

JIYU IPPON KUMITE

PERFORMANCE AND JUDGING CRITERIA

For grading examiners, Instructors, referees and judges, coaches and those who wish to study karate and not just do karate

Preamble: The need for students to learn how to fight is implicit in the art of Karate, it is not possible to go straight to Jiyu Kumite because the necessary skills required to be a competent, knowledgeable and competent Kumite Karate-ka are found in the building blocks of the grading syllabus, 1st Gohon Kumite, 2nd Sanbon Kumite, 3rd Kihon Ippon Kumite then Jiyu Ippon Kumite (the “bridges” to knowledgeable Jiyu Kumite).

No protective equipment is allowed.

There are several aspects to consider, listed below are some of the main points.

- 1) The attacker is the instigator of movement and of course the attack, if their Maai is incorrect or the intention to make a determined attack is missing then the attack is non existent, the attack must be accompanied by a kiai.
- 2) The attacker must not chase the defender but focus and impact on the target “where it is” not where it is going to be, for example, if the distance, timing, seeing the moment and speed are correct then success is virtually guaranteed.
- 3) The attacks should be determined but absolute control should be demonstrated in the event of the defenders unsuccessful block.
- 4) The correct use of shomen and hanmi must exist throughout from both competitors.
- 5) The defender must not retreat or run away, they must demonstrate their ability to control the attacker’s distance (maai) and allow the attacker to close the distance and attack. The attacker should seize the moment and attack when the distance is correct. The defender should move just out of distance using a tactical rearward motion or tai sabaki together with an effective block, but must remain close enough to perform an effective/decisive counter attack or counter attacks combination. The counter attack(s) must be immediate and precise (timing, target and distance etc). The attacker (Tori) must not remain stationary following their attack, but move out of distance as soon as the attack is finished.

6) Attacks are

For 3rd Kyu and above: Jodan Oi-zuki. Chudan Oi-zuki. Mae-geri chudan. Yoko-geri kekomi chudan. Mawashi-geri jodan or chudan (to be stated by attacker). Ushiro-geri chudan.

For kohai up to 4th Kyu: Jodan Oi-zuki. Chudan Oi-zuki. Mae-geri chudan. Yoko-geri kekomi chudan. Mawashi-geri jodan or chudan (to be stated by attacker).

- 7) Techniques are clearly announced just prior to each attack, it is not necessary for Uke to acknowledge understanding by saying "oss"

Procedure

The two contestants, Shiro and Aka are called forward by Shushin to the kumite positions marked on the Shiai Jo, bow to each other in the normal way, the Shushin states Jiyu Ippon Kumite, Hajime.

The competitors immediately step forward into Hidari Zenkutsu Dachi Gedan Barai and assume Kamae posture, Aka becomes Tori, states Jodan and proceeds to use the skills of kumite movement, stealthy and guarded closing the distance to ensure timing and Maai in order to execute a decisive oi zuki Jodan attack (the attack should be a complete and controlled movement delivered to the target with all the criteria normally used to judge Jiyu kumite technique ie, balance, posture, hikite, distance, timing, etc etc), the moment the attack is completed to full extension and kime, Tori executes an effective Tai Sabaki maintaining Zanshin and correct maai, prepares body and mind to receive an attack as Uke.

Note: the attack should be aimed at where the target is and not presume where it is going to be.

Shiro assumes the role of Uke and uses the necessary skills of defence and counter attack, they will maintain control of movement so as not to "escape" but allow Tori to manoeuvre into an attacking distance but not to allow Tori to dictate the attack. Once the attack is launched, Uke will use the skills of waiting until the right time to use tai sabaki and Maai to deliver a decisive and appropriate counter attack to a valid target and immediately use tai sabaki maintaining Zanshin to step out of the immediate area of Tori and be facing Tori at an appropriate distance with prepared body and mind to deliver the next attack as Tori.

Both contestants should demonstrate total control over their movement and contact, at no time using distraction and posturing to gain advantage but rely on Zanshin in order to deliver attack and counter attack nor should either contestant deliberately prematurely escape to avoid either the attack or counter attack thus not allowing either Tori or Uke the

opportunity to demonstrate perfection of the necessary skills of Karate do.

(In order to ensure fairness of “pressure”, the attack sequence will be Aka attack Jodan, Shiro attack Jodan. Aka attack Chudan, Shiro attack Chudan and so on until the whole sequence of attacks and defences are completed).

The next attack is stated by Tori, Chudan, this attack and all following attacks are treated as a completely separate and independent “fight” and therefore the attitude of start and completion should be the same as for Jodan attack above. Tori will not delay their attack in order to push Uke outside of the effective fighting area (Jogai) defined by a border 8m x 8m, Uke will be aware of the area and use skill and understanding of body movement in order not to commit Jogai, in the event of Jogai, judges should decide whether the fault lies with Uke not understanding body movement as Tori approaches and sets up their attack or whether the fault lies with Tori taking an unreasonable time to make an attack and therefore effectively giving no alternative for Uke to avoid Jogai. If Jogai occurs the Shushin will stop the match with the command Yame, Torrimasen and order the contestants to their start positions with the command Moto no ichi and award Jogai to the offending competitor using the above criteria.

On completion of all attacks and defences, Shushin calls Yame, returns the competitors to start positions and calls Hantei from the judges (either mirror judge system or 4 fukushin and one shushin), using the criteria of Ippon or Waza ari as per the rule book section for Jiyu Kumite. In the event of Hikiwake, competitors will repeat from Migi Hanmi Gamae with Shiro becoming Tori and initiating the attacks.

On completion a decision will be made with further consideration of use of Hangekiwaza and the understanding of junansei.
No Hikiwake decisions from the judging panel.

Note: If during the attack or defence the competitors lose control or the ability to safely defend, the referee will stop the match and can lead to the disqualification of the offending competitor. Criteria used for disqualification can be found in the rule book as for Jiyu Kumite.

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