



2025 WKC RULES & DIVISIONS: KATA & WEAPONS

JUNIORS KATA & WEAPONS

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

ADULTS KATA & WEAPONS

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							



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Rules:

Competition

At the world championships, all competitors will compete in the elimination round. A random draw decides the order of completion. The only seeds are the gold medal and silver medal winners from the previous year (Note- it must be the same age division aged. No seeds for bronze medalists).

The top four competitors from the elimination round advance to the finals. In the finals, the competitor with the highest score during the eliminations goes last, and the person with the lowest score goes up first. However, the scores do not carry over. The scores received in the finals determine the medal winners.

One gold medal, one silver medal, and one bronze medal will be awarded.

Judging requirements

Judges will review the criteria for each division with competitors before the start. Any questions about music or questionable moves will be handled before the division starts. Judges will watch all competitors before giving out scores. Since our scoring system is based on comparative scoring, it is imperative that we watch all competitors before deciding on our individual scores.

During the championships, three judges will be used. The “two-point maximum deviation” rule is in effect. This rule is used to limit the impact of a judge’s score that is significantly different from the other judges. Once a form is finished and before the scores are shown to the competitor or spectators, the centre referee will say “Ready,” then “Check,” at this point, the three judges will show their scores to each other. The centre referee will look at the 3 scores to determine the middle score (e.g., a 9.92, 9.96 and 9.95 – the 9.95 is the middle score. The other two scores must be .02 from the middle score, so the 9.92 must be changed to a 9.93). Besides this obligatory adjustment, judges are not allowed to change their scores. No adjustment is made if no score is .02 higher or lower than the middle score. After making any necessary change, the centre referee will say “Score,” and all three judges will subsequently show their scores to the competitor, scorekeepers, and the audience.



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Overview

- In all form divisions, there is no time limit.
- There are no introductions in all forms of divisions. Competitors can call out the name of the kata/form when they enter the ring before starting if they wish.
- In all musical divisions, no words will be allowed in the music.
- If a competitor stops his or her kata/form, they cannot start again. If a competitor drops his or her weapon, they receive a “zero” score.
- Competitors must either wear a traditional uniform or a country team uniform.
- Judges will inspect all weapons before starting a division.
- Judges will review division criteria before starting the event. Any protests about uniforms or weapons being used will be decided before the event starts to allow competitors to comply with the rules and avoid disqualification.
- In the case of a tie in the Hard Style, Soft Style, Korean, Kenpo, Classical, and Veterans Traditional divisions, competitors must perform a different form. However, they may compete with the same form in all weapons, freestyle, and extreme divisions.
- Competitors compete in order determined by a random draw. The top two defending medalists compete last.

Hard Style Forms

These forms must capture the essence of classic martial arts movements, showcasing the traditional hand and kicking techniques, stances and movement. Emphasis is placed on the execution and application of technique, as well as balance, speed, power, solid stances, and focus. Forms are scored solely on the above criteria. Adaptation of a form is acceptable if the movements added are traditional in nature.

*Commentary: The WKC is a world championship. We expect to see many variations of traditional forms. If a competitor only does traditional moves and not multiple kicks or spin kicking combinations, then they will be scored on the execution of the form. * In some Ju-Jitsu forms, there are front rolls. **



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Korean Style Forms

These forms must capture the essence of Korean style patterns. Only traditional moves will be allowed; if the moves are traditional in nature, adapting traditional forms will be allowed.

Commentary: In this division, we will see versions of Korean style patterns from ITF, WTF, Tang Soo Do and other Korean-based martial arts. The height of the kick is up to the individual competitor. However, judges are looking for good technique, power, and focus on all techniques. Therefore, kicks are scored on technique and not height.

Chinese / Soft Style Forms

These forms must capture the essence of Chinese or soft-style martial arts. The two basic arts will be kung fu and wushu; however, there are other types of soft-style systems. Emphasis is placed on traditional criteria of good flowing techniques that demonstrate balance, speed, focus, and power.

*Commentary: This is not a free style division. Gymnastic type moves are permissible if they are practical and within the style of wushu. *A traditional kung fu form may be as "hard" as a Japanese style kata. The difference is the circular techniques.*

Free Style Forms

The Free Style forms division includes contemporary martial techniques that have evolved over the past 30 years. These techniques may be added to a traditional form or the competitor may devise it in its entirety. Only techniques which originated from the martial arts can be used. Spinning kicks, jump kicks, flying kicks, multiple kicks, splits, and spinning hand techniques can be used. No gymnastic moves are allowed. No martial arts move originating from gymnastics can be used. Music is optional in this division. If the competitor uses music, judges may consider how well a form corresponds to the music. Competitors are scored on good, solid techniques, balance, speed, power and focus.

Commentary: This division is for competitors who do not want to compete in the traditional divisions but do not perform gymnastics. The competitor must perform at least one "open or modern" technique, like a multiple kick, spin kick, jump kick or multiple hand punching combination. At no time can a competitor be inverted more than



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*parallel to the floor. {No aerial kicks, no kip ups}. Competitors cannot spin more than 360 degrees in the air as well. *No words or lyrics are allowed in the music. This is to prevent objectionable language. A Hum, chant or sound effects are allowed.*

Extreme Forms

The extreme division allows competitors to perform any movement, whether they originate from traditional or contemporary martial arts systems or otherwise. Competitors must perform at least one technique that involves an inverted move or greater than a 360-degree spin in the air. Emphasis is still placed on the quality of execution of techniques and movements, martial arts skills, balance, speed, power, degree of difficulty and showmanship. Music must be used in this division. Judges may consider how well a form corresponds to the music. Commentary: No stage props can be used. No weapons can be used. Competitors must always keep their complete uniform in the ring.

Veterans Traditional Forms

This form division is open to any traditional form, be it Hard, Soft, or Korean. No free Style or Extreme Style form is allowed. Competitors must use only traditional techniques based on the style they are performing.

Commentary: Judges and competitors must be aware that this traditional division covers forms not only from Japanese-based systems but also from Korea and China.

Traditional Weapons Forms

In this division, the essence of classic martial arts movements and traditional techniques must be captured with a weapon. Emphasis is placed on the execution and application of technique, as well as balance, speed, power, solid stances, and focus. All weapons used must be of a traditional nature. {No tapered bo staffs and no plastic kamas}. Modifications to forms are acceptable if they only include traditional techniques.

Commentary: Since the WKC is an open organization, we expect to see adaptations of traditional forms. However, there will be no releases, complicated spins or throws with the weapon. No plastic weapons or skinny Bo staffs will be used. A one-inch diameter is the recommended minimum for competitors. The centre judge will inspect all weapons before the division starts.



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Veterans Open Kata/ Forms

This division is for any competitor 35 years or older who wishes to compete in a non-traditional kata/ form division. This open category includes forms that would qualify in the 18yrs + Free Style and Extreme divisions.

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

Creative Weapons Forms

This division allows competitors the opportunity to include contemporary martial arts techniques that have evolved over the past 20 years. These moves include one-handed spins or complicated passes of the weapon around the body, for example. Competitors may use the newer light weight weapons. Competitors cannot perform releases, throws, palm spins or gymnastic moves. Competitors are judges on the execution of technique, balance, speed, power, solid stances and focus.

Commentary: This division allows competitors to bridge the traditional weapons division and the musical open weapons division. Complicated spins and pass-offs are allowed; however, competitors must still demonstrate good martial arts technique.

Open / Musical Weapons

In this division, judges look for weapon manipulation, speed of the techniques, degree of difficulty, showmanship, balance, power, and focus. Competitors can use music and any throw, release, or gymnastic move. Judges may consider how well the form corresponds to the music.

Commentary: Even though competitors may use any type of martial arts or gymnastic movement in their form, they must still demonstrate solid basic martial arts skills.

Junior Traditional Team Forms

Adults/ Juniors This division is open to Teams of 2 to 5 competitors. All competitors must be 17yrs and under. The junior Team must consist of only junior competitors {17yrs & under} Teams may compete with Traditional style forms. Teams may choose Hard Style, Soft Style, Korean Style or Kenpo. All techniques and movements must



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capture the essence of classical martial arts. Judges seek synchronization, technique execution, overall team power, balance, speed, and focus.

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

Junior Traditional Weapons Team Kata

Can consist of a team of 2-3 competitors. All competitors must be 17yrs or under. Teams may compete with traditional-style weapons kata. The traditional weapons rules are in effect. Judges look for synchronization, technique execution, overall team power, balance, speed, and focus.

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

Adult Traditional Team Kata

Can consist of 2-5 competitors. Teams may carry only one junior competitor. Teams may compete with a traditional style of kata. Teams may choose from Hard Style, Soft style, Korean or Kenpo. All techniques and movements must capture the essence of traditional martial arts. Judges look for synchronization, technique execution, overall team power, balance, speed, and focus.

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

Adult Traditional Team Weapons

Can consist of teams of 2-3 competitors. Teams may carry only 1 junior competitor. Teams may compete with traditional-style weapons kata. All traditional rules are in effect. Judges seek synchronization, technique execution, overall team power, balance, speed, and focus.

Commentary: Teams can use various angles and staggered starts to show creativity and showmanship.



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Open Team Form Juniors

This division is open to Teams of 2 to 5 competitors. All Competitors on the Team must be 17 years old or younger. Judges look for synchronization, showmanship, speed of techniques, degree of difficulty, execution of techniques, overall team power, balance, speed, and focus. Music and/or weapons may be used in this division.

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.

Open Team Forms Adult

This division is open to teams of 2-5 competitors. Teams may carry 1 junior competitor only. Judges look for synchronization, showmanship, speed of technique, degree of difficulty, execution of techniques, overall team power, balance, speed, and focus. Musica and/or weapons may be used.

Commentary: No props may be used in this division. Competitors may, at times, perform individual movements; however, the overall concept is still a TEAM form and not a demonstration show.

Classical Kata

This division will showcase the time-honoured patterns of recognized Karate systems from Japan (Shotokan, Shito-Ryu, Goju-Ryu, Wado-Ryu, Chito-Ryu) and Okinawa (Shorin-Ryu, Isshin-Ryu, Goju-Ryu, Uechi-Ryu). Competitors MUST perform a recognized unaltered/unmodified kata from one of the above systems, and no additions or deletions of movements are allowed. School variations are permitted, provided the movements maintain the structural integrity of the original kata. Competitors will be judged on focus (kime), proper execution of technique (punches, kicks, stances), proper breathing and hip rotation. Competitors are only allowed to do a MAXIMUM OF 4 KIAI; standing kicks must not go above the competitor's shoulders, and stances must not break parallel. In addition, competitors must say the name of the kata they are performing before commencing. In case of a tie, competitors must do a different kata.

Commentary: Unlike the Hard Style or Traditional divisions, competitors must only perform unmodified katas from Japanese or Okinawan Karate systems. Competitors



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who choose to alter/modify a classical working or add/delete moves are strongly encouraged to enter the Hard Style or Traditional divisions, as such changes to the kata may result in disqualification.

Open Kenpo

Forms presented in this category must capture the essence of kenpo style forms. kenpo styles include but are not limited to American kenpo, Hawaiian Kenpo, Okinawan kenpo or any style that captures the essence of movements found in kenpo worldwide. Mixed kenpo forms will be allowed if the moves are Kenpo in nature. Competitors who compete in Kenpo are judged on speed, power, balance, stances, fluidity and execution of technique.

Commentary: In the kenpo style, stances are typically higher than those found in other styles of martial arts. The height of the kicks may vary depending on the competitor and style of kenpo. The overall score of the form will be based on the rules listed herein.