional Division. Because NASKA is a tournament circuit open to all styles and schools (across the nation and around the world) and from which judges are utilized, each competitor must make his or her own decision regarding whether to include movements, which might be to be objectionable for the Traditional Division. Just like the extreme and creative competitors, the traditional competitors will try to extend the base of the rules that govern the traditional divisions to gain an advantage over their competition. If there is something performed in a traditional form or weapon division that is not covered by the above rules, the NASKA Rules Officials will make the decisions if a technique is a legal or illegal move.

Section 8.02 CREATIVE

The Creative Division allows forms to include contemporary martial arts techniques that have evolved over the last 30 years. These may be added to a traditional form, or the form may be devised in its entirety by the competitor. The Creative Division was formerly known as the Open Division and before that the American Division. A form in the Creative Division must ONLY include techniques which originate from martial arts and like the Traditional Division, emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, weapon twirls, weapon releases, and other creative martial arts techniques are permitted. Performance of the following movements will result in a downgrade by the judges, or upon unanimous vote of the judges, a “no score” as a form inappropriate for the division:

- a) Movements that involve more than a 360-degree spin;
- b) require the body to be inverted more than parallel to the floor;
- c) or are similar to movements found in gymnastics and/or non-martial arts disciplines;
- d) or forms that meet the above definition of strictly traditional forms.

Although one creative move qualifies a competitor for the creative divisions, it should be expected that a creative form or weapon routine with multiple creative moves of good quality would prevail as the winner, assuming all other criteria is met. The following techniques are legal in the Creative Divisions and will be score as any other techniques (power, speed, balance, and proper execution):

- a) Butterfly kick;
- b) Illusion kick;
- c) Forward Roll;
- d) Kip Up.

Commentary The Creative Division is intended for those competitors who do not wish to compete with a strictly traditional form, and/or do not wish to compete against other participants who execute extreme gymnastic-type movements. Over the past several years, it was often observed that judging these “creative” forms in the same division with forms including extreme martial arts “tricks” was essentially comparing apples and oranges, and to be more fair to the participants these divisions should be separated. NASKA has therefore created a separate “Extreme Division”, as detailed below, separate and distinct from the Creative Division, thus allowing the Creative Division to include only those forms with movements that originate more inherently from the classic martial arts systems. Regarding the Creative Weapons Divisions, it is important to note that any weapons movement shall NOT be a factor in determining whether the weapons form constitutes a Creative or Extreme Form. The determining factor shall be the particular body movements as defined below in the Extreme Divisions. Consequently, a Creative Weapons competitor is permitted to perform any weapons move (i.e., twirls, releases, spins, etc.), but is not permitted to perform “Extreme” body movements (i.e. flips, 540 and above spins, or any inverted body moves, etc.). Page | 28 NASKA (North American Sport Karate Association) 600 Sherwood Rd, Shoreview, MN 55126 New Revisions The following are techniques that are legal in the Creative form/weapon divisions: Butterfly Kick, Illusion Kick, Forward Roll and Kip Up. They will be scored as any other techniques: power, speed, balance and proper execution.

Section 8.03 EXTREME

The Extreme Divisions allow the competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However, (1) at least half of the form must originate from martial arts techniques, and (2) the competitor must execute at least one technique that involves an inverted move or greater than 360-degree spin. Emphasis is placed on:

- a) the quality of execution of techniques and movements;
- b) martial arts skills,
- c) balance, speed, and power;
- d) degree of difficulty;
- e) and showmanship.

In addition, only those movements that portray a definite offensive or defensive martial arts purpose, or are included to illustrate extreme flexibility or agility, are allowed. Inclusion of other movements, or the performance of a form or weapon from meeting the criteria above for a Traditional or Creative form, will result in a down grade by the judges, or upon a unanimous vote of the judges, a “no score” as a form inappropriate for the division. NOTE – Although one extreme move qualifies a competitor for the extreme divisions, it should be expected that an extreme form or weapon routine with multiple extreme moves of good quality would prevail as the winner, assuming all other criteria is met. Commentary: As martial arts evolves from the Traditional to Creative to Extreme, this category allows for the integration of techniques and movements from all martial art styles, gymnastics, acrobatics, dance, and athletic disciplines. If a competitor wishes to participate in a division with moves not permitted in the Traditional and Creative Divisions but meeting the guidelines described here, the competitor should compete in the Extreme Division.

Section 8.04 MUSICAL

The Musical Divisions requires an empty hand form or weapons form to meet all the above criteria for a Traditional, Creative, and Extreme form, and additionally meet the requirements of the "Divisional Music Rule" below.

Section 8.05 DIVISIONAL MUSIC RULE

Music Choreography should be judged as follows:

- a) The movements of the form must be accented by and performed in conjunction with specific beats, notes, or words in the music. Simply performing your form to the same rhythm or cadence of a song is not satisfactory.
- b) If sound effects are added to the music, the form should not solely be choreographed to the added sound effects.
- c) Music and sound effects should appropriately match each other, and set the overall mood for each performance.
- d) Overall, all music, and sound effects used, must compliment the form, and both the form and music should be judged together and viewed as an overall performance, not simply as a form performed with music playing.

Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance (unless it is advertised that music players will be supplied). As each form begins, a music volume check must be made, during which time the player attendant will look to the center judge for a nod of approval or a signal to lower the volume. Once this volume is set, it may not be increased during the performance of the form. Commentary: If a competitor chooses to use music in a grand championship division to a form that does not require music, the "Divisional Music Rule" does not apply. Commentary: If a competitor receives a "no score" decision by the judges because they feel the competitor's form is not appropriate for the division, the competitor is not allowed to redo his/her form or weapon form in that division. It is the responsibility of the competitor to read and understand the rules of the division he/she is competing in before competition starts.

Section 8.06

Chinese A Form or Weapon routine in the Chinese Division can include techniques which originate from the style of martial arts the competitor represents and emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus. The movement of the competitor will determine what NASKA runoff or Grand the Chinese competitor will compete in. Movement of the following will place the Chinese Competitor in the NASKA CMX (Creative, Musical, or Extreme) runoff / Grand: (a) Movements that involve more than a 360-degree spin; (b) require the body to be inverted more than parallel to the floor; (c) or are similar to movements found in gymnastics and/or non-martial arts disciplines; (a) Butterfly kick; (b) Illusion kick; (g) Kip Up. Should a Chinese competitor enter a NASKA division that is not declared Chinese Division (Musical, Creative or Extreme, the competitor must follow the standard rules for that Division. Music is not allowed in the Chinese Divisions, as NASKA offers a Musical Division for both Forms and Weapons. Section 8.07 Kenpo or Kempo There are various styles of Kenpo and Kempo that can compete in this division. Although consideration should be given if the system / style is related to Chinese origin / style, then the competitor may elect to compete in the Chinese Division. A Form or Weapon routine in the Kenpo or Kempo Division can include techniques which originate from the style of martial arts the competitor represents and emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus. The movement of the competitor will determine what NASKA runoff or Grand the Kenpo or Kempo competitor will compete in. Movement of the following will place the Kenpo or Kempo Competitor in the NASKA CMX (Creative, Musical, or Extreme) runoff / Grand: (d) Movements

that involve more than a 360-degree spin; (e) require the body to be inverted more than parallel to the floor; (f) or are similar to movements found in gymnastics and/or non-martial arts disciplines; (c) Butterfly kick; (d) Illusion kick; (h) Kip Up. Should a Kenpo or Kempo competitor enter a NASKA division that is not declared Kenpo or Kempo Division (Musical, Creative or Extreme, the competitor must follow the standard rules for that Division. Music is not allowed in the Kenpo or Kempo Divisions, as NASKA offers a Musical Division for both Forms and Weapons. Section 8.08 GRAND CHAMPIONSHIPS AND OVERALL GRAND CHAMPIONSHIPS All competitors must compete in any Grand Championship and/or Overall Grand Championship with the style of forms or weapons (not exact form or weapon) they won with in their division (EXAMPLE – A winner of a creative form cannot compete with an extreme form in the grand championships) If a competitor wins more than one division, they have the option to select the style of form or weapon of the divisions they won. All competitors may use music in all Overall Weapons and Forms Grand Championships and Overall Grand Championships runoffs. Youth Weapons and Forms Grand Championships, music may only be used by competitors in the CMX Youth Grand Championships (this includes creative and extreme winners). To Compete in an 18+ Divisional Grand Championships, Overall Grand Championships, and/or Runoff in Forms, Weapons and/or Sparring, a competitor must have won an 18+ Division. NOTE – New Traditional Challenge Division. A 30 and older competitors can compete in the 18+ Traditional Challenge and still compete in their regular 30+ Form Weapon's Division.

Section 8.09 WEAPON BREAKS OR AND WEAPON CRACKS

a) A competitor will be disqualified if he/she breaks their weapon, separates into 2 or more pieces. b) If the Weapon cracks, does not separate, the competitor may continue the routine and will not be disqualified. The competitor may have their score lowered, if in the opinion of the judges, the Crack impacted the execution of the form or the effectiveness of the weapon.

Section 8.10 LOSS OF WEAPON CONTROL IN FINALS AND OVERALL RUN-OFFS

a) Loss of Control is divided into three categories and penalties: I. Category 1 = bobble but no interruption of form = .01 to .03 deduction (Discretion of the judges) II. Category 2 = form interrupted (usually a drop) = .05 deduction III. Category 3 = if the weapons goes out of bounds and/or off platform, or the competitor strikes a spectator, judge, or other person with the weapon regardless of intent = disqualification

b) Deductions are mandatory, and each judge deducts from his or her score before figuring their Relative Ranking order.

c) If a competitor drops their weapons twice they will be disqualified.

d) Score after deductions is subject to adjustment by Maximum Deviation Rule (See Article VII) just like any other score.

e) If Category 1 or 2 occurs, competitor may continue and be scored, or may bow out and not be scored or placed. (b) Disqualification for Category 3 is decision of Center Official or a majority of other judges. Judges only conference is held as soon as weapon goes out of bounds.

f) A cracked or broken weapon is treated as a loss of control. If the break or crack prevents the weapon from being used as intended, it is a Category 3.

g) Rule is used during finals and overall runoffs in all black belt divisions. h) In all regular eliminations, Weapon Divisions, a competitor will be disqualified if they drop a weapon and no points or placement is awarded. CLASSICAL KATA – TRADITIONAL CHALLENGE FORM

Section 8.11 OVERVIEW AND INTENT

The Classical Kata (Traditional Challenge Divisions) will showcase the patterns of recognized Karate systems from Japan (Shotokan, Shito-Ryu, Goju-Ryu, Wado-Ryu, Chito-Ryu) and Okinawa (Shorin-Ryu, Isshin-Ryu, Goju-Ryu, Uechi-Ryu). Competitors must perform a

recognized unaltered/unmodified kata from one of the above systems and no additions or deletions of movements are allowed. School variations are permitted provided the movements maintain the structural integrity of the original kata. Commentary Unlike the Japanese/Okinawan division (NASKA), competitors must only perform unmodified katas from Japanese or Okinawan Karate systems. Competitors who choose to alter/modify a classical working or add/delete moves are strongly encouraged to enter the NASKA Japanese/Okinawan division as such changes to the kata will result in disqualification in the Traditional Challenge division.

Section 8.12 SPECIFIC CRITERIA

Although Okinawan and Japanese styles have many stylistic similarities, the following subtle differences must be observed: a. Japanese styles (i.e. Shotokan, Wado-Ryu, and Kyukoshinkai) generally have: i. lower chamber, longer and wider stances (especially zenkutsu-dachi); ii. horse stances with toes pointing parallel (kiba dachi); iii. emphasis on use of back stance (or kokutsu dachi); iv. and thrusting kicks with maximum height to the competitor own chin. b) Okinawan styles (i.e. Shorin-Ryu, Isshin-Ryu, and Ryuei-Ryu) generally have: i. higher chamber; ii. higher and shorter stances (more use of natural stance and sanchin dachi); iii. horse stances with toes pointing outward (shiko dachi); iv. emphasis on use of cat stance (neko ashi dachi); v. and snap kicks with maximum height to the competitor own chest.

Section 8.13 COMPETITION ATTIRE

Competitors must wear a clean, all white traditional uniform. Sleeve length must pass the elbows, uniform bottoms must be past (below) the knee in length. Competitor must wear black belt.

Section 8.14 KEY ELEMENTS OF SCORING

Competitors will be judged/scored on focus (kime), proper execution of technique (punches, kicks, and stances), proper breathing and hip rotation. Judges take into account and evaluate the competitor on:

- a) basic techniques, stances, punches, blocks and kicks executed with balance, strength and focus;
- b) Eyes (Visual Expression of the Competitor);
- c) The Pace of the Kata, Breathing (Proper Exhalation);
- d) and focus of attention (chakugan).

The competitor must have an understanding of application (bunkai) and the criteria specific to the individual kata. Specifics:

- a) Kia – Minimum of two (2), Maximum of four (4);
- b) Kicks – Standing kicks must not go above the competitor's shoulder;
- c) Stances must not break parallel.

Section 8.15 SCORING/OFFICIATING

Five judges are the standard numbers of judges that will be used; however, it is acceptable to use only three judges. If (5) judges are used, the highest and lowest scores will be dropped and the remaining three scores will be added together. A scoring range of 9.90 to 9.99 will be used in the eliminations; a range of 9.96 to 10 will be used in the finals. Seating in all four (4) corners, center referee located in the middle.

Section 8.16 PROCEDURE

The following procedures will be used by the Officials.

- a) Seeds are selected, per NASKA Seeding Rules, see Article XII.
- b) The remaining Competitors will be shuffled to determine the order. Center Judge is responsible for this task.
- c) Time Limit: 4 minutes, the clock starts when competitor enters the ring. The competitor will bow in and announce the name of the Kata only. He or she will be recognized by the center judge and the kata may begin.

Section 8.17 OFFICIAL'S DUTIES IN PROCEDURE

- a) One Official is designated to count the Kia;
- b) One official will watch for the height of the kick;
- c) The Center Official (who is the highest most experienced rank) will raise a hand if the form is indeed traditional.
- d) Upon approval, the judges will make notes on their board as to how they will score.
- e) After seeing all the competitors, scoring begins for each competitor.
- f) Competitors will line-up in the order they competed in to be scored.
- g) Disqualified competitors receive no score.

Section 8.18 DISQUALIFICATION

Competitors may be disqualified for one of the following:

- a) Doing a non-traditional form (altered or made up);
- b) Kia rule not followed (too many or not enough);
- c) Out of bounds;
- d) Sportsmanship not adhered to;
- e) Excessive stance violation.

Section 8.19 KATA LIST

The list of katas below are the ones recognized by the WKF and JKF for the four major styles of Japanese Karate (Goju, Shito, Wado and Shotokan) and the Okinawan Prefecture Karate Rengokai for the Okinawan styles (Goju, Shorin, Uechi, Isshin and Ryuei-Ryu). Only the Katas listed below can be performed. Style-specific alternate names are also indicated. School variations are permitted. However, alterations and modifications including (but not limited) to adding or deleting movements or altering the structure of the classical form are not permitted.

Annan Annanko Aoyagi Bassai/Passai – Matsumura Bassai/Passai – Tomari Bassai/Passai Dai Bassai/Passai Sho Chinte Chinto – Tomari (Shotokan: Gankaku Sho) Chinto (Shotokan: Gankaku) Fukyu (all versions) Gekisai 1 and 2 Gojushiho Dai Gojushiho Sho Hakutsuru/ Hakucho Hangetsu Heiku Jiin Jion Jitte Juroku Kanchin Kanku Dai (Shorin-Ryu Kusanku Dai or Shito-Ryu Kosokun Dai) Kanku Sho (Shorin-Ryu Kusanku Sho or Shito-Ryu Kosokun Sho) Kanshiwa Kanshu Kosokunshiho (Shito-Ryu) Kururunfa Kusanku – Chatanyara Meikyo Nipaipo (Standard Shito Ryu version only) / Nijuhachiho (Shotokan) Niseishi (Shotokan : Nijushiho) Paiku Paipuren Pinan / Heian 1 – 5 Rohai Saifa Sanchin Sanseiru Sanseiru (Uechi-Ryu version) Seichin Seipai Seirui Seisan (all versions) Seiunchin Shinpa Shishochin Sochin (Shotokan and Shito-Ryu versions) Sunsu (Isshin Ryu) Suparinpei/Peichurrin Taikyoku (all versions) Tekki 1 – 3 (Okinawan: Naihanchi) Tensho Unshu (Shito Ryu) Unsu (Shotokan) Wankan (Shotokan) Wankan (Shito Ryu: Matsukaze) Wansu (Shotokan : Empi)