

W.K.C. Rules and Regulations for Forms and Weapons

Age Categories

Kids:

If a competitor qualified in the 'Kids' section at the National Championships he/she is entitled to compete in that same section at the World Championships of that year, even if he/she turns 13 years of age before the World Championships.

Juniors:

If a competitor qualified in the 'Junior' section at the National Championships he/she is entitled to compete in that same section at the World Championships of that year, even if he/she turns 18 years of age before the World Championships.

Adults:

All competitors 18yrs of age and older at the National Championships are classed as adults.

Veterans

An adult aged 35 yrs or older is permitted to compete in both the adult and veteran sections if they so wish.

- In all form divisions there is no time limit.
- There are no introductions in all forms divisions. Competitors can call out the name of the form when they enter the ring before starting, if they wish.
- In all musical divisions there will be no words allowed in the music.
- If a competitor stops his or her form, they cannot start again.
- If a competitor drops his or her weapon they are disqualified.
- Competitors must either wear a traditional uniform or a country team uniform.
- No metal jewelry should be worn. If a stud cannot come out then a band aid should cover the stud.
- Judges will inspect all weapons prior to starting a division.
- Judges will review division criteria prior to starting the event. Any protests of jewelry, uniforms, or weapons being used will be decided before the event starts in order to give competitors a chance to comply with the rules and avoid disqualification.
- In the case of a tie in the Hard Style, Soft Style, Korean and Veterans Traditional divisions, competitors must do a different form. In all weapons, freestyle and extreme divisions they may compete with the same form.
- Competitors compete in order determined by a random draw. The top two defending medalists compete last.
- The top four competitors in the eliminations compete in the finals in reverse order. {The winner of the eliminations goes last.}

Hard Style Forms

These forms must capture the essence of classic martial arts movements, showcasing the traditional hand and kicking techniques, stances and movement. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances and focus. Forms are scored solely on the above criteria. Adaptation of a form is acceptable, as long as the movements added are traditional in nature.

Commentary: The WKC is a world championships. We expect to see many variations of traditional forms. As long as a competitor only does traditional moves and not multiple kicks or spin kicking combinations, then they will be scored on the execution of the form.

Korean Style Forms

These forms must capture the essence of Korean style patterns. Only traditional moves will be allowed. Adaption of traditional forms will be allowed if the moves are traditional in nature.

Commentary: In this division we will see versions of Korean style patterns from ITF, WTF, Tang Soo Do and other Korean based martial arts. The height of the kick is up to the individual competitor. However judges are looking for good technique, power and focus on all techniques. Therefore kicks are scored on technique and not the height.

Chinese Style Forms

These forms must capture the essence of Chinese style martial arts. The two basic arts will be kung fu and wushu. Emphasis is placed on traditional criteria of good flowing techniques that demonstrate balance, speed, focus and power.

Commentary: This is not a free style division. Gymnastic type moves are permissible, provided that they are practical and within the style of wushu.

Free Style Forms

The Free Style forms division includes contemporary martial techniques that have evolved over the past 30 years. These techniques may be added to a traditional form or the form may be devised in its entirety by the competitor. Only techniques which originated from the martial arts can be used. Spinning kicks, jump kicks, flying kicks, multiple kicks, splits and spinning hand techniques can be used. No gymnastic moves are allowed. No martial arts move originating from gymnastics can be used.

Music must be used in this division. Judges may take into account how well a form corresponds to the music. Competitors are scored on good solid techniques, balance, speed, power and focus.

Commentary: This division is for competitors who do not want to compete in the traditional divisions, however do not perform gymnastics. At no time can a competitor be inverted more than parallel to the floor. {No aerial kicks, no kip ups}. Competitors cannot spin more than 360 degrees in the air as well.

Extreme Forms

The extreme division allows competitors to perform any movement whether they originate from traditional or contemporary martial arts systems or otherwise. Competitors must perform at least one technique that involves an inverted move or greater than a 360 degree spin in the air. Emphasis is still placed on the quality of execution of techniques and movements, martial arts skills, balance, speed, power, degree of difficulty and showmanship. Music must be used in this division. Judges may take into account how well a form corresponds to the music.

Commentary: No stage props can be used. No weapons can be used. Competitors must keep his or her complete uniform on at all times in the ring.

Veterans Traditional Forms

This forms division is open to any style of traditional form, be it Hard Style, Soft Style or Korean. There is no Free Style or Extreme Style form allowed. Competitors must use only traditional techniques based upon the style they are performing.

Commentary: Judges and competitors must be aware that this traditional division covers forms not only from the Japanese based systems, but also Korea and China.

Traditional Weapons

Forms in this division must capture the essence of classic martial arts movements and traditional techniques with a weapon. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances and focus. All weapons used must be of a traditional nature. {No tapered bo staffs, no plastic kamas.} Modifications to forms are acceptable as long as they only include traditional techniques.

Commentary: Since the WKC is an open organization we expect to see adaptations of traditional forms. However there will be no releases, complicated spins or throws with the weapon. No plastic weapons or skinny Bo staffs will be used. The centre judge will inspect all weapons before the division starts.

Creative Weapons

Forms in this division allow competitors the opportunity to include contemporary martial arts techniques that have evolved over the past 20 years. These moves include one handed spins or complicated passes of the weapon around the body for example. Competitors may use the newer light weight weapons. Competitor cannot perform releases, throws, palm spins or gymnastic moves. Competitors are judged on execution of technique, balance, speed, power, solid stances and focus.

Commentary: This division allows competitors a bridge between the traditional weapons divisions and musical open weapons division. Complicated spins and pass-offs are allowed, however competitors must still demonstrate good martial arts technique.

Open Musical Weapons

In this division judges are looking for manipulation of the weapon, speed of the techniques, the degree of difficulty, showmanship, balance, power and focus. Competitors must use music and can use any throw, release or gymnastic move. Judges may take into account how well the form corresponds to the music.

Commentary: Even though competitors may use any type of martial arts or gymnastic movement in their for, they must still demonstrate solid basic martial arts skills.

Traditional Team Forms

This division is open to Teams of 2 to 5 competitors. Competitors on the Team may be of any age or sex. Teams may only compete with Traditional style forms. Teams may use the choice of Hard Style, Soft Style or Korean Style. All techniques and movements must capture the essence of classical martial arts. Judges are looking for synchronization, execution of technique, overall team power, balance, speed and focus.

Commentary: This division is open to competitors of all ages. Teams are allowed to use various angles and staggered starts in an attempt to demonstrate creativity and showmanship.

Open Team Forms

This division is open to Teams of 2 to 5 competitors. Competitors on the Team may be of any age or sex. Judges are looking for synchronization, showmanship, speed of techniques, degree of difficulty, execution of techniques, overall team power, balance, speed and focus.

Music and/or weapons may be used in this division.

Commentary: No props may be used in this division. Competitors may at times do individual movements or techniques. However the overall concept is still a “team” form and not a demonstration show.

These WKC Kata Rules are the current ones and will be in use at all WKC events worldwide.

W.K.C. Rules will be reviewed, revised, and updated (when and where deemed necessary) on an annual basis.