

# Adapted Karate Combat Rules

Updated June 2020



*#BEACTIVE*

## ADAPTED KARATE COMBAT RULES

The Adapted karate combat provides a platform for athletes with mental and or physical disabilities to engage in competitions and to demonstrate the efficacy of their karate techniques in a combat situation in a safe and controlled environment. The competitor will demonstrate effective methods of defence against attacks from his selected coach/ partner (Uke).

The displayed defences must be realistic and show effective use of martial arts skills that he/ she can apply. This is a very important criteria and must not be seen to be a theatrical exhibition. In a real situation the competitor must be able to defend themselves effectively.

The competition will be judged by a points system as per the Kata scoring system with a central judge and four corner judges.

The number of rounds can be between one and maximum three rounds according to the number of competitors entered to determine the placings of 1st, 2nd and joint 3rd.

0-6 competitors. One round (1, 2, 3)

12-30 competitors. Two rounds (Reduce to top 6 to progress to the final)

31+ competitors. Three rounds. (Reduce to top 12 to progress to round 2)

There will be 3 categories based on age only: Children: 6-12 years

Cadets: 13-17 years

Adults: 18+ years.

Children and 4th Kyu and below will be required to demonstrate 3 different defence applications. Cadets and Adults that are 3rd Kyu and above must demonstrate 5 different defence applications against the attacks by their opponent (Uke).

