



GKF 2023 DEVELOPMENT PROVINCIAL CHAMPIONSHIPS

DEVELOPMENT RULE CHANGES

Development Kumite:

PERSONAL PROTECTIVE ITEM	COMPULSORY / OPTIONAL
approved body protector	COMPULSORY
Gum shield	
1 pair (1 colour) approved gloves	
Approved Face shield	OPTIONAL
Approved Foot and shin protectors	
2 nd colour of equipment	

All kumite times will be reduced by 30 seconds.

No contact will be allowed to the face with the hands

All athletes must be correctly dressed before the competition starts (please refer to the wkf rule book)

DEVELOPMENT KATA

Division	Katas required	ROUND 1	ROUND 2	ROUND 3	ROUND X
5/11 kata	1	A	A/?	A/?	A/?
12/15 kata	2	A	B	A/B/?	A/B/?
16/17 kata	2	A	B	A/B/?	A/B/?
18+ kata	3	A	B	C	A/B/C/?

All ages may be permitted to restart a kata should they make a mistake

Missing the bow before the start and after the completion of the kata will not result in a disqualification, however it may be taken into consideration when evaluating the kata.