

# Kata Contest Requirements

## Ohana 2010

### **Youth Novice 3-4 years:**

Four (4) Strength / Coordination Techniques  
Four (4) Rolling / Falling Techniques  
Two (2) Open Techniques (excluding Constriction, Combination, Weapon, Advanced, and / or Multiple Attack Techniques)

### **Youth Novice 5-6 years:**

Four (4) Strength / Coordination Techniques  
Four (4) Rolling / Falling Techniques  
Two (2) Open Techniques (excluding Constriction, Combination, Weapon, Advanced, and / or Multiple Attack Techniques)

### **Youth Intermediate 5-6 years:**

Two (2) Strength / Coordination Techniques  
Two (2) Rolling / Falling Techniques  
Two (2) Hand Techniques  
One (1) Throwing Technique  
One (1) Constriction Technique  
Two (2) Open Techniques (excluding Constriction, Combination, Weapon, Advanced, and / or Multiple Attack Techniques)

### **Youth Novice 7-8 years:**

Four (4) Strength / Coordination Techniques  
Four (4) Rolling / Falling Techniques  
Two (2) Open Techniques (excluding Constriction, Combination, Weapon, Advanced, and / or Multiple Attack Techniques)

### **Youth Intermediate 7-8 years:**

Two (2) Strength / Coordination Techniques  
Two (2) Rolling / Falling Techniques  
Two (2) Hand Techniques  
One (1) Throwing Technique  
One (1) Constriction Technique  
Two (2) Open Techniques (excluding Constriction, Combination, Weapon, Advanced, and / or Multiple Attack Techniques)

**Youth Advanced 7-8 years:**

Two (2) Rolling / Falling Techniques  
Two (2) Hand Techniques  
One (1) Throwing Technique  
One (1) Constriction Technique  
Two (2) Open Techniques (excluding Constriction, Combination, Weapon, Advanced, and / or Multiple Attack Techniques)  
Combat Scene

**Youth Novice 9-10 years:**

Two (2) Strength / Coordination Techniques  
Two (2) Rolling / Falling Techniques  
Two (2) Hand Techniques  
One (1) Throwing Technique  
One (1) Constriction Technique  
Two (2) Open Techniques (excluding Combination, Weapon, Advanced, and / or Multiple Attack Techniques)

**Youth Intermediate 9-10 years:**

Two (2) Rolling / Falling Techniques  
Two (2) Hand Techniques  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
Two (2) Open Techniques (excluding Strength / Coordination, Combination, Weapon, Advanced, and / or Multiple Attack Techniques)

**Youth Advanced 9-10 years:**

Two (2) Hand Techniques  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
Two (2) Open Techniques (excluding Strength / Coordination, Rolling / Falling, Combination, Weapon, Advanced, and / or Multiple Attack Techniques)  
Combat Scene

**Youth Novice 11-12 years:**

Two (2) Rolling / Falling Techniques  
Two (2) Hand Techniques  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
Two (2) Open Techniques (excluding Strength / Coordination, Combination, Weapon, Advanced, and / or Multiple Attack Techniques)

**Youth Intermediate 11-12 years:**

Two (2) Hand Techniques  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
Two (2) Open Techniques (excluding Strength / Coordination,  
Rolling / Falling, Weapon, Advanced, and / or Multiple Attack Techniques)  
Combat Scene

**Youth Advanced 11-12 years:**

Two (2) Hand Techniques  
Two (2) Throwing Techniques  
One (1) Constriction Technique  
One (1) Combination Technique  
Two (2) Open Techniques (excluding Strength / Coordination,  
Rolling / Falling, Weapon, Advanced, and / or Multiple Attack Techniques)  
Combat Scene

**Youth Novice 13-15 years:**

Two (2) Rolling / Falling Techniques  
Two (2) Hand Techniques  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
Two (2) Open Techniques (excluding Strength / Coordination, Combination, Weapon,  
Advanced, and / or Multiple Attack Techniques)

**Youth Intermediate 13-15 years:**

Two (2) Hand Techniques  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
Two (2) Open Techniques (excluding Strength / Coordination,  
Rolling / Falling, Weapon, Advanced, and / or Multiple Attack Techniques)  
Combat Scene

**Youth Advanced 13-15 years:**

Two (2) Hand Techniques  
Two (2) Throwing Techniques  
One (1) Constriction Technique  
One (1) Combination Technique  
Two (2) Open Techniques (excluding Strength / Coordination,  
Rolling / Falling, Weapon, Advanced, and / or Multiple Attack Techniques)  
Combat Scene

**Youth Novice 16-17 years:**

Two (2) Rolling / Falling Techniques  
Two (2) Hand Techniques  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
Two (2) Open Techniques (excluding Strength / Coordination, Combination, Weapon,  
Advanced, and / or Multiple Attack Techniques)

**Youth Intermediate 16-17 years:**

Two (2) Hand Techniques  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
Two (2) Open Techniques (excluding Strength / Coordination,  
Rolling / Falling, Weapon, Advanced, and / or Multiple Attack Techniques)  
Combat Scene

**Youth Advanced 16-17 years:**

One (1) Hand Technique  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
One (1) Combination Technique  
Two (2) Open Techniques (excluding Strength / Coordination,  
Rolling / Falling, Weapon, Advanced, and / or Multiple Attack Techniques)  
Combat Scene

**Adult Hachikyu through Rokkyu (or 8th through 6th Kyu) ranks:**

Two (2) Rolling / Falling Techniques  
Two (2) Hand Techniques  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
Two (2) Open Techniques (excluding Strength / Coordination, Weapon, Advanced, and /  
or Multiple Attack Techniques)

**Adult Gokyu (or 5th Kyu) rank:**

Two (2) Hand Techniques  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
Two (2) Open Techniques (excluding Strength / Coordination,  
Weapon, Advanced, and / or Multiple Attack Techniques)  
Combat Scene

**Adult Yonkyu (or 4th Kyu) rank:**

One (1) Hand Technique  
Two (2) Throwing Techniques  
Two (2) Constriction Techniques  
One (1) Combination Technique  
Two (2) Open Techniques (excluding Strength / Coordination,  
Rolling / Falling, Weapon, Advanced, and / or Multiple Attack Techniques)  
Combat Scene

**Adult Sankyu (or 3rd Kyu) rank:**

One (1) Hand Technique  
One (1) Throwing Technique  
Two (2) Constriction Techniques  
Two (2) Combination Techniques  
Two (2) Open Techniques (excluding Strength / Coordination,  
Rolling / Falling Techniques)  
Combat Scene

**Adult Nikyu (or 2nd Kyu) rank:**

One (1) Hand Technique  
One (1) Throwing Technique  
One (1) Constriction Technique  
Two (2) Combination Techniques  
One (1) Reverse Technique  
Two (2) Open Techniques (excluding Strength / Coordination, Rolling /  
Falling Techniques)  
Combat Scene

**Adult Ikkyu (1st Kyu) rank:**

One (1) Hand Technique  
One (1) Throwing Technique  
One (1) Constriction Technique  
One (1) Combination Technique  
One (1) Reverse Technique  
One (1) Weapon Technique  
Two (2) Open Techniques (excluding Strength / Coordination, Rolling /  
Falling Techniques)  
Combat Scene

**Black Belt (Shodan):**

One (1) Hand Technique  
One (1) Throwing Technique  
One (1) Constriction Technique  
One (1) Combination Technique  
One (1) Reverse Technique  
One (1) Weapon Technique  
One (1) Advanced Technique  
One (1) Multiple Attack  
Two (2) Open Techniques (excluding Strength / Coordination, Rolling /  
Falling Techniques)  
Combat Scene

**Black Belt (Nidan / Sandan):**

One (1) Hand Technique  
One (1) Throwing Technique  
One (1) Constriction Technique  
One (1) Combination Technique  
One (1) Reverse Technique  
One (1) Weapon Technique  
One (1) Advanced Technique  
One (1) Multiple Attack  
Two (2) Open Techniques (excluding Strength / Coordination, Rolling /  
Falling Techniques)  
Combat Scene

**Black Belt (Yondan / Godan):**

One (1) Hand Technique

One (1) Throwing Technique

One (1) Constriction Technique

One (1) Combination Technique

One (1) Reverse Technique

One (1) Weapon Technique

One (1) Advanced Technique

One (1) Multiple Attack

Two (2) Open Techniques (excluding Strength / Coordination, Rolling /  
Falling Techniques)

Combat Scene