



2025 WORLD KARATE COMMISSION DIVISIONS

KATA AND WEAPONS JUNIORS

BOYS -9YRS	GIRLS -9YRS	BOYS 10-11YRS	GIRLS 10-11YRS	BOYS 12-13YRS	GIRLS 12-13YRS	BOYS 14-15YRS	GIRLS 14-15YRS	BOYS 16-17YRS	GIRLS 16-17YRS
Hard Style	Hard Style	Hard Style	Hard Style	Hard Style	Hard Style	Hard Style	Hard Style	Hard Style	Hard Style
Classical	Classical	Classical	Classical	Classical	Classical	Classical	Classical	Classical	Classical
Korean	Korean	Korean	Korean	Korean	Korean	Korean	Korean	Korean	Korean
Chinese/Soft	Chinese/Soft	Chinese/Soft	Chinese/Soft	Chinese/Soft	Chinese/Soft	Chinese/Soft	Chinese/Soft	Chinese/Soft	Chinese/Soft
Kenpo	Kenpo	Kenpo	Kenpo	Kenpo	Kenpo	Kenpo	Kenpo	Kenpo	Kenpo
Freestyle	Freestyle	Freestyle	Freestyle	Freestyle	Freestyle	Freestyle	Freestyle	Freestyle	Freestyle
Extreme	Extreme	Extreme	Extreme	Extreme	Extreme	Extreme	Extreme	Extreme	Extreme
Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons
Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons
Open Weapons	Open Weapons	Open Weapons	Open Weapons	Open Weapons	Open Weapons	Open Weapons	Open Weapons	Open Weapons	Open Weapons

KATA AND WEAPONS ADULT

MEN 18YRS+	WOMEN 18YRS+	MEN 35YRS+	WOMEN 35YRS+	MEN 42YRS+	WOMEN 42YRS+	MEN 48YRS+	WOMEN 48YRS+	TEAM KATA
Hard Style	Hard Style	Traditional Kata	Traditional Kata	Traditional Kata	Traditional Kata	Traditional Kata	Traditional Kata	Junior Traditional Kata
Classical	Classical	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Junior Traditional weapons
Korean	Korean	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Creative Weapons	Junior Open
Chinese/Soft	Chinese/Soft	Open Kata 35yrs+	Open Kata 35yrs+					Adult Traditional Kata
Kenpo	Kenpo							Adult Traditional Weapons
Freestyle	Freestyle							Adult Open
Extreme	Extreme							
Traditional Weapons	Traditional Weapons							
Creative Weapons	Creative Weapons							
Open Weapons	Open Weapons							

Rules

9 B Veterans Open Kata 35yrs+ - This division is for veteran competitors who wish to compete in a non traditional division. This Open category includes forms that would qualify in the 18yrs+ freestyle and extreme divisions.

Commentary: Competitors must perform a technique that qualifies the form as a Free style or extreme form. This technique(s) may be a spin kick or jump kick or a gymnastic move. A form only consisting of traditional techniques will result in disqualification. Music may be used.

13. Junior Traditional Team Kata – can consist of a team 2-5 competitors. All competitors must be 17yrs or under. Teams may compete with a traditional style kata. Teams may choose from Hard style, Classical, Korean, Chinese/ Soft style or kenpo. All techniques and movements must capture the essence of the traditional martial style. Judges are looking for synchronization, execution of technique, overall team power, balance, speed and focus.

Commentary: Teams are allowed to use various angles and staggered starts in an attempt to demonstrate creativity and showmanship.

13 B – Junior Traditional Team Weapons - can consist of a team 2-3 competitors. All competitors must be 17yrs or under. Teams may compete with a traditional style Weapons kata. The traditional Weapons rules are in effect. Judges are looking for synchronization, execution of technique, overall team power, balance, speed and focus.

Commentary: Teams are allowed to use various angles and staggered starts in an attempt to demonstrate creativity and showmanship.

13 C –Adult Traditional Team Kata - can consist of a team 2-5 competitors. Teams may carry one junior competitor. The rest of the team must be comprised of adult competitors. Teams may compete with a traditional style kata. Teams may choose from Hard style, Classical, Korean, Chinese/ Soft style or kenpo. All techniques and movements must capture the essence of the traditional martial style. Judges are looking for synchronization, execution of technique, overall team power, balance, speed and focus.

Commentary: Teams are allowed to use various angles and staggered starts in an attempt to demonstrate creativity and showmanship.

13 D – Adult Traditional Team Weapons - can consist of a team 2-3 competitors. Teams may carry one junior competitor. The rest of the team must be comprised of adult competitors. Teams may compete with a traditional style Weapons kata. The traditional Weapons rules are in effect. Judges are looking for synchronization, execution of technique, overall team power, balance, speed and focus.

Commentary: Teams are allowed to use various angles and staggered starts in an attempt to demonstrate creativity and showmanship.

14. Open Team Kata Juniors - This division is open to teams of 2-5 competitors. All team members must be 17yrs or under. Judges are looking for synchronization, showmanship, degree of difficulty, execution of techniques, overall team power, balance, speed and focus. Music and or weapons may be used.

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.

14B - Open Adult Team Kata Juniors - This division is open to teams of 2-5 competitors. . Teams may carry one junior competitor. The rest of the team must be comprised of adult competitors. Judges are looking for synchronization, showmanship, degree of difficulty, execution of techniques, overall team power, balance, speed and focus. Music and or weapons may be used.

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.

Rule changes

15. At the end of existing rules add this sentence. In the case of a tie, competitors must perform a different kata.

3. second last bullet point, in case of a tie in Hard style, Soft style, Korean, Veterans Traditional **kenpo and classical** divisions, competitors must do a different kata. (add in Kenpo and Classical).

3. In the 5th bullet point take out any reference to jewelry. no metal jewelry sentence and if a stud sentences.