	Ref: Extreme Forms/Weapons
	Issue: 07
	Page 1 of 6
Approved by: T Johnston	Approved by: B Leiker
Date: Nov 2016	Date: Nov 2016

GENERAL INFORMATION

Categories

In Extreme forms there are 2 divisions both for male and female competitors:

1. Extreme Forms
2. Extreme Weapons

Age range

For Extreme Open hand / Weapons:

- 7 years and under
- 8-9-10
- 11-12-13
- 14-15-16
- 17-18-19
- 20 to 27
- 28 & Over

These are for guidance only, WTKA event organisers have the discretion to amend these accordingly.


Each competitor can participate in their own age category and/or the one above ONLY in each discipline. In team events the ELDEST competitor's age MUST fall within the range for the category entered.

Uniforms

1. There is **NO** specific uniform for competitors in Extreme form categories.
2. Competitors can wear any kind of uniform, but this must be clean and tidy.
3. All competitors must wear their **highest Grade belt** achieved in Martial arts for ALL divisions entered. *For example, if you are a black belt in freestyle Karate and a green belt in another style of martial arts like traditional or kick boxing, you MUST wear your Black belt throughout the competition in all divisions entered.*

Responsibility

1. All coaches and instructors must take full responsibility for the safety of their own competitors.
2. All coaches and competitors must read and understand the rules before competing.
3. All rules must be obeyed at all times.
4. Completion of a registration card for all participants is essential.
5. WTKA accept no responsibility for any injury to competitors, spectators or any belongings or property personal or otherwise of any nature or cause whatsoever.
6. The organisers have the right to refuse entry to anyone, or to disqualify any person.
7. The organisers hold the final decision

	Ref: Extreme Forms/Weapons
	Issue: 07
	Page 2 of 6
Approved by: T Johnston	Approved by: B Leiker
Date: Nov 2016	Date: Nov 2016

EXTREME OPEN HAND ONLY

Definition

1. An Extreme open hand form is a pattern of original martial arts movements, kicks and tricks put together to create a unique, high impact, Explosive, individual routine.

Music

1. Music is OPTIONAL in Extreme forms.

Introduction and length of the form

1. Introduction –
 - The competitor will declare to the judges their Name, Nationality and/or the name of their Association/club. After this, the execution of the form can begin.
2. The form **CAN NOT** last more than 2 minutes (introduction included).
Breach of any these rules, will result in the lowest score being awarded by each judge (7.0).

Movements

1. **A MINIMUM OF FOUR** and **NO MAXIMUM** of Upside down movements (an upside down movement is when the head goes below the waist) must be performed.
2. Spins of 360° (One full spin horizontal or vertical) or More of the body **MUST** be performed.
3. Competitors **CAN NOT** perform purely Traditional Katas/Moves.
4. **NO** dance moves are accepted, tolerated or permitted.
5. An Extreme form should contain martial arts movements including hand techniques, Kicks, tricks, spins Blocks and combinations.
6. Breach of any these rules, will result in the lowest score being awarded by each judge (7.0).

Judgement standards

Every judge must consider, before giving the score:


1. That **ALL** compulsory elements have been completed.
2. That there has been **NO** breaches of rules.
3. Stances, hand techniques, kicks, Tricks, spins and all other movement in accordance with Martial Arts styles.
4. Balance, Control, Timing, Energy, movement done with the right power.
5. The level of difficulty executed in all combinations, kicks, tricks and spins.
6. Flowing continuity of movements between combinations and tricks.

Scoring

All forms will be scored by a panel of judges. The Score starts from 7.0 points to 10.0 points.

5 Judges Criteria:

1. • The highest and lowest scores will be deleted. The remaining scores will be added together and highest scores gained will be awarded 1st, 2nd and 3rd place respectively.


	Ref: Extreme Forms/Weapons
	Issue: 07
	Page 3 of 6
Approved by: T Johnston	Approved by: B Leiker
Date: Nov 2016	Date: Nov 2016

2. • In the event of draw the following criteria will be used, in order:
 - a. The Competitor with the “highest” lowest remaining score will be deemed the winner.
 - b. The Competitor with the “highest” highest remaining score will be deemed the winner.
 - c. The Competitor with the “highest” lowest deleted score will be deemed the winner.
 - d. The Competitor with the “highest” highest deleted score will be deemed the winner.
 - e. The competitors will perform the same Kata again with new scores being given. Results will be given inline with the above criteria

Less than 5 Judges

1. All scores will be added together. The highest scores gained will be awarded 1st, 2nd and 3rd place respectively.
2. In the event of draw the following criteria will be used, in order:
 - The Competitor with the “highest” lowest score will be deemed the winner.
 - The Competitor with the “highest” highest score will be deemed the winner.

The competitors will perform the same Kata again. The winner will be identified by a blind show of hands from all judges.

	Ref: Extreme Forms/Weapons
	Issue: 07
	Page 4 of 6
Approved by: T Johnston	Approved by: B Leiker
Date: Nov 2016	Date: Nov 2016

EXTREME WEAPONS ONLY

Definition

1. An Extreme Weapons form is a pattern of original martial arts movements and techniques using martial arts Weapons, put together to create a unique, high impact, Explosive individual routine.

Music


1. Music is OPTIONAL in Extreme forms.

Introduction and length of the form

1. Introduction –
 - The competitor will declare to the judges their Name, Nationality and/or the name of their Association/club. After this, the execution of the form can begin.
2. The form **CAN NOT** last more than 2 minutes (introduction included).
Breach of any of these rules, will result in the lowest score being awarded by each judge (7.0).

Movements

1. A **MINIMUM OF TWO** and **MAXIMUM 8** weapons releases are permitted.
A Release of a Weapon is loss of contact with the body. (Body rolls, hand rolls, neck rolls are not defined as a release.)
2. **YOUR BODY MUST** spin more than **360°** (360° spin is One full spin, vertical or horizontal) **ONCE** or more.
3. **NO MAXIMUM** OF Upside down movements (an upside down movement is when the head intentionally goes below the waist) are permitted. (NOT Compulsory).
4. Competitors **CAN NOT** perform purely Traditional Kata.
5. **NO** dance moves are accepted, tolerated or permitted.
6. You must perform martial arts blocks, and strikes with your weapon within your form.
7. Breach of any these rules, will result in the lowest score being awarded by each judge (7.0).

	Ref: Extreme Forms/Weapons
	Issue: 07
	Page 5 of 6
Approved by: T Johnston	Approved by: B Leiker
Date: Nov 2016	Date: Nov 2016

Loss of Control of the Weapon

1. If you lose control of your weapon and it leaves your body fully and the weapon lies flat on the floor, this would constitute as a dropped weapon and therefore the lowest score would be awarded by all judges (7.0)
2. If you lose control of the weapon but are able to regain control without both ends of the weapon touching the floor, would constitute a loss of control and would therefore constitute in 0.2 Being deducted from each judge.

Weapon condition

1. Each athlete is responsible for the perfect state of his or her weapon, which is individual and which cannot be exchanged during the competition. The chief judge can ask to inspect the competitor's weapon if he wishes to do so. No cutting blades can be used.
2. Any Martial art approved weapons can be used.

Judgement standards

Every judge must consider, before giving the score:


1. That **ALL** compulsory elements have been completed.
2. That there has been **NO** breaches of rules.
3. Strikes, Blocks, stances, kicks, tricks and fluidity of weapon techniques around the body done with Balance, power, Timing and control.
4. The amount of Martial arts content.
5. The level of difficulty executed with the weapon, combinations, kicks and tricks.

Scoring

All forms will be scored by a panel of judges. The Score starts from 7.0 points to 10.0 points.

5 Judges Criteria:

3. • The highest and lowest scores will be deleted. The remaining scores will be added together and highest scores gained will be awarded 1st, 2nd and 3rd place respectively.
4. • In the event of draw the following criteria will be used, in order:
 - a. The Competitor with the "highest" lowest remaining score will be deemed the winner.
 - b. The Competitor with the "highest" highest remaining score will be deemed the winner.
 - c. The Competitor with the "highest" lowest deleted score will be deemed the winner.
 - d. The Competitor with the "highest" highest deleted score will be deemed the winner.
 - e. The competitors will perform the same Kata again with new scores being given. Results will be given inline with the above criteria

	Ref: Extreme Forms/Weapons
	Issue: 07
	Page 6 of 6
Approved by: T Johnston	Approved by: B Leiker
Date: Nov 2016	Date: Nov 2016

Less than 5 Judges

3. All scores will be added together. The highest scores gained will be awarded 1st, 2nd and 3rd place respectively.
4. In the event of draw the following criteria will be used, in order:
 - The Competitor with the “highest” lowest score will be deemed the winner.
 - The Competitor with the “highest” highest score will be deemed the winner.

The competitors will perform the same Kata again. The winner will be identified by a blind show of hands from all judges.