



DRAGON WORLD CUP

RULES: KIHON

(Basic techniques for beginner kids)



- Discipline designed for beginners (KIDS only to a white belt)
- Activity of basic techniques in stances

Competition discipline:

- KIHON – (demonstration of basic techniques in a basic stances)

Age category:

- KIDS 5 – 7 years (boys and girls together – depending on registered number)

Technical division of category:

- The discipline is only for no belt to a white belt competitors

KIHON:

- Contests two contestants in parallel and perform basic techniques in these combinations
 - 1) Forward Zenkutsu-Dachi with Oi-Tsuki Mid Band 5x at Fifth KIAI (battle Scream)
 - 2) Zenkutsu-Dachi with Soto-Uke mid range 5x at fifth KIAI (battle scream)
 - 3) Forward Zenkutsu-Dachi with Mae-Geri middle band 5x at fifth KIAI (battle scream)
 - 4) Zenkutsu-Dachi with Age-uke Upper Zone 5x at Fifth KIAI (battle Scream)

Head Manager:



Head Referee:

