

Madison Traditional Karate Tournament 2006

Ko-Go Kumite Rules

Introduction

The Ko-Go kumite (alternate sparring) rules are based on the ITKF rules, which can be found at <http://itkf.org/webcontent.aspx?PAGECODE=ecc66f78-cfef-4fe4-8b3c-9e746d6d190e>.

Alternate sparring is an event, which provides an important learning opportunity for karate practitioners who are interested in improving their understanding of distance and timing in a controlled free sparring setting.

Event Organization and Scoring

The Ko-Go kumite match takes place in a regular ring. The competitors start in ready position (Shizen-tai) at their respective Red (Aka) and White (Shiro) marks. The match consists of six exchanges. Each exchange has a designated attacker and defender. The red side is the attacker for the first three exchanges, and the white side is the attacker for the last three exchanges.

The chief referee will start each exchange the same way as a regular free sparring (Shobu-Ippon) match. During each exchange, the attacker has 10 seconds to initiate an attack. The attack can be any combination of techniques, but no more than 4 techniques are allowed (including feinting and balance-breaking techniques), and all techniques must flow together as a single combination.

The defender must respond with a counter attack, which must maintain the continuous flow of any blocking or evading of the attacker's actions. The counter attack is limited to 3 techniques. During the counter attack, the attacker must respond by blocking or evading, and may counter with a single technique. After the above actions are completed, no more action is allowed for this exchange.

Preemptive counter attack: If the attacker comes so close to the defender, so that the defender can touch the attacker's leading arm without shifting, the defender can start the counter attack without waiting for the attacker to initiate an attack. The defender, however, must first touch the attacker's leading hand or arm to demonstrate that the distance is appropriate.

The techniques are scored according to the regular sparring rules for waza-ari, and ippon, as well as the corresponding penalties for contact, stepping out of bounds (Jo-gai), falling down (Tento), and other infractions.

There are four specific penalties for the Ko-Go kumite event:

- Time Over: The attacker fails to initiate an attack within 10 seconds.
- Kakushi: The attacker is close to the defender, but "hides" his arms in order to prevent the defender from initiating a counter attack (see Preemptive counter attack)

- Saki: The defender initiates a counter attack before any physical action by the attacker, and without touching the attacker's leading hand or arm
- Escape: The defender shows only incomplete or ineffective blocks and shifts away to escape, but is not in a position to counterattack.

Any two of these penalties are counted as a Waza-ari for the opponent.

The referee will stop each exchange when

- the attack, counter attack, and counter-counter attack are completed;
- there is a possible score to be awarded;
- the flow in the attacker's combination is interrupted;
- the flow of the defender's counter attack is interrupted;
- any penalty situation arises;
- the leading hand of either competitor can touch the opponent's body (too close, Chika-ma);
- the competitors continue after the allowed 4, 3, or 1 techniques.

After all six exchanges are completed, the scores for the competitors are added together. In a case of a tie, in the case of single elimination round, the competitors will have up to three alternate exchanges (red side attacks first, then white side attacks). If after any of the three alternate exchanges one side has more points than the other, that side wins. If after three alternate exchanges the score is still tied, the winner is determined by judges decision.