



KARATE RULES AND BASICS



Karate

Karate, originated in China and developed in Japan, is a martial art that combines the essence of traditional Chinese wushu and ancient Ryukyu folk arts.

Kumite Format: Combat

- How to win?**
- The winner of the 3-minute fights:
- The one who obtains a clear lead of eight points;
 - The one who has the highest number of points at time-up;
 - If the fight is a draw, the winner is determined by the first unopposed point advantage;
 - In the case of a scoreless result, the winner is determined by a majority decision of the judges (Hantei); or
 - The one who wins by foul, misconduct or waiver of an opponent

When did Karate become an Asian Games event?

At the 12th Asian Games held in Hiroshima, Japan in 1994.



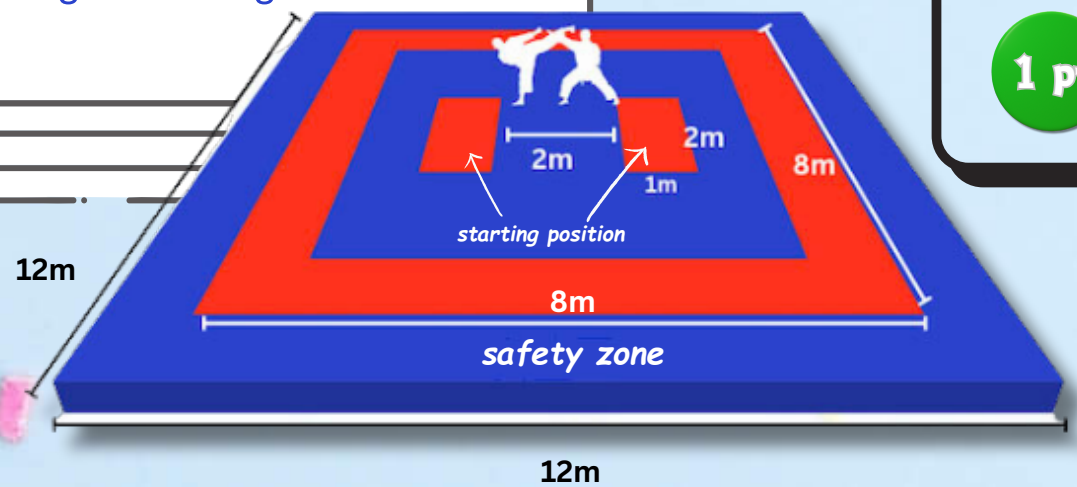
Kata

Format: Technique Performance

Athletes can only execute a set of "Kata" approved by the World Karate Federation. 7 judges will assess the score of the athletes based on their on-court performance, and the total score will be calculated after eliminating the highest and lowest score, and the winner and the final ranking will be decided through elimination rounds.

Kumite Competition Area

The competition area will be a matted square with sides of 8m with 2m safety zone on each outer side. Moves executed within the safety zone will not be scored. The two rectangles in the centre of the field, spaced 2m apart, are the areas for starting/ resuming combat.



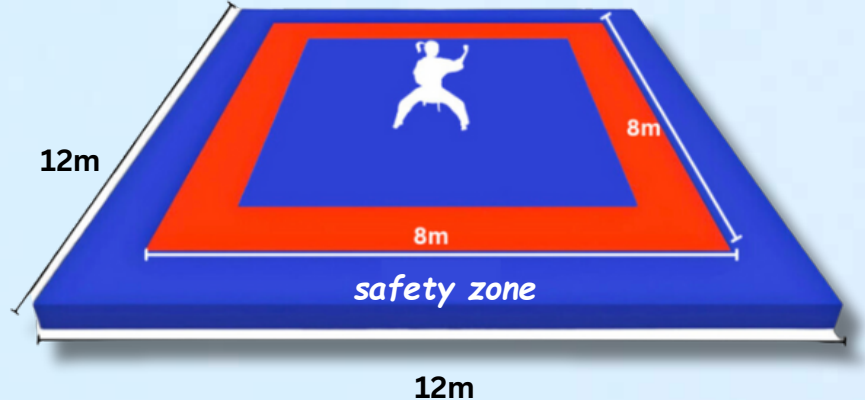
Awarding of Points

- 3 pts IPPON** High Kick (Face/Head/Neck), Throwing Technique
- 2 pts WAZA-ARI** Kick to the abdomen, chest, back and side of body
- 1 pt YUKO** Straight punch or strike



Did you know 1: Characteristics of Kata Karategi

It is made of a thick and stiff material and does not come with any additional padding or protective gear. When athletes execute movements quickly, friction sound will be created by the Karategi.



Kata Competition Area

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Did you know 2: A sport that places great emphasis on etiquette

Karate is a sport that places great emphasis on etiquette, particularly in Kata competitions, e.g., failing to bow before or after or dropping one's belt during the performance can result in disqualification.