

**FORMS AND CATEGORIES OF FIGHTING  
REPRESENTED IN WFF 2013 COMPETITIONS**

Forms of karate:

1. Traditional Karate
2. Sport karate – weight categories
3. Kobudo- Bo-jutsu

Represented traditional karate styles: **Fudokan, Shotokan, Goju, Shito, Shorin-kenpo-ryu.**

Competition in WFF karate involve the use of original traditional, as well as a new version of the karate rules of Fudokan for the year 2013.

**Category A:****INDIVIDUAL KUMITE**; open to participate - all Traditional styles

No	Forms of combat	5-12	cadets	juniors	youth	seniors	veterans
1	Kihon kumite	+					
2	Kihon - ippon kumite	+	+				
3	Jyu - ippon kumite			+	+	+	
4	Kogo kumite		+	+	+	+	+
5	Kumite					+	+
6	Tsumai					+	+

**Category B:****INDIVIDUAL KATA:**

- I Category of Fudokan – B1
- II Category of all styles – B2

**B1. Fudokan katas participants**

Categories:		Age	Kyu Belts	Min. 1. DAN
Children	+	5-6, 7-10		
Cadets	+		+	+
Juniors	+		+	+
Youth	+		+	+
Seniors	+		+	+
Veterans	+		+	+

**B2. Katas – all karate styles**

Categories:		Age	Kyu Belts	Min. 1. DAN
Children	+	5-6, 7-10		
Cadets	+			
Juniors	+			
Youth	+			
Seniors	+			
Veterans	50 - 54	55 - 59	60 - 64	65 - 69

**Category C:****FUKU-GO**

Katas:

Kitei 1 –Sensei Nishiyama

Kitei 2 – Sensei Higashiyama

Fuku Go		All styles together		
Children	K1	Kogo	K1	Kogo
Cadets	K1	Kogo	K1	Kogo
Juniors	K1	Kogo	K2	Kogo
Youth	K1	Kumite Kogo Tsume - mai	K2	Kumite Kogo Tsume - mai
Seniors	K1	Kumite Kogo Tsume - mai	K2	Kumite Kogo Tsume - mai
Veterans	K1	Kumite Kogo Tsume - mai	K2	Kumite Kogo Tsume - mai

**Category D:****ENBU - two types:**

Type D1: Classic form (Nishiyama Sensei)

Type D2: Free form

Type D1	Type D2
Man-man	Man-man
Man-woman	Man-woman
Man-2 men	Man-2 men
Woman- 2 men	Woman- 2 men

**Category E:****TSUME – MAI:**

E1: Seniors

Age: 21-34

35-49

E2: Veterans

Age: 50-54

55-59

60-64

65-69

70+

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**Category D:**  
**TAMASHIWARI**

Open to participate:

- Seniors and Veterans no matter what style of karate
- Special holders

Using original wooden plates or specially designed devices for measuring the force of kick and punch

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**Category F:**  
**SELF-DEFENSE**

Types:

1. against unarmed opponents with hands tied
  2. against two unarmed opponents
  3. against armed opponent with:
    - BO
    - Knife
    - Gun
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**Category G:**  
**KOBUDO**

All styles together, two categories:

- G1 - Seniors  
G2- Veterans
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**TEAMS**

TEAM KUMITE  
TEAM KATA

- A1. Kumite: men/women (3+1)
  - A2. Katas: men/women (3+1)
  - A3. Kobudo team: men/women (2+1)
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**SPORT KARATE**

- B1. Weight categories:
  - Light
  - Half – middle
  - Middle
  - Half – heavy weight
  - Heavyweight
- B2. Teams: Men/Women
- B3. Team regardless of the weight-open categories for male / female

**PENTATHLON**

❖ Unique form of combat related to Fudokan karate- indicator of the overall mastery

1. Participants black belts (only)
2. Status of Kuraia
3. Categories: Seniors and Veterans

**Disciplines represented in the Pentathlon:**

- Kata
- Kumite
- Bo-jitsu
- Tamashi -wari
- Tsume - mai

**Judging includes the summation of all points won from all 5 disciplines:**

Place:	Points won:
1 <sup>st</sup>	- 10
2 <sup>nd</sup>	- 8
3 <sup>rd</sup>	- 5
4 <sup>th</sup>	- 2
5 <sup>th</sup>	- 1



Board of Masters of Fudokan style  
SOKE – Univ.Prof. Ilija Jorga – MD.Ph.D.