



#### **PLEASE TAKE NOTE:**

It is important to understand that NMA/ISKA Traditional Super League is sanctioned by ISKA International and is in no means in existence to compete against other Traditional styles. It is merely a tournament platform for all Traditional Martial Artists to compete and exhibit their skills against each other. Rules have been adapted to create a balance between Purist and Sport Combat. It is up to the competitor to adapt to the rules and win, rather than the NMA adapt the rules to style or individual preference. NMA executive members ALL come from a Traditional background and to this day still incorporate Traditional Customs and values within their Dojo regardless of how modernised it has evolved to be.

The following is a baseline edition of NMA traditional rules which will be updated and added to in future.

#### **Criteria for decision on Traditional Kata**

The Kata must be performed with competence, and must demonstrate a clear understanding of the traditional principles it contains. In assessing the performance of a contestant or team the Judges will look for:

- a. A realistic demonstration of the Kata meaning.
- b. Understanding of the techniques being used (BUNKAI).
- c. Good timing, rhythm, speed, balance, and focus of power (KIME).
- d. Correct and proper use of breathing as an aid to KIME.
- e. Correct focus of attention (CHAKUGAN) and concentration.
- f. Correct stances (DACHI) with proper tension in the legs, and feet flat on the floor.
- g. Proper tension in the abdomen (HARA) and no bobbing up and down of the hips when moving.
- h. Correct form (KIHON) of the style being demonstrated.
- i. The performance should also be evaluated with a view to discerning other points such as the difficulty of the Kata presented.
- j. In Team Kata synchronisation without external cues is an added factor.

#### **EXPLANATION:**

Kata is not a dance or theatrical performance. It must adhere to the traditional values and principles. It must be realistic in fighting terms and display concentration, power, and potential impact in its techniques. It must demonstrate strength, power, and speed — as well as grace, rhythm, and balance.

#### **Criteria for decision on Traditional Japanese and Okinawa Kata's**

#### **Illegal Techniques in traditional Japanese and Okinawa Kata's**

- Combination of two or more traditional forms
- Altered traditional forms

### **Kata generalization**

- **Stances** – Solid and low
- **Blocks & Punches** – linear and strong
- **Kicks** – powerfully, generally snapped, limited amount, mostly front snap and side snap kicks
- **Kiai** – short, from the diaphragm (maximum of four)

### **Scoring**

- 50% of score **Basics** – speed, power, focus, kiai, balance and breathing
- 50% of score **Perfection of Techniques** – stance, hand techniques and kicks.

### **Criteria for decision on Traditional Korean Forms**

#### **Illegal Techniques in traditional Korean Forms**

- Splits
- Gymnastics
- Rolls
- “Machine gun” kicks
- More than three (3) kicks without putting the kicking leg down
- Tornado kicks
- Whip or slingshot kicks
- Combination of two or more traditional forms
- Altered traditional forms

#### **Forms generalization**

- **Stance** – Solid and high
- **Blocks & Punches** – linear, strong and limited amount
- **Kicks** – Generally high, powerful and generally trusted

### **Scoring**

- 50% of score **Basics** – speed, power, focus, kiai, balance and breathing
- 50% of score **Perfection of Techniques** – stance, hand techniques and kicks.

### **Criteria for decision on Traditional Weapons Kata**

The Kata criteria for this division are the same as the Traditional Japanese, Okinawa and Korean divisions. Depending upon which style the player claims to represents.

## No sharp weapons are allowed.

### Illegal Techniques

- Techniques must follow the legal technique criteria of the style that the player is representing, the weapon(s) cannot be manipulated differently than the traditionally accepted way that is innate to the style of the weapons form.
- Weapons unauthentic to Asian martial arts are not allowed.

### Forms generalization

- **Weapon** – The weapon must be manipulated in such a fashion as to demonstrate the traditional offensive and defensive purpose of the weapon.
- **Stances** – Solid and low for the Traditional Japanese and Okinawa Kata's
- **Stances** – Solid and high for the Korean forms
- **Blocks & Punches** – linear and strong

### Scoring

- 50% of score **Basics** – speed, power, focus, kiai, balance and breathing
- 50% of score **Perfection of Techniques** – stance, hand techniques and kicks.

## Criteria for decision on Creative weapons Kata's and Forms

### No sharp weapons are allowed.

- The creative weapons kata or form must be created from deriving from a Japanese, Okinawa, Korean, Kenpo or Polynesian base styles.
- The weapon must have an application to the martial arts.
- Ninety percent (90%) of the player's performance must be with a weapon in the hand.
- Weapon players should be judge primarily on their ability with and the manipulation of the weapon, and not hand strikes, kicks and gymnastics.

**Gymnastics** – Up to seven (7) gymnastic techniques are allowed and can enhance the player's performance and score. **However** – gymnastics must not be the main criteria for judging. More than seven (7) gymnastic techniques will automatically disqualify a player.

### Gymnastics movements specifically include only the following

- a) Cartwheels
- b) Round-off's
- c) Cartwheel aerials
- d) Front and back hand springs
- e) Front and back flips
- f) Full front and side splits

### Forms generalization

- **Weapon** – The weapon must be manipulated in such a fashion as to demonstrate the traditional offensive and defensive purpose of the weapon.
- **Stances** – Solid and variety

- **Blocks & Punches** – linear and strong
- **Kicks** – Variety and generally thrust
- **Kia** – Variety acceptable
- **Difficulty** – Difficulty of the weapon manipulation is important
- **Entertaining** – The form or kata should be dynamic and entertaining
- **Music** (applicable only if music is used) – The form must be choreographed to the music. Background music is not acceptable for the best scoring. Choreography means that the player's focus, movements and techniques synchronize or alternate with various beats in the music.

### **Scoring**

- 25% of score **Basics** – speed, power, focus, kia, balance and breathing as applied to the use of the weapon
- 25% of score **Perfection of Techniques** – weapon, hand techniques, kicks, stance and gymnastics
- 25% of score **Degree of Difficulty** – weapons, kicks, hand techniques, stance and gymnastics
- 25% of score **Entertainment** – showmanship, creativity (and choreography if music is used)

### **Criteria for decision on Unison Kata**

- **Unison Kata consist of three members (3) no more and no fewer members will be accepted.**
- In Unison Kata, all three team members must start the Kata facing in the same direction and towards the Chief Referee.
- The members of the team must demonstrate competence in all aspects of the Kata performance, as well as synchronisation.
- Commands to start and stop the performance, stamping the feet, slapping the chest, arms, or karate-gi, and inappropriate exhalation, are all examples of external cues and should be taken into account by the Judges when arriving at a decision.

### **Criteria for decision on Synchronised Forms**

- Synchronised forms teams may consist of a minimum of three (3) and a maximum of five (5) members per team
- In Synchronised forms, the team members can start the Form in any direction.
- The members of the team must demonstrate competence in all aspects of the Form.
- **The team performing the Synchronised form must be at least 80% in synchronisation.**
- Commands to start and stop the performance, stamping the feet, slapping the chest, arms, or uniform and inappropriate exhalation, are all examples of external cues and should be taken into account by the Judges when arriving at a decision.

### **Criteria for decision on Creative Kata and Forms**

- The creative kata or form must be created from deriving from a Japanese, Okinawa, Korean, Kenpo or Polynesian base styles.

**Gymnastics** – Up to seven (7) gymnastic techniques are allowed and can enhance the player's performance and score. **However** – gymnastics must not be the main criteria for judging. More than seven (7) gymnastic techniques will automatically disqualify a player.

**Gymnastics movements specifically include only the following**

- a) **Cartwheels**
- b) **Round-off's**
- c) **Cartwheel aerals**
- d) **Front and back hand springs**
- e) **Front and back flips**
- f) **Full front and side splits**

### **Point's allocation**

- 13 years and under a Six average score will be used (5 to 6.9)
- 14 to 17 years a Seven Average Score will be used (6 to 7.9)
- Seniors White to Purple belt a Seven average score will be used (6 to 7.9)
- Seniors Brown to Black belt an Eight average score will be used (7 to 8,9)
- In the case of a competitor not completing the Kata / Form the lowest mark will be awarded
- Points awarded by the judges may not differ more than 0.3 between each other. (Chief judge to control this)
- When there is a draw a flag system or Judges HANTE will be used to determine the winner
- Both Competitors will do their Kata/Form at the same time and judges will by flag or show of hands determine the winner.