

USA Karate

Kata Test questions



**True “T” or False “F”
(20 Sec. Per question)**

1. In kata competition the sleeves of the karate-gi jacket may be rolled up.
2. In USA Karate, Kata competitors are not allowed to repeat the kata.
3. If a contestant is disqualified the Chief Judge will cross and uncross the flags.
4. After Hantei when the Judges have lowered their flags the Chief Judge will indicate the winner by raising the appropriate coloured flag.
5. The karate-gi trousers may be slightly shorter so as to only cover half of the shin.
6. The kata performance must display Technical performance
7. In USA Karate, the Beg./Nov. divisions point for kata may be marked with a small line within the perimeter of the competition area.
8. A distinct pause or stop in the performance for several seconds will result of a disqualification.
9. The Chief Judge will start the competitor’s performance with a short blast on his whistle.
10. The starting point for kata performance is two metres inside the match area and facing the Chief Judge.
11. In USA Karate team selection a contestant who repeats a kata will not be disqualified
12. In USA Karate team selection, once performed a kata may not be repeated.
13. It is the responsibility of the coach or competitor to ensure that the kata is notified to the score table.
14. In all kata variations as taught by the contestant's school are permitted.
15. The score table will notify the competitor if the kata is not acceptable for that particular round.
16. A competitor whose opponent does not turn and is given Kiken may not use that kata (which has been notified to the score table) in the next round.
17. The Bunkai is only required for the final matches of the team competition.
18. In Elite division, on completion of the kata Aka will leave the area to await the performance of Ao.
19. The Judges of a kata match may not have the same nationality as either of the contestants except when five judges are being used.
20. Although ribbons and other decorations for the hair are not allowed in kumite they are permissible in kata.
21. The total time allowed for the Team kata and Bunkai is six minutes.
22. In repechage repetition of kata is permitted.
23. Giving a command to start and finish the kata by a team member is not considered to be an external cue.
24. The Judges throughout the kata must look for Strength, Speed and Power.
25. At Hantei if two Judge signals for Aka, two for Ao and the other for Hikiwake a tie breaker kata will be used.
26. In assessing the performance of Bunkai in team, the Judges will look for using the actual movements as performed in the kata
27. In assessing the performance of a contestant or team the Judges will look for proper breathing and focus.
28. In assessing the performance of a contestant or team the Judges will look for transitional movements.

29. A contestant must have correct stances and techniques.
30. The technical difficulty of the kata performance should also be evaluated with a view to discerning by the judges
31. Stamping the feet or slapping the chest are not the examples of the external cues .
32. In assessing the performance of a contestant or team the Judges will look for Technical difficulty of the techniques performed.
33. The performance should also be evaluated with timing/synchronization.
34. In USA Karate, a beginner contestant who comes to a halt during performance of the kata can repeat the kata.
35. In USA Karate, beginner and novice divisions a performed kata may be repeated.
36. In team kata all three members must start the kata facing in the same direction and towards the Chief Judge.
37. If a competitor fails to turn up (Kiken) the decision will be awarded automatically to the opponent.
38. If there are only sixteen competitors, 4 kata is required.
39. A team which does not perform the bow at the completion of the KATA will be disqualified.
40. After giving sufficient time for the votes to be counted (approximately 5 seconds) the flags will be lowered after a further short blast on the whistle.
41. Female competitors may wear a plain white T-shirt beneath the Karate jacket.
42. The trousers must be long enough to cover at least half of the shin and must not reach below the anklebone.
43. Bunkai means the explanation of the kata's history
44. The Individual Kata match consists of individual performance in separate male and female divisions.
45. In assessing the performance of a contestant or team the Judges will look for Conformance to Kata.
46. In Elite division the first two rounds the competitor may repeat kata
47. Competitor must perform a kata published on the WKF Major Kata List
48. There are four (4) major criteria; conformance, technical performance, athletic performance and technical difficulty.
49. Interference with the function of the judges (such as the judge having to move for safety reasons or making physical contact with a judge).
50. There are seven kata required if there are 64 competitors
51. There are five kata are required if there are less than 32 competitors
52. There are only 2 kata are required if there are 10 competitors
53. Only the 4 major style of kata performance is permitted.
54. Kata and Bunkai performance must each not exceeding three minutes.
55. The countdown of the team kata starts with first bow of the team members facing the head judge.
56. In USA Karate, there are only one kata required for beginner/Novice divisions
57. In USA Karate, the 14-15 years old advanced (non team trial) division can perform one kata in all round
58. In USA Karate, the Master advanced division can compete with one kata if their division if is combined with intermediate division.
59. In USA Karate all beginner and novice division perform simultaneous kata.
60. In USA Karate, all beginner and novice level are restricted to the beginner/novice kata

61. In USA Karate all intermediate competitors may perform any kata
62. In USA Karate, all advanced open kata competition, a contestant must perform a different kata in medal match than previous round.
63. In team bunkai the use of traditional weapons, ancillary equipment or additional apparel is not allowed.
64. The same Tatami as for kumite can be used for kata competition.
65. Bunkai are to be given equal importance as the kata itself.
66. All of the four major criteria are to be given equal importance in the evaluation of the performance.
67. A Karate competition may consist of individual or team kata competition.
68. Team matches consist of competition between three person teams
69. Each Team is exclusively male, or exclusively female.
70. Belt falling off during the performance of kata will result a disqualification.
71. Afoul can consist of time wasting, including prolonged marching, excessive bowing or prolonged pause before starting the performance.
72. In Team Kata, all three team members must start and finish the Kata facing in the same direction and towards the Chief Judge.
73. After completion of both kata, the competitors will bow to each other, then to the Judging Panel, and leave the area.
74. Causing injury by lack of controlled technique during Bunkai is an example foul.
75. Variations as taught by the contestant's school of Karate will be permitted.