



# Satori Martial Arts

Applied Shotokan Karate

## Applied Karate Freestyle Kumite Rules

### Applied Karate Sparring

**In ALL Divisions** – Contests consist of **2 rounds** of continuous action fighting, with a break between rounds. Points are scored with strikes and kicks, as well as legally authorized throwing techniques; Throwing technique reversals, and control holding techniques.

- In the event of a tie after the 2<sup>rd</sup> round; additional 1minute rounds will be held and scored until a winner is determined.

- **In ALL Divisions** –

One point for a kick or punch to the body

One point for a hand Strike to the Head

Two points for a kick to the Head

Two points for successful throw

Three points for a throw followed by a hold down or strikes (to body only).

**10 second grip** to initiate a throwing technique

**5 seconds** on the ground to either strike or secure a hold down.

### **Senior Divisions 17 and above**

- **2 – 120 second (2 minute) rounds** of continuous action, **LIGHT CONTACT**, Sparring; 60 second (**1min**) break between rounds

### **Legal Techniques**

- **Light contact** punches, kicks and strikes to legal target areas
- Sweeps and Base leg sweeping techniques
- Throwing techniques
- Pinning and Control Techniques



# Satori Martial Arts

## Applied Shotokan Karate

### Legal Move list

- All fully closed fist techniques excluding hammer fist (Tettsui)
- Only open hand technique permitted is ridge hand strike (Haito)
- All kicking techniques excluding contact with the heel of the foot.
- All sweeps, throws and takedowns excluding slams and dangerous technique (see below for more information)
- All hold downs and pins

### Illegal techniques

- Strikes that are thrown with no control or use of excessive force to target; **Light Contact Rules will be Enforced!!!!**
- Strikes or kicks to the Face Mask (T-zone) area: Eyes, nose, mouth, throat (NOTE: Cheek, forehead, chin, and side of face, are legal striking areas
- Kicks to the groin and knees (Note: Can kick legs)
- Kicks to the face, neck and to spine (Note: Can to the back and side/top of the head with control)
- Throws that cause a competitor to land on his head and/or neck
- Submission techniques and joint manipulation.

\*\*\*\*\*Safety is of the utmost importance for the competitors; at the discretion of the referee(s), a competitor may be allowed up to 2 minutes to recover from an injury following which the competitor must either continue or the round must be decided

**Illegal techniques will cause a warning, no point gained and could lead to disqualification.**

### Juniors

- Ages 11 and under: 2 – 60 sec (1min) rounds of continuous action, **LIGHT CONTACT**, Sparring; 15 sec break between rounds.

#### Only single strike on the ground and no head strikes (just kicks)

- Ages 12 to 16: 2– 90sec (1.5min) rounds of continuous action, **LIGHT CONTACT**, Sparring; 30 sec break between rounds.

#### Only single strike on the ground