

## Shorinji Kempo Competition Rules

### Chapter I General Rules

#### Article 1

Competition shall comply with the competition rules set forth by the Shorinji Kempo Federation.

#### Article 2

The competitors shall conform to the principle of Shorinji Kempo, fully recognize its objectives, and remain fair throughout the performance.

### Chapter II Court

#### Article 3

The court, in principle, shall be 7 by 7 meters in size.

#### Article 4

The court shall be defined by white lines 5 to 10 centimeters in width.

### Chapter III . Clothing

#### Article 5

The competitors shall wear Shorinji Kempo *i (dogi)* , which satisfy the "clothing regulations. "

#### Article 6

The competitor shall not wear metal or other items that may be harmful to the opponent.

### Chapter IV Categories and methods of competition

#### -Article 7

##### KumiEmbu

1. Kumi Embu shall be judged in terms of total points.
2. Embu shall be in freestyle but must consist of techniques designated for their rank.  
Competitors shall follow the "regulations regarding techniques designated for Bukai" and "regulations regarding techniques prohibited for Children's division."
3. An embu shall comprise 6 compositions, following the "regulations regarding composition of embu."
4. Embu shall last for at least 1 minute 30 seconds and up to 2 minutes; performance beyond these limits will cause demerit points and performance beyond 3 minutes disqualify the competitors.  
Embu by children shall last at least 1 minute up to 1 minute 30 seconds; performance beyond this limit will cause demerit points and performance beyond 2 minutes 30 seconds will disqualify the competitors.

##### Group Embu

Evaluated in the same manner as a kumi embu.

However, in a group embu only, all the performer of the group may perform the techniques designated for the highest rank holder of the group.

Chapter V Start, termination, and end of competition

Article 8

Embu shall begin with Gassho rei and end with Gassho rei to each other.

Article 9

Embu shall begin in the center of the court, and end near the center of the court. (Positions of the pair may be switched.)

Chapter VI Judging

Article 10

Embu shall be judged by points with 300 being the highest points. Demerit points shall follow the "regulations regarding items to deduct points."

1. Each judge evaluates the technical quality and presentation and the result shall be, clearly expressed.
2. Embu shall be performed within the limited time. Performance beyond 2 minutes (1-minute 30 seconds for children's performance) will lose 5 points from the total score for every 10 seconds. Performance less than 1 minute 30 seconds (1 minute for children's performance) will lose points in the same way.
3. The kenshi performing a technique that is not designated for his/her rank will lose 10 points per non-designated technique from the total score.
4. In the case a kenshi of children's class performs any techniques that are prohibited for children, 15 points per one prohibited technique will be deducted from the total score.
5. Embu shall be judged in terms of total points given by the judges.
6. When the total points are identical, the final decision shall be made on the basis of the technical quality, following the regulations regarding handling cases of identical points.

Article 11

The judges' declaration is final and no one may claim otherwise.

Chapter VII Accidents during competition

Article 12

Embu shall be terminated in the case of an accident of the performer(s) that prevents progress.

Chapter VIII Claims

Article 14

No one may challenge the decision of the judges.

Article 15

In the case of dispute regarding the contents of the Competition Rules of Shorinji Kempo, such a claim may be presented to the chairperson of the judging committee by way of the person in charge.

Chapter IV Revision

Article 16

Any part of these rules may be revised by the consent of at least two thirds of the members of the Hombu Judges Committee.

## Bylaws for Shorinji Kempa Competition Rules

### Chapter 3 Article 5

#### Clothing Regulations

- (1) The color of the *dogi* should be white.  
Make sure the *dogi* is clean. Avoid wearing a dirty *dogi*.
- (2) Wear appropriate breast and shoulder badge(s) that are suitable for the title/rank.
- (3) Name must be written on the back of the collar of the *dogi*, on the front lower lapel, and on the front upper part of the trouser. In principle, names (nothing else) should be written in black ink. *Manji* (il:!) should not be embroidered.
- (4) Sleeves of *dogi* should not be rolled up.
- (5) Edge of the sleeve should be midway between the wrist and the elbow. Bottom of the trousers should be midway between the ankle and knee.  
[Adults (13 yes and above)]
  - A sleeve should be shorter than the joint of the wrist by 5 cm or more, and longer than the elbow by 10 cm or more.
  - Bottom of the trouser should be shorter than ankle by 10 cm or more, and longer than 10 cm or more.  
[Children]
  - A sleeve should be shorter than the joint of the wrist by 5 cm or more, and longer than the elbow by 5 cm or more.
  - Bottom of the trouser should be shorter than ankle by 5 cm or more, and longer than 5 cm or more.

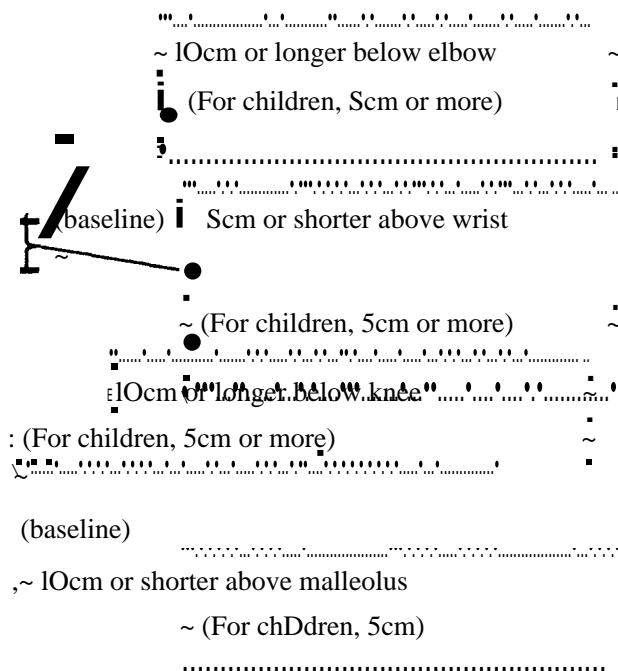
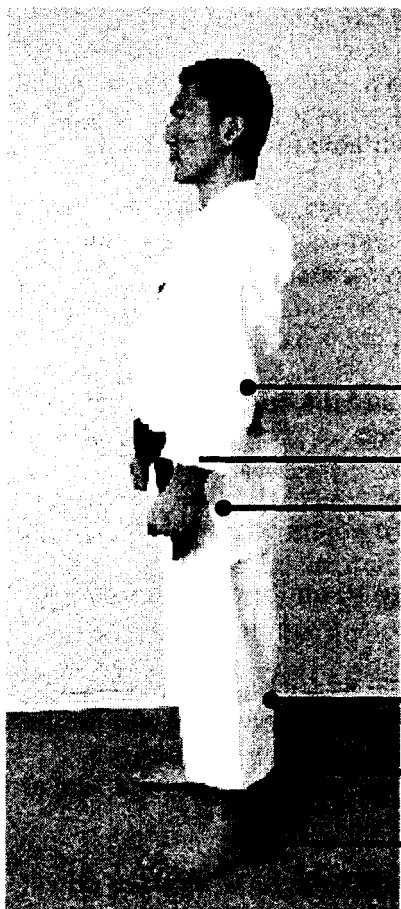
\*The above measurement is when the kenshi stands straight with arms down, and measured from the center of each joint.
- (6) When anything is worn under a *dogi*, it should be white and plain to be decent.
- (7) A belt should be worn as stipulated according to the rank. Discolored surface or unacceptably worn belts should not be used.
- (8) Feet should be bare in principle, without special reason otherwise. (9)

Hair should be neat and decent.

Items (1) (5) and (6) shall be abided, otherwise considered as violation of clothing regulations. Considerable ignorance of other items may be considered as violation of clothing regulations.

Those who have violated these clothing regulations are disqualified to participate in the competition (disqualified to be awarded).

Pic. 1: Hems of Sleeves and Trousers of Dog;



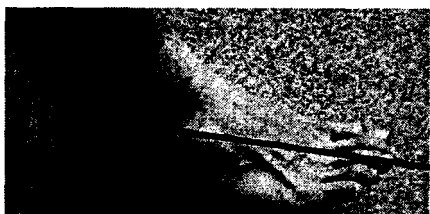
Pic. 2: Baselines in each part

<Elbows

Center of elbow joint (top of elbow when bent) ~



@ankles



Baseline in ankle is the center of malleolus

@wrists



Baseline in wrist is ~ the line drawn in the middle of the J-oint.

③knees



Baseline in knee is its center.

Chapter 4 Article 7 Item 2

Regulations regarding "Techniques designated for the rank"  
and "Techniques prohibited for Children"

(1) Techniques designated for the rank:

1) Limit of attacking techniques according to the rank:

Attacks should conform with the techniques used by the defender, and not limited to the attacker's rank.:

ex. I. A kenshi of 2nd Kyu may perform *ude gyaku dori* and then *maid gote* to a 1st Dan kenshi.

ex.2. *Ukemi* against *ippon se nage* and *kata guruma* are learned in the 2nd Kyu curriculum "study of defense techniques against *se oi nage*" and *daisharin*. Therefore kenshi of any rank: may perform these *nage waza*.

2) Techniques to be performed

*Shita u/ce geri /rote nage* (2nd Dan curriculum) may be performed with */rote nage* only, without *shita uke geri*.

ex. When a 1st Dan kenshi performs */rote nage* only, this is considered as a technique designated for the rank.:

3) Techniques to be performed by Children's" 1st Dan Kenshi

Up to 2nd Dan curriculum (curriculum for Adults' 1st Dan curriculum) may be performed. However, techniques described as techniques prohibited for Children in item (2) below may not be performed.

(2) Techniques prohibited for Children

Considering the effects towards the bodies of children under 13 years old, the techniques below are prohibited to be used in both paired and group embu.

Also, *ukemi*\* in which the performer turns in the air countering *nage* techniques (*ukemi* in which any part of the performer's body does not touch the ground) is prohibited with the same reason. (When it is used, 15 points shall deducted from the total points per one technique)

\* *ukemi* in which the performer turns in the air countering *nage* techniques

ex. In *shita uke /rote gage*, the defender performs *nage* not rolling, and the attacker performs counter *ukemi*.

---*Hijj-nu;a-mto-mae-temb-in:-okiiii-makl-iembln~-gyakU-ien--aie~'ryunage~-soi(j*  
*maid tembin, Idri kaeshi tembin, Idri kaeshi maid tembin, uwa uke gyaku ten age,*  
*gyaku tembin, ude juji gatame, tembin gatame, okuri tembin dori (2 kinds), tsuri*  
*age dori, tsuri otoshi, sode maid tembin, sofo maid otoshi*

*ukemi* in which the performer turns in the air countering *nage* techniques (*ukemi* in which any part of the performer's body does not touch the ground)

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10.

Chapter 4 Article 7 Item 3

Regulations regarding "Composition of Embu"

(1) When an embu is considered to be in short or excess of 6 compositions, 1 Opoints shall be deducted from the total points.

(2) One composition is when *zanshin* pauses the series of movements.

(3) *Harai* and counterattacking before *ajuho* technique is not considered to be one composition.

(4) In an embu of *sannin-fake*, each part should always have two attackers and one defender. (Roles of attackers and defender may be changed in each composition.)



Chapter 6 Article 10

Regulations regarding "Items for point deduction"

After finishing scoring, points shall be deducted from the total score for the following items.

Table 1: Items for point deduction)

Items for point deduction	Deduction from total points
When embu did not last until the required embu time*	5 points deducted per 10 seconds short
When embu exceeded the limit of embu time*	5 points deducted per 10 seconds excess
When embu was composed of less than 6 parts	10 points deducted
When embu was composed of more than 6 parts	10 points deducted
When a performer used any technique not appropriate for his/her rank	10 points deducted per one technique
When a child performer used any technique prohibited for children.	10 points deducted per one technique

\*...See also the table below.

Table 2: deducted points for excess/shortage of embu time

[ Adults ]		13 years and older	Deduction from total points
shorter time	standard	Time for -Enibu	
		70 - 79 seconds	10 points deducted
		80 - 89 seconds	5 points deducted
Exceeded time	standard	90 - 120 seconds	0 points
		121 - 130 seconds	5 points deducted
		131 - 140 seconds	10 points deducted
[ Children's Division ]		12 years and younger	Deduction from total points
shorter time	standard	Time for Embu	
		40 - 49 seconds	10 points deducted
		50 - 59 seconds	5 points deducted
Exceeded time	standard	60 - 90 seconds	0 points
		91 - 100 seconds	5 points deducted
		101 - 110 seconds	10 points deducted

Chapter 6 - Article 10 - Item 6

Regulations regarding handling cases of identical points.

When the total points are identical, the final decision shall be made following the two methods below. In the case that the final decision cannot be made after applying such methods, the final decision shall be made upon deliberation of the judges.

- (1) Decide on the basis of the technical quality part of the total points.
- (2) Decide on the basis of the total points of the chief judge. (regardless whether or not the points given by the chief judge had been added to the total points.)
- (3) Decide on the basis of the points given for the technical quality part by the chief judge. (regardless whether or not the points given by the chief judge had been added to the total points.)

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