

Youth Kata Tournament Tips & Guidelines

(Provided by Mike Powers for NTS participants)

1. Perform your kata as if you were testing in front of Sensei Iha. Avoid any additional kiais, minor alterations, or other “flash” meant for show or added effect.
2. Be wary of sacrificing good technique for an increase in power. Each participant is expected to have the mindset they are actually fighting when they compete, however, this does not imply that one should favor looking “strong” over moving correctly. An ideal participant should have a good blend of fluid movement, focus, and explosiveness in their technique.
3. Be focused before and after performing your kata. It is imperative that every participant maintains a strong posture, appears alert, and looks ready to engage in actual altercation at all times. Once the round begins every participant should have the mindset that they are actually about to defend themselves. When approaching and leaving the center of the tournament floor participants should also maintain an appropriate level of focus. Refrain from casually strolling. Your performance in the tournament does not begin when you start your kata and finish when you end it. Judges will include your conduct before and after leaving the competition area in their assessment. Once the round is over, and the winner is announced, then each participant can relax and mentally prepare for their next demonstration.

Judging Criteria

1. Focus: Eyes/Kiais/Facial Expression/General Demeanor
2. Foundation: Stances/Footwork/Transitions
3. Technique: Fluidity/Economical Movement/Full Body Motion
4. Power: Explosiveness/Focus/Control