

## Ippon Kumite – 7 yrs old

- Full kumite gear is required including gum shield and groin protector.
- Target is the opponent.
- Both Aka and Ao enter the tatami and stand in “yoi” position on competitor`s start line.
- Referee will call out “Aka hand technique”. Both competitors will take up kamae positions and Aka will attempt to score on Ao who does not move. Both then return to “yoi”.
- The judges will indicate if it was a score or not. If it is a score the referee will award a point and it will be marked on the scoreboard.
- In the same fashion the referee will call out “Ao hand technique” and both competitors will take up kamae positions. Ao will then attempt to score on Aka who does not move. Both then return to “yoi”
- This procedure will repeat for: Another hand technique, A foot technique, another foot technique, A combination hand technique, and a combination hand and foot technique.
- All scores are given 1 point.
- Techniques which touch the head will not score and will be penalized by the referee. The same for low kicks or techniques which are “too hard”. A technique slightly more than skin touch to the body is enough for a score to be made.
- At the end of the match, the competitor who has scored the most points wins.
- If the points are equal, then the match will be decided by “hantei”. The judge`s decision will be based on: Spirit demonstrated, Technical proficiency, variety of techniques, and the difficulty of techniques.