

WUKF Inclusive Kata and Kobudo – Team AAU/USA Prep Guide

AAU Belt Color	AAU Division	Rank	Experience
White	Beginner	9-7 Kyu	1 year or less
Green	Novice	6-4 Kyu	1 to 2 years
Black	Intermediate/Advance	3 Kyu - Up	2 or more years

Kata					
Category	Age	WUKF Rank	AAU Competition Belt		Observation <small>Rds 1-3</small>
Children	6-12	4 kyu - Below	White (9-7 kyu)	Green (6-4 kyu)	May Repeat
Children	6-12	3 kyu - Up	Black (3 kyu - Up)		Cannot Repeat
Cadets	13-17	4 kyu - Below	White (9-7 kyu)	Green (6-4 kyu)	May Repeat
Cadets	13-17	3 kyu - Up	Black (3 kyu - Up)		Cannot Repeat
Seniors	18-35	4 kyu - Below	White (9-7 kyu)	Green (6-4 kyu)	May Repeat
Seniors	18-35	3 kyu - Up	Black (3 kyu - Up)		Cannot Repeat
Veterans	36 +	4 kyu - Below	White (9-7 kyu)	Green (6-4 kyu)	May Repeat
Veterans	36 +	3 kyu - Up	Black (3 kyu - Up)		Cannot Repeat

The Kata competition may consist of two or three rounds based on the number of competitors. The competitors can perform any Kata listed, from the current official WUKF Kata list (Shitei / Sentei / Tokui).

Kobudo						
Category	Age	WUKF Rank	AAU Competition Belt			Observation
Children	6-12	All Ranks	White (9-7 kyu)	Green (6-4 kyu)	Black (3 kyu - Up)	May Repeat
Cadets	13-17	All Ranks	White (9-7 kyu)	Green (6-4 kyu)	Black (3 kyu - Up)	May Repeat
Seniors	18-35	All Ranks	White (9-7 kyu)	Green (6-4 kyu)	Black (3 kyu - Up)	May Repeat
Veterans	36 +	All Ranks	White (9-7 kyu)	Green (6-4 kyu)	Black (3 kyu - Up)	May Repeat

Kobudo katas not listed on the WUKF Kobudo Kata list may be used. They must be traditional Okinawan or Japanese based. Kobudo will be separated into two divisions; Long (Bo and/or Eku) and Short (Kama, Tonfa, Sai, Nunchaku, and/or Tinbe). The Kobudo Kata competition may consist of two or three rounds based on the number of competitors.

In a tie situation; all ranks may repeat previously performed kata in Kata and Kobudo.

Inclusive Athletes can refer to WUKF Inclusive Kata and Kobudo Rules and WUKF Kata Lists at www.wukf-karate.org.