

2026 AAU Karate Handbook – Appendix

APPENDIX A. WEIGHT DIVISIONS

Shobu Sanbon:

- Junior/ Senior Black Belt Male (18-35 yrs)
 - < 143 lbs
 - ≥ 143 lbs and < 165 lbs
 - ≥ 165 lbs and < 187 lbs
 - ≥ 187 lbs
 - Open Weight
- All other Junior/ Senior (18-35) Male divisions and all Veterans (36+) Male Divisions
 - Lightweight (< 165 lbs (< 75 kg))
 - Heavyweight (≥ 165 lbs (≥ 75 kg))
- Junior/ Senior Black Belt Female (18-35 yrs)
 - < 121 lbs
 - ≥ 121 lbs and < 132 lbs
 - ≥ 132 lbs and < 143 lbs
 - ≥ 143 lbs
 - Open Weight
- All other Junior/ Senior (18-35) Female divisions and all Veterans (36+) Female Divisions
 - Lightweight (< 132 lbs (< 60 kg))
 - Heavyweight (≥ 132 lbs (≥ 60 kg))
- All youth divisions (5-12) may be divided into light and heavy weight
 - Lightweight ($<$ median weight of competitors)
 - Heavyweight (\geq median weight of competitors)
- All youth divisions (13)
 - Lightweight (< 121 lbs (< 55 kg))
 - Heavyweight (≥ 121 lbs (≥ 55 kg))
- All youth divisions (14-17)
 - Lightweight (Male < 143 lbs / Female < 121 lbs)
 - Heavyweight (Male ≥ 143 lbs/ Female ≥ 121 lbs)

Shobu Ippon:

- Adult Black Belt Male / Female (18-35 yrs)
 - Lightweight (Male < 165 lbs / Female < 132 lbs)
 - Heavyweight (Male ≥ 165 lbs/ Female ≥ 132 lbs)

APPENDIX B. GENERAL CONSIDERATIONS FOR SCORING

- A. No point shall be awarded if the competitor injures his opponent, even if the injury is only very minor. A warning or penalty may be imposed against the offender.
- B. Techniques which land below the belt may score, as long as they are above the pubic bone.
- C. The neck is a target area and so is the throat. No contact whatsoever to the throat is permitted but a score may be awarded for a properly controlled technique.
- D. A technique that lands on the shoulder blades may score. The non-scoring part of the shoulder is the junction of the upper bone of the arm with the shoulder blades and collarbones.
- E. The time-up bell signals the end of scoring possibilities in that bout, even though the Referee may inadvertently not halt the bout immediately. The time-up bell does not however mean that warnings or penalties cannot be imposed. Penalties can be imposed by the Refereeing Panel up to the point where the contestants leave that area after the bout's conclusion. Penalties can be imposed after that, but then only by the Referee Committee.
- F. Simultaneous effective scoring techniques (Aiuchi) delivered by both contestants shall not score. True AIUCHI are rare. Not only must two techniques land simultaneously but both must be valid scoring techniques each with good form etc. Two techniques may well land simultaneously, but seldom are both effective scores. The Referee must not dismiss as Aiuchi, a situation where only one of the simultaneous pairs is actually a score. This is not Aiuchi.
- G. No technique will be scored if it is delivered after a penalty. If contestant one makes contact with contestant two's face just before contestant two scores, and the referee calls "Yame!" and penalizes contestant one, no score will be awarded to contestant two. However, if contestant scores two scores at the same time of contestant one's violation, both the score and penalty should be given.
- H. All penalties shall supersede scoring possibilities for that same contestant. Example: Contestant one scores with a Chudan Geri, the referee calls, "Yame!", and then that competitor accidentally makes contact with the opponent's face. Contestants will be penalized with no score for the Chudan Geri.
- I. Techniques in principle have the potential to score if they are delivered perpendicular to the scoring area and directed to the axis of the body.
- J. A victory over an opponent who has been given a Hansoku or Shikkaku shall be worth Kachi. If a contestant is absent or is withdrawn, the opponent shall be credited with a win by Kiken.
- K. If a contestant, whilst inside the fighting area delivers a scoring technique and then steps outside of the area, the technique shall score. For example:
 - a. If a contestant (Aka), whilst inside the fighting area delivers a technique that does not score and who then steps outside of the area, Jogai will be recorded against Aka.
 - b. If a contestant (Aka), whilst inside the fighting area delivers a scoring technique and Shiro steps outside of the area after it has scored, the technique shall score and Jogai shall not be recorded against Shiro.
 - c. If a contestant (Aka), whilst inside the fighting area delivers a scoring technique and Shiro has stepped out or steps outside the fighting area as Aka's technique is delivered, the technique shall score and Jogai shall be recorded against Shiro.

- d. No technique, even if technically correct, shall be scored if it is delivered when the two contestants are outside the competition area. However, if one of the contestants delivers an effective technique while still inside the competition area and before the Referee calls “Yame”, the technique shall be scored.
- L. The point at which “YAME” should have been called is helpful in determining if Jogai has occurred. For Jogai to occur a contestant’s foot or any other part of the body must touch the floor outside the fighting area. An exception to this is when the contestant is physically pushed or thrown from the area by the opponent.
- M. An effective technique delivered at the same time that the end of the bout is signaled is considered valid. A technique, even if effective, delivered after an order to suspend or stop the bout shall not be scored and may result in a warning or a penalty being imposed on the offender.
- N. For reasons of safety, throws where the opponent is being grabbed below the waist, thrown without being held onto, or thrown dangerously, or where the pivot point is above the thrower’s belt level, are prohibited and shall incur a warning or penalty. Exceptions are conventional karate leg sweeping techniques that do not require the opponent to be held while executing the sweep, such as ashi-barai, kouchi-gari, kani waza, etc.
- O. A worthless technique is a worthless technique – regardless of where and how it is delivered. A technique that is badly deficient in good form, or lacking in power, shall not score.

APPENDIX C. INJURIES AND ACCIDENTS IN COMPETITION

- A. KIKEN or forfeiture is the decision given when a contestant or contestants are unable to continue, abandon the bout, or are withdrawn on the order of the Referee. The grounds for abandonment may include injury not ascribable to the opponent’s actions.
- B. If two contestants injure each other or are suffering from the effects of previously incurred injury, and are declared by the Tournament Doctor to be unable to continue, the bout is awarded to the contestant who has amassed the most points. In Individual Matches, if the points score is equal, then a vote (HANTEI) will decide the outcome of the bout.
- C. Self-inflicted injury and those injuries caused by the athlete are easy to deal with but when assessing an injury caused by the opponent's technique, the Panel must consider whether the technique was valid. Was it properly applied to the proper area at the correct time and with the correct degree of control. Consideration of this will assist the Referee Panel in deciding whether the injured contestant should be declared the loser by Kiken, or whether the opponent should be penalized for a foul.
- D. When a contestant is injured, the Referee shall at once halt the bout and call the doctor. The doctor is authorized to diagnose and treat the injury only.
- E. If the doctor declares the contestant unfit, the appropriate entry must be made on the monitoring record sheet. The extent of unfitness must be made clear to other Refereeing Panel.

APPENDIX D: BEGINNER KATA

In the beginner division the competitors will be restricted to performing a kata from the following:

- | | | |
|----------------------|------------------|---------------------|
| ● Isshin Ryu Seisan | ● Heian / Pinan | ● Gekisai |
| ● Kihon Kata Ichi/Ni | ● Teno Kata | ● Fukyugata Ichi/Ni |
| ● Taikyoku Shodan | ● Taikyoku Nidan | ● Taikyoku Sandan |

APPENDIX E: NOVICE KATA

In the novice kata divisions, the competitors will be allowed to perform **any kata EXCEPT:**

- | | | |
|--------------------------------|-------------------|---------------------|
| ● Nipaipo | ● Sochin | ● Gojushiho Sho/Dai |
| ● Suparinpei / Hyakuhachiho | ● Unsu / Unshu | ● Sunsū |
| ● Chatanyara Kushanku | ● Anan / Anan-Dai | ● Gankaku / Chinto |
| ● Papurin | ● Ohan / Ohan Dai | ● Chinte |
| | ● Paiho | |

APPENDIX F: STYLE SPECIFIC SHITEI, SENTEI, TOKUI KATA

Shotokan Shitei:

- | | |
|-------------|----------------|
| ● Heian 1-5 | ● Tekki Shodan |
|-------------|----------------|

Shotokan Sentei:

- | | | | |
|-----------------------------------|--------------|---------|------------|
| ● Any Kata from Shitei list | ● Bassai Dai | ● Jion | ● Hangetsu |
| | ● Kanku Dai | ● Jitte | |
| | ● Jiin | ● Empi | |

Shotokan Tokui:

- | | | | |
|---|---------------------------|--------------|------------------------|
| ● Any Kata from Shitei/Sentei list | ● Gankaku | ● Sochin | ● Wankan |
| | ● Tekki Nidan / Sandan | ● Meikyo | ● Gojushiho Sho/Dai |
| | ● Nijushiho | ● Unsu | ● Hyakuhachiho |
| | ● Chinte | ● Bassai Sho | |
| | | ● Kanku Sho | |

Shorin Ryu Shitei:

- | | | | |
|------------------------|-----------------------|----------------------|-----------------------|
| ● Fukyugata Ichi/Ni | ● Naihanchi Shodan | ● Naihanchi Nidan | ● Naihanchi Sandan |
| ● Pinan 1-5 | | | |

Shorin Ryu Sentei:

- | | | | |
|-----------------------------------|-------------------------|---------------|---------------------|
| ● Any Kata from Shitei list | ● Wankan (Hakutsuru) | ● Sochin | ● Passai Sho/Dai |
| ● Wanshu | ● Rohai | ● Ananku | ● Seisan |
| | ● Jitte | ● Kusanku Sho | ● Niseishi |

Shorin Ryu Tokui:

- | | | | |
|---|------------------------|-------------------------|---------------|
| ● Any Kata from Shitei/Sentei list | ● Tomari Pasai | ● Chatanyara Kusanku | ● Gojushiho |
| | ● Matsumura Kusanku | ● Chinto | ● Kusanku Dai |
| | | ● Chinte | |

Isshin Ryu Shitei:

- | | | |
|----------|---------|-------------|
| ● Seisan | ● Wansu | ● Naihanchi |
|----------|---------|-------------|

Isshin Ryu Sentei:

- | | | |
|-----------------------------------|-------------|---------|
| ● Any Kata from Shitei list | ● Seienchin | ● Sunsū |
| | ● Chinto | |
| | ● Ku San Ku | |

Isshin Ryu Tokui:

- Any Kata from Shitei or Sentei list

Wado Ryu Shitei:

- Pinan 1-5
- Naihanchi Shodan
- Naihanchi Nidan

Wado Ryu Sentei:

- Any Kata from Shitei list
- Seishan
- Bassai
- Kushanku
- Wanshu
- Jion

Wado Ryu Tokui:

- Any Kata from
- Shitei/Sentei list
- Chinto
- Niseishi
- Jitte
- Rohai

Goju Ryu Shitei:

- Gekisai Dai Ichi/Ni
- Seienchin
- Shisochin
- Saifa

Goju Ryu Sentei:

- Any Kata from Shitei list
- Sanseru
- Kururunfa
- Sesan
- Suparinpei
- Seipai

Goju Ryu Tokui:

- Any kata from the Shitei or Sentei list above

Shito Ryu Shitei:

- Bassai Dai
- Jutte / Jitte
- Jyuroku
- Matsukaze
- Rohai (Matsumura)
- Jion
- Annanko
- Jiin
- Saifa
- Aoyanagi / Aoyagi
- Seienchin
- Naihanchi Shodan/Nidan/Sandan

Shito Ryu Sentei:

- Any Kata from Shitei list
- Bassai Sho
- Kosokun Dai / Sho
- Sochin
- Shisochin
- Nijushiho
- Seipai
- Seisan
- Wanshu / Empi
- Shiho Kosokun
- Kururunfa
- Chinto
- Chintei


Shito Ryu Tokui:


- Any Kata from Shitei or Sentei list
- Suparinpei
- Nipaipo
- Gojushiho
- Tomari-Bassai
- Matsumura-Bassai
- Chatanyara/Chatanyara-Kushanku (and variants)
- Unshu
- Sanseiryu
- Heiku
- Anan/Anan Dai
- Papurin


Mandatory All-Style Shitei/ Sentei/ Tokui:


- Any of the Style Specific Shitei / Sentei / Tokui list
- Any Traditional Okinawan/Japanese Kata


APPENDIX G: ARBITRATION SYMBOLS

 Ippon

 Wazari

 Nokachi

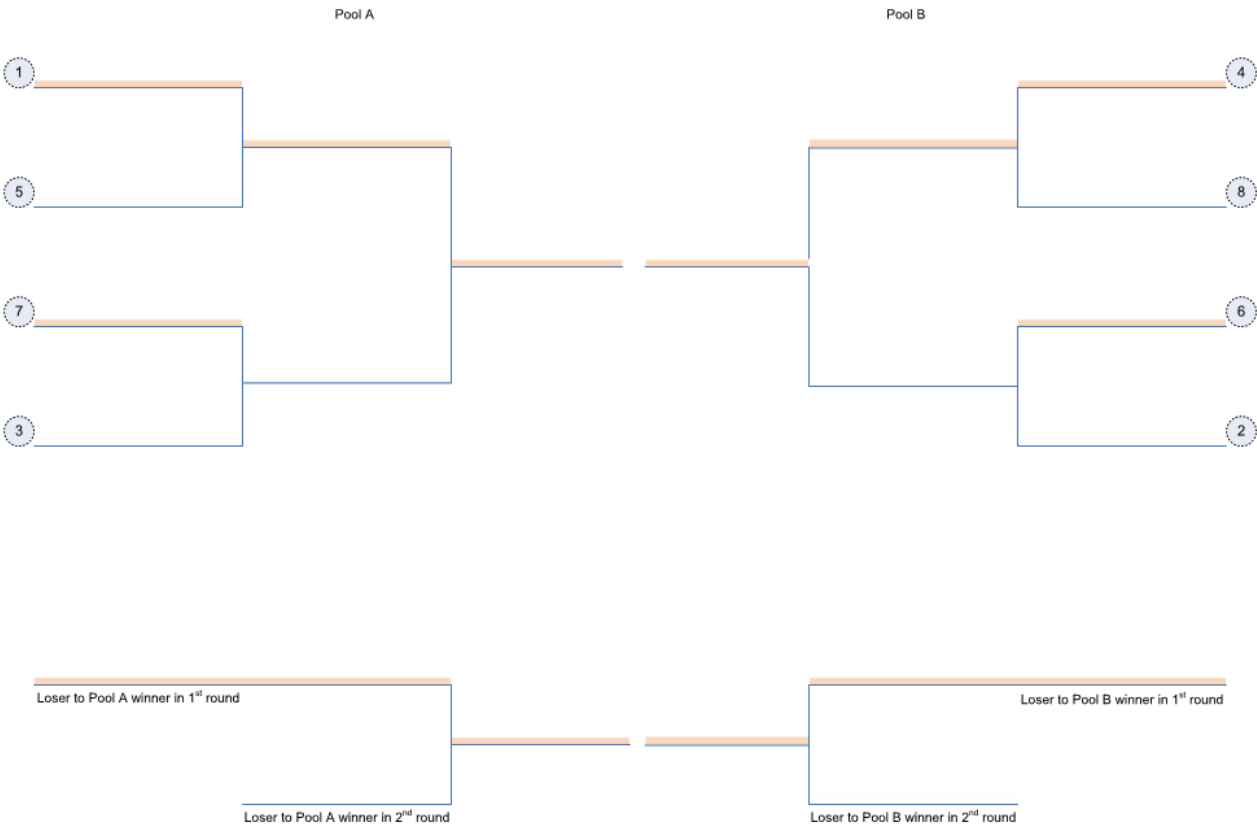
 Hikiwake

 Make

Penalties:

| | | | | | | | |
|---|------------|----|----------|-----|---------------------|----|----------------|
| C | Chukoku | | | HC | Hansoku Chui | H | Hansoku |
| J | Jogai Ichi | J2 | Jogai Ni | JHC | Jogai Hansoku Chui | JH | Jogai Hansoku |
| M | Mubobi | | | MHC | Mubobi Hansoku Chui | MH | Mubobi Hansoku |
| K | Kiken | S | Shikkaku | | | | |

APPENDIX H: CHARTING



APPENDIX I: SHUSHIN AND FUKUSHIN GESTURES

Shushin Gestures:



Ippon (full point)



Wazari (half point)



Chukoku (warning)



Hansoku Chui (penalty)



Hansoku (disqualification)



Jogai Ichi/Ni (out of bounds 1/2)



Jogai Hansoku Chui (out of bounds penalty)



Jogai Hansoku (out of bounds disqualification)



Mubobi
(defenseless behavior warning)

Mubobi Hansoku Chui
(defenseless behavior penalty)

Mubobi Hansoku
(defenseless behavior disqualification)



Kiken
(forfeiture)



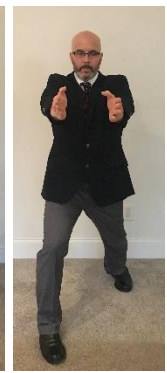
Shikkaku
(disqualification or expulsion from event/competition)



(Ippon/Sanbon)
Shobu Hajime
(1 point / 3 point
begin match)



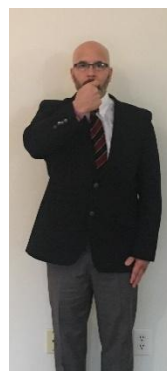
Yame
(halt match)



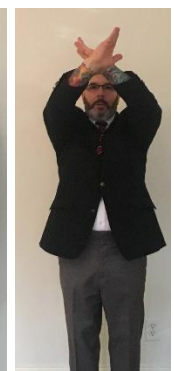
Tsuzukite Hajime
(restart the match)



Nokachi
(winner)



Hantei (Aka/Shiro)
(decision red/white)



Hantei (Hikiwake)
(decision draw)



Hikiwake (draw)

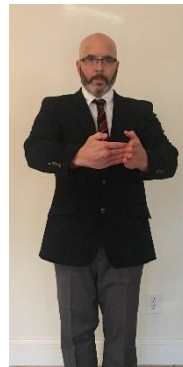
Toremassen (does not quality for point/penalty)



Yowai (too weak)

Maai (distance off)

Aiuchi (simultaneous effective scoring techniques)



Nukete Imasu (off target)

Uke Imasu (blocked)

Hayai (in first)

Shushin Requests:



Hantei
(decision)



Fukushin Shugo
(mirror/corner judge approach)

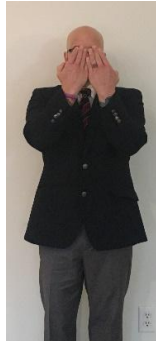
Fukushin (mirror) Gestures:



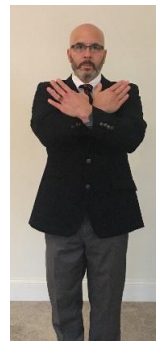
Ippon (full point)



Wazari(half point)



Mienai
(did not see)



Toremasen
(does not qualify for point/penalty)



Chukoku
(warning)



Jogai
(out of bounds)



Mubobi
(defenseless behavior)



Yowai
(too weak)



Mai
(distance off)



Aiuchi (simultaneous effective scoring techniques)



Nukete Imasu
(off target)



Uke Imasu (blocked)

Fukushin (flag) Gestures:



Ippon (full point)



Wazari (half point)



Mienai (did not see)



Toremassen (does not qualify for point/penalty)



Chukoku
(warning)



Jogai
(out of bounds)



Mubobi
(defenseless behavior)

APPENDIX J: PROTEST FORM

Event: _____

Division: _____

Referee Panel:

Shushin: _____

Fukushin: _____

Fukushin: _____

Fukushin: _____

Fukushin: _____

Athletes Involved:

Aka: _____

Shiro: _____

Team name: _____

Team name: _____

Description of incident you are protesting:

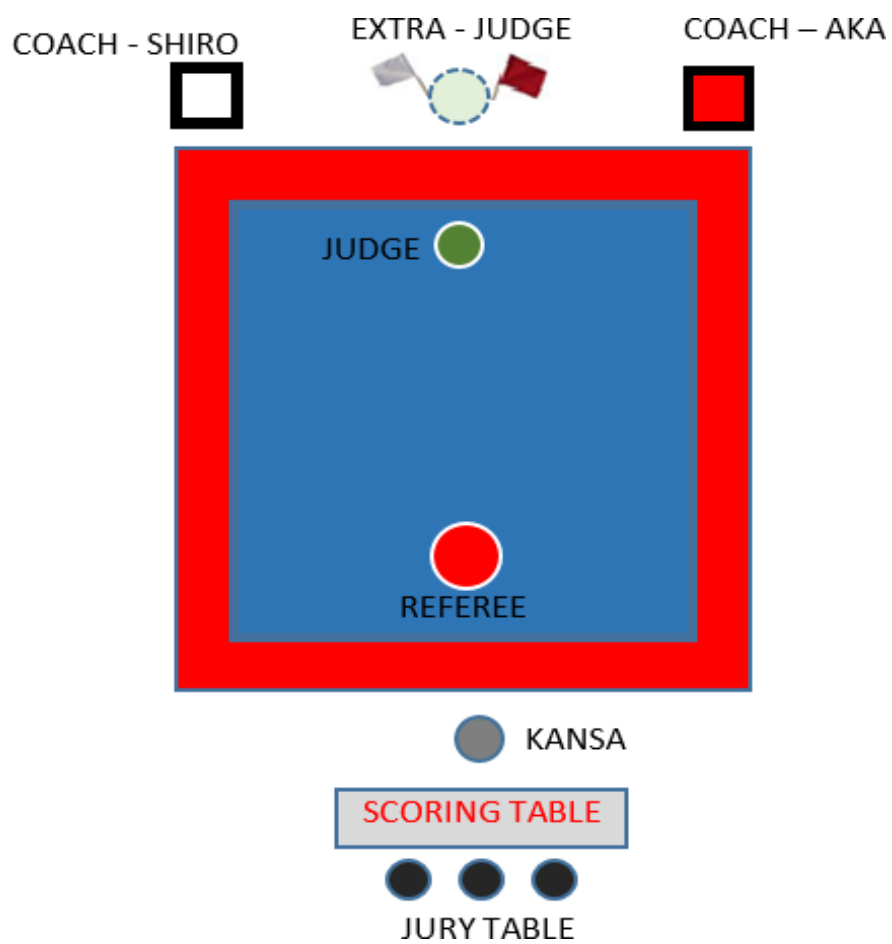
Submitted by*: _____

Date: _____

(*must be a registered AAU karate technical coach)

Submit with protest fee (\$100 cash) to a member of the AAU Karate Referee Council

APPENDIX K: ROTATIONAL TEAM KUMITE RING FORMAT



APPENDIX L: BOW IN PROCEDURE

Flagged Events:

1. Two athletes will bow from the aka/shiro corners and enter on the diagonal to their starting position.
2. They will bow, say the name of the kata, and begin.
3. Once finished, they will bow, and step straight back to the ring edge waiting for the official decision. They will bow and then sit down back in the predetermined area.

Scored Events:

1. One athlete will bow from the aka corner and enter on the diagonal to the center starting position.
2. The athlete will bow, say the name of the kata, and begin.
3. Once finished, the athlete will bow, and step straight back to the ring edge waiting for the official decision. The athlete will bow and then sit down back in the predetermined area.

