

Team Form and Weapon Rules

Traditional Team Forms

Teams can consist of 2-5 competitors.

Teams must compete under the rank (Novice- Intermediate- Advanced- BB) of the highest-ranking competitor.

Teams may compete with a traditional style of kata.

Teams may choose from Hard Style, Soft style, Korean or Kenpo. All techniques and movements must capture the essence of traditional martial arts.

Judges look for synchronization, technique execution, overall team power, balance, speed, and focus. No music or props are allowed. *Commentary: Teams are allowed to use various angles and staggered starts to demonstrate creativity and showmanship.*

Traditional Team Weapons

Teams can consist of 2-5 competitors.

Teams must compete under the rank (Novice- Intermediate- Advanced- BB) of the highest-ranking competitor

Teams may compete with traditional-style weapons kata. All traditional rules are in effect.

Judges seek synchronization, technique execution, overall team power, balance, speed, and focus. No music or props are allowed. *Commentary: Teams are allowed to use various angles and staggered starts to demonstrate creativity and showmanship.*