

Kumite
Category

12. **Childrens Kumite under 10yrs (10th kyu to 4th kyu)**
3 attack sparring jodan & chudan referee announce
(white mitts are compulsory)

13. **Boys & Girls mixed Kumite 10 - 16yrs (10th kyu to 7th kyu)**
3 attack sparring jodan & chudan referee announce
(white mitts are compulsory)

14. **Boys & Girls mixed kumite 10 - 16yrs (6th kyu to 4th kyu)**
1 attack sparring jodan, chudan, maegeri. Right side only, Referee announce
(white mitts are compulsory)

15. **Ladies & Gents mixed kumite over 16yrs (10th kyu to 7th kyu)**
3 attack sparring jodan & chudan referee announce
(white mitts are compulsory)

16. **Ladies & Gents mixed Kumite over 16yrs (6th kyu to 4th kyu)**
1 attack sparring jodan, chudan, maegeri. Right side only, Referee announce
(white mitts are compulsory)

17. **Boys & Girls mixed kumite under 12yrs (3rd kyu and above)**
jiyyu ippon semi free I attack sparring
jodan, chudan, maegeri, kekomi, mawashigeri, ushirogeri, right side only
Referee announce
(white mitts are compulsory)

18. **Girls Kumite 12 – under 16yrs (3rd kyu and above)**
Jiyyu Kumite free sparring
(white mitts, mouth guard, chest protectors are compulsory)

19. **Boys Kumite 12 – under 16yrs (3rd kyu and above)**
Jiyyu Kumite free sparring
(white mitts, mouth guard, groin guard are compulsory)

20. **Ladies Kumite 16yrs and over (3rd kyu and above)**
Jiyyu Kumite free sparring
(white mitts, mouth guard, chest protectors are compulsory)

21. **Gents Kumite 16yrs and over (3rd kyu and above)**
Jiyyu Kumite free sparring
(white mitts, mouth guard, groin guard are compulsory)