



EUROPEAN IPPON SHOUBU  
KARATE LEAGUE FOR CLUBS



endorsed by  
**ESKA** 

European Shotokan Karate-do Association

# REGULATION FOR TRAINEE (under 12)

(9 to 11 years old)



## KUMITE

- A** - The required and permitted protections are the same as in the other age categories.
- B** - The duration of the match is 1.30 minutes.
- C** - For Jodan techniques, only skin touch contact is permitted.



## KATA

- A** - Qualifying rounds through to the final (to 4 competitors):  
Only kata Hein Shodan; Hein Nidan; Heian Sandan chose by Competitor.
- B** - In the final, competitors may perform Kata from either group 1 or group 2, with the possibility of repetition.

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# REGULATION FOR INITIATES (under 14)



## KUMITE

- A** - The required and permitted protections are the same as in the other age categories.
- B** - The duration of the match is 1.30 minutes.
- C** - For Jodan techniques, only skin touch contact is permitted.



## KATA

- A** - Qualifying rounds through to the final (to 4 competitors):  
Only kata Hein Shodan; Hein Nidan; Heian Sandan chose by the referee.
- B** - In the final, competitors may perform Kata from either group 1 or group 2, with the possibility of repetition.

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# REGULATIONS FOR YOUTH (under 16)



## KUMITE

- 1) Official ESKA rules: duration of 2 minutes.



## KATA

- 1) In the preliminary rounds and semi-finals, only the following katas are permitted: Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan and Heian Godan, as selected by the referee.
- 2) In the final four, only katas from Group I or II are permitted, and the same kata may be repeated.