

Competition Requirements

From now on ALL participants in KNZ competitions (including regional) will be required to have the following gear:

- **Clean, correct fitting white karate Gi**
 - Trousers legs must be no shorter than 2/3 shin length and no longer than ankle bone (*no rolled/pinned up legs allowed*)
 - Gi jacket sleeves must not be longer than wrist bone and no shorter than 2/3 forearm length (*no rolled/pinned up sleeves allowed*)
 - Gi jacket should be long enough to cover 'bum' (*please excuse my English*)
 - For National + International competition - No badges (*KKNZ / club badge*) allowed on "**competition Gi**" – these badges should remain on your normal training gi

We highly recommend competitors purchase a WKF approved "competition Gi"
We can order special kata Gi and also lightweight kumite Gi, or you could just have an extra approved standard Gi for competition only (NO badges attached) – please ask for details & prices

- **Competition Belts – no markings allowed** (*perhaps name written small - near label*)
 - x1 red belt
 - x1 blue belt

All members competing will already have a red belt, you can purchase a blue belt from us for \$10 (*later to be deducted from your blue belt grading cost*) WKF belts extra \$10

- **Sparring gear – only KNZ/WKF approved** (*again NO visible markings allowed*)
 - x1 red pair sparring gloves KNZ = \$25 WKF prices to be confirmed
 - x1 blue pair sparring gloves KNZ = \$25 " " "
 - x1 red shin/instep protectors KNZ = \$50 " " "
 - x1 blue shin/instep protectors KNZ = \$50 " " "
 - x1 mouthguard

Advisable 10-13yrs / Compulsory 14yrs+ – may become compulsory for all age groups

- female maxi-chest guard WKF approved only (price to be confirmed)
- body protector WKF approved only (price to be confirmed)

Advisable 10yrs+ (compulsory for some international competitions)

- face protector WKF approved only (price to be confirmed)
- groin protector WKF approved only (price to be confirmed)

Due to the fact that 2-3 events often take place on different mats at the same time, it will no longer be possible to share one set of gloves &/or shins with family or friends.

Every individual competitor must have his/her own sparring gear – ALL in GOOD condition

For ALL future competitions outside our own dojo, JION I.K.D.A. will only enter those members, who have a complete set of sparring gear and approved Gi (this will be checked before entries are posted) Please remember, you may only enter a competition with the approval of Sensei Thorsten

THESE are World Karate Federation competition requirements