

## **KOSHIKI RULES**

Posted by Sensei Steve Cartes

5<sup>th</sup> Dan Goju Ryu

**KOSHIKI IS A TRADITIONAL JAPANESE KARATE FIGHTING SYSTEM. IT IS CONTESTED BY ALL STYLES OF MARTIAL ARTS WORLDWIDE. IT IS BECAUSE OF ITS JAPANESE HERITAGE THAT THE BOUTS ARE CONDUCTED IN JAPANESE TERMINOLOGY.**

**THE BODY ARMOUR AND SUPER SAFE PERSPEX FACE GUARD DIFFERENTIATES KOSHIKI FROM ALL OTHERS.**

**CONTACT IS ALLOWED IN KOSHIKI SPARRING ONLY TO THE PROTECTED AREAS.**

- Points are scored for accurate, well controlled, effective, punch, kick or strike to the recognised target areas.

### **CRITERIA FOR SCORING TECHNIQUES**

- Good Form
- Strong Vigour
- Perfect Completeness (controlled Finish)
- Proper Timing
- Correct Distance
- A throw followed immediately by a scoring technique will be scored.
- Three consecutive techniques will score “Ippon” (match winning point).
- A quality kick to the head with all scoring criteria will also score “Ippon”.
- Any technique, deemed by the judges and referees, to carry all point scoring criteria perfectly will also score “Ippon”.
- Kicks are worth 2 points.
- Punches are worth one point.

### **ALL PROTECTIVE GEAR MUST BE WORN**

Body armour and head gear will be supplied on the day. Competitors must have a mouth guard and groin guard. Only Koshiki hand mitts can be worn, these will be supplied on the day of the tournament.

No shin guards to be worn during Koshiki by adult males but may be worn by adult females.

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### **PROHIBITED ACTS DURING BOUT**

- Contact to the back of an opponent.
- Contact to the back of the head.
- Attack to unprotected area.
- Attack to the groin.
- Attack to head without correct pullback.
- Striking when holding protective equipment.
- Wrestling.
- Unsportsmanlike conduct.
- Foot sweeps must be followed immediately by a scoring technique.
- Elbow to head.
- Knee to head.
- Acts deemed dangerous by the referee.
- Stalling the bout.
- Displaying cowardice, lacking defence.
- Stepping out of the ring.
- No jewellery to be worn during bout.

### **PROTEST AGAINST A REFEREE'S DECISION IS NOT ALLOWED**

*TOUCH* contact on the head for all divisions under 14. Non contact pulled back techniques with correct distance will be scored.

*LIGHT* contact to head only for 15-17 year old divisions. Excessive head contact will be penalised.

### **PENALTIES**

- 1<sup>st</sup> Foul: Kikoku – verbal warning only.  
2<sup>nd</sup> Foul: Hansoku Chui – warning with point penalty.  
3<sup>rd</sup> Foul: Hansoku – disqualification of bout

A referee can disqualify immediately on first foul if he/she sees fitting to the breach of rules.

### **DURATION OF BOUTS**

- Juniors up to 17 years - 2 minutes  
Adults - 3 minutes