OPEN INTERNATIONAL DE MONTRÉAL 2023

Rules for kata repetition

The WKF competition rules in kata and kumite in force on January 1, 2023 will be applied during the Montreal International Open

For the KATA (Intermediate, Advanced and Elite) events of the Montreal International Open, it is important to take note of the elements below and to notify your students accordingly.

Intermediate and Advanced

- Athletes must perform the katas according to the list of katas allowed according to the level of competition (intermediate or advanced) – see section “Downloads”
- Intermediate: the athlete must alternate at least 2 different katas or more from the list of katas allowed for the intermediate level according to the list of katas allowed available on Sportdata
- Advanced: the athlete must alternate at least 3 katas (must do at least 3 different katas before being able to repeat the katas alternately) and there is no restriction for the katas that are allowed
- Combined intermediate and advanced category: the athlete must alternate at least 2 katas and there is no restriction for the katas that are allowed

Elite

- WKF regulations
- All athletes must show different kata each round

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