
Kata and Freestyle regulations



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CHAPTER 1. GENERAL INFORMATION

Art.1 ORGANIZATION KATA AND/OR FREESTYLE COMPETITIONS The rights and obligations of the SJC (Referee Jury Committee)

1.a The SJC:

- Gets in touch with the organization of the planned tournament at least one month before the tournament will take place.
- Makes sure the necessary baskets with the grading signboards are present.
- Consults with the organization who takes care of having the required forms and stationary present.

1.b The organization must:

- Set a date for the tournament in deliberation with the SNN (Nunchaku-do Foundation Netherlands) and the WNA (World Nunchaku-do Association).
- Invite an official of the SNN/WNA to validate the passports.
- Declare which disciplines and separate classes the tournament consists of.
- Take care of finding a suitable location.
- Make sure the necessary chairs and tables are present for the members of the jury.
- Ensure the floor of the competition area is safe.
- Have somebody present at every court to call out the results and/or write them down.

1.c The competition area must:

- Be even and without obstacles.
- Be a square area of 7 x 7 metres minimum and 10 x 10 metres maximum (measured from the outside).
- Have a clear starting position for the kata.

1.d The organization of the competition

For kata competitions there are four divisions:

- Juniors (up to and including 15 years old, male and female mixed).
- Males senior (from 16 years and up).
- Females senior (from 16 years and up).
- Shodan (for first dan and up, male and female mixed. If there are enough participants this division can be split into both a division for males and females).

At the discipline kata, it is allowed to participate in a higher division than your own. In each division (junior/senior) one is free to participate with a junior- or senior WNA nunchaku. For the juniors division, the participant must be below the age of 16 on the day of the tournament.

For the discipline freestyle there are two divisions:

- Juniors (up to and including 15 years old).
- Seniors (from 16 years old and up).

The organization may decide to split the seniors into a male and female division if there are enough entries. For international tournaments, the organization has the right to change the age limit.

1.e Passport control

At every official tournament, there must be an official SNN/WNA representative to check if the passport is valid and in what division the participants may take part.

The SNN/WNA representative has the right to exclude anybody from participating in the tournament if they are not in possession of a valid SNN/WNA passport.

Art. 2 COMPETITORS

2.a Entry

A participant is obliged to enter in the correct division. Incorrect or incomplete submissions may lead to exclusion from participating in the tournament.

2.b Passport

Every participant must be in possession of a valid SNN or WNA passport.

2.c Uniform Participants

The official uniform of the participant consists of the following:

- A black nunchaku-gi, with short sleeves (not exceeding the elbows). The V-collar, as well as the end of the sleeves, are yellow.
- Black (budo) trousers.
- An official SNN/WNA competition belt, showing the degree of the competitor.
- No metal or other objects (including jewellery and piercings) may be worn.
- A logo of the SNN/WNA on the left side of the chest.
- Wearing bandage or a brace must be approved by the main referee and if possible by the first aid practitioner.
- Wearing any other unofficial clothing or equipment (unless clearly stated in the tournament's rules) is prohibited.
- The male contestant may not wear anything visible underneath the nunchaku-gi.
- The female contestant may wear a black or yellow T-shirt underneath her nunchaku-gi.
- The logo of the contestant's club is allowed on the left sleeve of the nunchaku-gi.
- Bare feet (unless permission has been given by the main referee).
- Wearing prescription glasses is allowed.

2.d Misbehaviour

A participant who misbehaves, will be excluded from the rest of the tournament (disqualification). A disqualification will be reported to the SJC. The SJC will decide if a request will be filed to the SNN/WNA to place sanctions towards the participant. Misbehaviour after leaving the competition area may still lead to disqualification during the tournament.

Art. 3 JURY

3.1

A member of the jury must be in possession of a B, A or A-international license of the SNN/WNA.

3.2 The uniform of the jury

The main referee and the other members of the jury must wear the official uniform, which is decided on by the SJC of the SNN/WNA. This uniform must be worn during all competitions.

The uniform consists of the following:

- Black trousers.
- Even black socks.
- White shirt with short sleeves, including the WNA logo on the right sleeve (a white shirt underneath is allowed).
- Black tie (these will be provided by the SJC).
- Even black indoor shoes with an even white or brown sole.

Art. 4 DISQUALIFICATION

4.1 A participant can be disqualified for the following reasons:

- Invalid passport.
- Invalid entry.
- Invalid equipment.
- Wearing jewellery and/or piercings.
- Wearing bandage or a brace without permission.
- Incorrect clothing.
- Improper attitude.
- Misbehaviour.

4.2 The following persons are licensed to disqualify somebody:

- Officials of the SNN/WNA during the passport control.
- The organization of the tournament.
- The chairman of the SJC.
- The main referee.

Art. 5 PROTESTING/OBJECTION

5.1 Filing a protest against a decision of the jury or a wrong calculation of points must be done with the chairman of the SJC (or his/her replacement).

5.2 Requirements for the protest:

- It must be filed by letter including a name, date and signature.
- It can only be filed by somebody in possession of a valid SNN/WNA passport.
- It must be filed in an orderly manner.
- After the protest is filed (according to the requirements previously mentioned), the chairman of the SJC will call out a judgement. This decision is binding.

Art. 6 EXTREME SITUATIONS

6.1 In the case where the regular regulations don't seem to offer a solution (or there is doubt about the interpretations of certain rules), the chairman of the SJC (or his/her replacement) will make a final decision about the issue.

CHAPTER 2: KATA

Art. 1 PARTICIPANTS / COMPETITORS

1.a Nunchaku

1. During tournaments, only the official SNN/WNA black and yellow safety nunchaku may be used.
2. During a kata the participant may not change equipment.
3. The official safety nunchaku may not be wrapped with tape, decorations etc. unless the main referee has given permission.

1.b Presentation

The kata participant is obliged to treat the competition area (and the area around it) with respect. The participant should bow when entering the competition area.

After the participant has been summoned, he or she must go to the starting area and bow to the members of the jury.

The kata (and also the grading) starts after calling out the participant. The contestant must walk in a calm manner towards the starting position. At the starting position, the participant must make a bow (coming from the hips) towards the members of the jury.

The kata participant must wait until the main referee gives a signal to start. During every kata, including the Competition Kata and Kata Shodan, the step and the strike must be made simultaneously. This means that the foot, making the step, hits the ground at the exact moment where the nunchaku hits the imaginary opponent.

After the kata, the participant must return to the starting position and wait until the results are called out and the grading signboards are lowered again. After this, the participant will bow towards the members of the jury and leave the competition area.

Art. 2 JURY

2.a A member of the jury must watch the kata with full concentration and expertise and will give a grade directly after the participant performs his/her kata. The grade must be shown clearly for the participant as well as the officials' table, where the results will be noted by an SNN/WNA official. Only the chairman of the SJC, or his replacement, can make the decision if the participant can redo the kata.

2.b The main referee will give the starting signal with a hand gesture. The positioning of the members of the jury depends on the number of members. At all times they need to have a clear view of the execution of the kata. The members of the jury sit next to each other.

Art. 3 CONTROLLING TASKS OF THE MEMBERS OF THE JURY

3.1 Every member of the jury checks:

- The amount of signboards present (20 per person) and their order (0, 1, 2, 3, 4, 5, 6, 7, 8, 9).

- If there are a pen and paper available for every member of the jury.

3.2 The main referee is responsible for checking if:

- The starting position is clearly marked and on the correct spot.
- The competition area is even and without objects.
- The chairs for the members of the jury are positioned without hinder.
- His/her whistle is working properly.

3.3 The main referee

Is responsible for checking the appearance of the participant before giving the starting signal. He/she needs to pay attention to:

- Black trousers, a black nunchaku-gi with short sleeves and yellow borders, the SNN or WNA logo on the left chest and an official nunchaku belt with the correct grading.
- If the participant is a dan-holder then he or she needs to wear a black belt with the correct grading.
- If the clothing is in proper shape (no tears, stains, the correct colour etc.).
- Bare feet.
- The absence of jewellery, bandage and other accessories (with the exception of prescription glasses).
- A WNA official black and yellow safety nunchaku.

3.4 After the starting signal, the participant can start with the kata. Only the main referee is qualified to interrupt the kata. He urges the participant to go back to the starting position. After that, he or she calls the other members of the jury to call out his verdict. After this deliberation, the decision will be called out openly.

Art. 4 SCORE / GRADING

4.1 The composition of the score:

A member of the jury can give a score from 0,0 up to 10,0. If the kata is technically correct and is executed conform the regulations, a maximum of 8,0 can be scored. For the correct attitude and posture, in combination with the right tone of power and precision of the strike, all in harmony with the philosophy of the kata, a maximum of 1,0 can be given as a bonus. For the correct pace and cadence, another 1,0 maximum can be assigned to the participant.

4.2 The determination of the score:

A kata jury ideally consists of four members. If there are not enough members of the jury, three members will suffice. In the case of three members, the lowest score will not count towards the final score. In the case of four members, the lowest and the highest score will not count towards the final score. The sum of the remaining scores is the final score. If all participants have to execute the kata two times, then the final score will be the sum of the score of both katas. If there is a tie between two or more participants, then all scores will be taken into account (also the ones that did not count towards the total before). If there is still a tie at that point those participants need to execute the kata one last time before the jury. In the rare case that this will result in a tie again, the members of the jury will make a final decision and appoint a victor.

4.3 Judgement:

The participant needs to wait on the starting position for his/her scores. After the scores have been decided, the members of the jury will take out the matching signboards out of a small wooden box and place these on their upper legs, with the numbers facing down. The main referee will wait until all members of the jury have the signboards on their upper legs and will then blow the whistle. After

this command, all members of the jury need to turn the signboard up above their head with stretched arms. After all scores have been called out, the participant bows to the members of the jury and leaves the competition area, making the area ready for the next contestant. When all scores are called out, the members of the jury can lower the signboards again and place them back in the box.

The officials and the secretary behind the officials' table will note down the scores and calculate the final score. If a tournament has preliminaries and finals, then the members of the jury will discuss the scores between these two.

Art. 5 SELF-DESIGNED KATA:

5.1 General notes

For the discipline self-designed kata the following articles apply: organization kata competitions, participants, protests, disqualification and extreme situations. Furthermore, the following rules apply:

- Jury: the jury consists of three or four members.
- One of the members of the jury is appointed to count the number of actions used in the self-designed kata.

5.2 The term action hereby refers to a technique or combination of linked techniques with the nunchaku, possibly combined with a simultaneous movement of the body.

a. Examples of actions:

- A strike
- A block
- A fragment
- A freestyle technique
- A nunchaku-jutsu technique

B. Examples that are not counted as actions:

- A kick
- A punch
- A sole movement of the legs (including steps and lunges)
- A roll

5.3

The movements above that are not mentioned as actions, are however still allowed in a self-designed kata. The number of actions must be between 23 and 27. The main referee is always responsible for counting the actions.

5.4 Score

The members of the jury must judge the kata based on the following aspects:

- Technical execution
- Posture and attitude
- Creativity

5.5 Technical execution:

For the technical execution, there must be a focus on the consecutive execution of the techniques. More difficult combinations need to be awarded a higher score than basic techniques.

5.6 Posture and attitude:

The posture and attitude of the participant must be in harmony with the appearance of the participant and the execution and style of the kata.

5.7 Creativity:

It is not desirable that the kata only consists of existing techniques. It is expected that the participant is creative enough to come up with new techniques or new combinations in the self-designed kata.

5.8 For all these three aspects, the member of the jury has to give a separate score between 0.0 and 10.0. The average of these three will be the final score for the kata. If the final scores result in a tie, the same measures will be taken as with the regular katas.

Art. 6 BLOWING OFF THE KATA

The main referee can stop the kata by blowing on the whistle, which will result in a 0.0 as a score.

This can be done for the following reasons:

- If the contestant restarts the kata.
- If the nunchaku falls to the ground.
- A consecutive amount of errors in the kata.
- Clearly visible hesitation during the kata.
- More than five times failing to catch a strike.
- Less than 23 or more than 27 actions in the kata.

ASSESSMENT FORM 'SELF-DESIGNED KATA'

Name assessor:

Name nunchaku-ka:

Division:

Score creativity:

Score technical execution:

Score posture/attitude:

Subtotal:

Divide the subtotal by 3:

Final score:

Signature assessor:

CHAPTER 2. APPENDIX B

KATA ASSESSMENT FORM

Name assessor:

1 Name nunchaku-ka				
	bonus:	<input type="text"/>	subtotal: <input type="text"/>	final score: <input type="text"/>
2 Name nunchaku-ka				
	bonus:	<input type="text"/>	subtotal: <input type="text"/>	final score: <input type="text"/>
3 Name nunchaku-ka				
	bonus:	<input type="text"/>	subtotal: <input type="text"/>	final score: <input type="text"/>
4 Name nunchaku-ka				
	bonus:	<input type="text"/>	subtotal: <input type="text"/>	final score: <input type="text"/>
5 Name nunchaku-ka				
	bonus:	<input type="text"/>	subtotal: <input type="text"/>	final score: <input type="text"/>

CHAPTER 2. APPENDIX C

POINT DEDUCTIONS IN KATAS

I	<p>Starting from the wrong position Not having the nunchaku alongside the body Strike not aimed at the right target No distance in the strike Not holding the nunchaku in the black part Having the heel lifted from the ground Not looking into the direction where you strike towards Slight hesitation Not returning to the starting position</p>
II	<p>Not bowing at the starting position Not having the guard hand in front of the chest $\pm 22,5^\circ$ deviation from the striking direction Nunchaku still moving after the air-stop Lacking a click with a thrusting strike Not having a good grip over the nunchaku No black part of the nunchaku sticking out with a tsuki Lunging (or not) at a moment where it is not applicable Clearly using the wrong stance Slight disruption in the balance Lacking a kiai, or using a kiai when it is not needed Not bowing at the end</p>
V	<p>Beginning before the starting signal is given Opening right to left instead of left to right Nunchaku rolling from the upper arm $\pm 45^\circ$ deviation from the striking direction Control strike on the wrong side Not catching a strike Redoing a technique that was not incorrect A part of the nunchaku touches the ground One part of the nunchaku slips out of the hand Clear disruption in the balance Muttering Adding/skipping concentration or resting points Talking with the audience</p>
X	<p>Not redoing an incorrect strike/strike that is not caught More than $\pm 45^\circ$ deviation from the striking direction Adding/lacking a control turn The nunchaku is flying through the air uncontrolled for a moment Moving the wrong foot Making a wrong step A major disruption in the balance</p>
0,0	<p>No official clothing More than 5 times not catching the nunchaku in a row Both parts of the nunchaku hit the floor Restarting the kata Skipping a part of the kata Improper material Stepping towards a wrong direction in the kata Leaning with a hand on the floor Clearly cursing or yelling Wearing accessories or jewellery Wearing bandages without permission Dirty or shabby looking clothing Equipment failure A chain of errors in the kata Major hesitation Improper attitude Improper behaviour * for above points under 0,0; if the main referee does not blow off the kata, deduct X</p>

CHAPTER 3: FREESTYLE

Art. 1 FREESTYLE GRADING

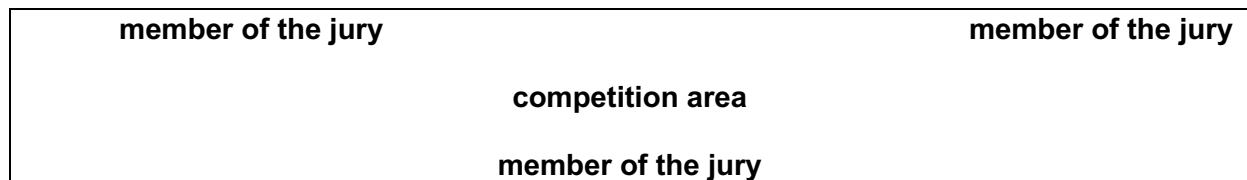
Purpose of these guidelines for grading

1.a These guidelines for grading are meant to assure an objective and uniform grading for the discipline freestyle at SNN/WNA tournaments. It also serves as a tool to help the general knowledge of the discipline for the members of the jury, teachers, as well as enthusiasts of freestyle. It will guide them in the preparations for a freestyle tournament or with setting up a freestyle themselves. The members of the jury should not stray from these guidelines, which would make it impossible to have an objective and uniform grading. At the discipline freestyle, the jury will consist of three or four members. They will all assess the freestyle independent from each other. Depending on the tournament, the grading will take place through grading forms or by use of the signboards in a similar way to kata. If the grading forms are used, the scores will not be called out directly after the freestyle. The members of the jury must be licensed to grade the freestyle.

Art. 2 Positioning of the jury

2.a Positioning if the jury consists of three members:

**Main referee
Officials' table (score/time)**



2.b Positioning if the jury consists of four members:

**Main referee
Officials' table (score/time)**



Art. 3 THE DETERMINATION OF THE FINAL SCORE

3.a If the jury consists of three members:

The lowest score of the three members will not count towards the final score. The remaining two scores will be added together and will form the final score.

3.b If the jury consists of four members:

The lowest and the highest score of the four members will not count towards the final score. The remaining two scores will be added together and will form the final score.

Art. 4 RIGHTS AND DUTIES

4.a Rights and duties of the main referee specifically:

- To make sure the competition area has the right measurements according to SNN/WNA regulations.
- To control the working methods of the other members of the jury.
- To control the grading of the other members of the jury.
- To control the proper notation of the special deductions (not approved materials, clothing, accessories etc.).
- To gather the members of the jury if there are very big differences in scores between the members of the jury.
- To give the starting signal for the nunchaku-ka.
- To be able to interrupt a performance or enable the participant to start over.

4.b Rights and duties of all the members of the jury:

They must assess the exercise with precision, objectivity and professionalism.

Furtherly they must write down:

- Technical execution.
- Presentation.
- Risk.
- Own opinion.
- The total deduction for general and exceptional mistakes.
- The final score.

4.c The grading forms must be filled in swiftly and clearly, also the name of the nunchaku-ka, their own name (member of the jury) and their signature must be noted.

The members of the jury are obliged to wear the SJC official clothing.

4.d Rights and duties of the participant:

- The nunchaku-ka needs to act in accordance with the regulations and should be familiar with these at all times.
- The nunchaku-ka needs to be able to show a valid SNN/WNA passport at the day of the tournament.
- The nunchaku-ka needs to wear the official nunchaku-do clothing, including an SNN/WNA logo.
- It is not allowed to wear any accessories (jewellery, watches, pendants etc.) at the competition area.
- The nunchaku-ka is obliged to bow when entering the competition area. When the contestant is ready, he or she gives a signal to the technician to start the music.

- No form of advertising is allowed without the permission of the SNN/WNA. This proof of permission must be shown before the match. There will never be given permission for advertising on the nunchaku outfit. Disobedience may result in disqualification.
- If the performance is interrupted without any blame of the participant, the nunchaku-ka has the right to restart the performance without any deductions already given. If the participant refuses, then the performance will be graded up to the point of interruption.
- Permission must be asked to use materials other than the official SNN/WNA materials. Without permission, it is not allowed to use other materials at the competition area.
- The nunchaku-ka must always abide by the SNN/WNA regulations. It is only possible to deviate from the regulations if permission is granted for this.
- The nunchaku-ka is responsible for delivering the music to the organization of the tournament. The music may be on a cd or on a USB.
- The nunchaku-ka is responsible for the quality of his/her own material.

4.e Rights and duties of the coach:

- The coach is responsible for informing his/her students about the rules in regard to the grading of the freestyle.
- The coach needs to be familiar with the regulations and strictly abide by them.
- The coach needs to stay at a correct distance from the competition area and may not hinder the vision of the members of the jury.
- The coach is not allowed to signal or talk to the nunchaku-ka during the freestyle.

4.f In case of material failure it is not allowed to hand over spare nunchakus to the contestant. Spare nunchakus may be placed on or right next to the competition area before the freestyle starts. In case of material failure, nobody else besides the nunchaku-ka himself may pick up the spare nunchaku(s). The main referee will decide what actions will be taken if somebody else hands over nunchakus to the contestant.

Art. 5 GENERAL NOTES IN REGARD TO THE FREESTYLE

5.a The duration of the freestyle has to be between 90 and 180 seconds. The time will start when the contestant starts with the first movement of the exercise. The time will stop when the nunchaku-ka finishes the last movement of the freestyle. After exceeding the time of 180 seconds only deductions will be made to the final score. The officials' table will inform the main referee if the time has been exceeded.

- The exercise needs to be in harmony with the style of music.
- The competition area is a minimum of 8 by 8 metres. The entire competition area needs to be used during the freestyle. If the contestant steps out of the competition area during the freestyle a deduction will be made to the score. If a member of the jury sees this, he/she will signal this by raising his/her hand.
- The official SNN/WNA nunchaku-do clothing and materials must be used at all times, unless this is clearly stated in the tournament's regulations or permission has been granted by the SJC or the main referee.

Art. 6 COMPOSITION AND CONTENT OF A FREESTYLE EXERCISE

6.a General notes

The harmony of the freestyle is an important factor that influences the movement and the execution greatly. There should not be any moment that disturbs the harmony of the performance. Two seconds of concentration are allowed before executing a high-risk technique. If the nunchaku drops with both parts to the floor, 0,5 points will be deducted up to a maximum deduction of 2,5 points (dropping the nunchaku five times or more).

6.b The freestyle performance will be assessed on the following points:

- Tempo and rhythm of the techniques during the entire exercise.
- Maintaining momentum during combinations.
- Enough variation in the techniques.
- Keeping control of the nunchaku during the different movements.
- Implementing show elements and an amusement factor.
- The use of two nunchakus at the same time.
- A high-risk technique with one nunchaku.
- A high risk-technique with two nunchakus.
- Unique and original techniques with the nunchaku.
- The use of the entire competition area during the freestyle.
- Budo spirit.

6.c Diversity in the exercise can be created by using:

- Strikes with a wide reach.
- Variations in the direction and location of the strikes.
- Variation in slow and fast movements, in combination with a change of pace in the music.
- Series of techniques towards an imaginary opponent.

6.d A high-risk technique is a technique where the nunchaku(s) are released in the air and caught after at least one full rotation has been made. During the part of the freestyle where one nunchaku is used, the contestant needs to make a high-risk technique at least one time with the left hand and at least one time with the right hand. During the part of the freestyle where two nunchakus are used, the contestant needs to do a high-risk technique with both of the nunchakus in the air simultaneously while they make at least one full rotation in the air before being caught again

6.e An unique technique is a technique that has a high degree of originality, courage, grace, space and/or virtuosity. This technique has never been executed by other participants at previous tournaments successfully.

CHAPTER 3.


APPENDIX D. GENERAL AND EXCEPTIONAL MISTAKES

General mistakes	Minor deductions	Major deductions
• Dropping the nunchaku		0,5 points
• A concentration stop longer than 2 seconds	0,2 points	
• The nunchaku-ka being unmotivated		0,5 points
• Starting before the signal of the referee	0,2 points	
• Hindrance of the jury by the coach		0,5 points
• No harmony between the music and the beginning of the end of the freestyle	0,2 points	
• No correct clothing	0,2 points	

Exceptional mistakes	Minor deductions	Major deductions
• Stepping out of the competition area	0,2 points	
• Length of the freestyle being too short		0,5 points
• Length of the freestyle being too long	0,2 points	
• Using other materials other than the official safety nunchaku without permission		0,5 points

CHAPTER 3.

APPENDIX E. FREESTYLE GRADING FORM

 <h1 style="margin-left: 20px; display: inline-block;">FREESTYLE</h1>		
Name nunchaku-ka:		
Division:		
Name assessor:		
		6.0
Technical execution	Maximum + 1.0	
Presentation	Maximum + 1.0	
Risk	Maximum +1.0	
Own opinion	Maximum +1.0	
Deductions Dropping the nunchaku (maximum 5 times -0,5) Breaking the flow (each time -0,2) Length of the freestyle too short (-0,5) Length of the freestyle too long (-0,2)	Total:	
	Final score:	