

Duo Systems Kata Competition

Duo Systems Kata is a Self Defense Type of competition. It is a **TWO PERSON TEAM Event**. Meaning there is 1 Attacker and 1 Defender. **The Defender is the Competitor.**

There are prescribed types of attacks the athletes must follow from 4 Categories.

- (1) Holds
- (2) Embraces
- (3) Punch/Kick
- (4) Weapons.

From these Categories there are 8 **REQUIRED Specific Attacks**.

The Athletes chooses from these the Required number for their division requirement identified Below.

- 1) Beginner / Intermediate – 3 (Must be from different Categories)
- 2) Advanced / Black Belt – 5 (Must be 1 from each Category and 1 additional from any category)

They **MUST CIRCLE** which Attacks they will be defending against on the form and turn into the Judges prior to competing. Athletes **MUST** perform defenses against the CIRCLED Defenses or will be disqualified.

The Center Judge will have the copy to verify correct defenses were demonstrated.

The Performance is to be continuous showing all defenses 1 after the other.

SCORING:

The Division will be run in a Bracketed Format (Similar to Fighting Brackets).

Athletes are randomly drawn using a BYE System.

During the competition the 2 teams up will be assigned either Red or White designation for that runoff.

Once both teams have competed they will be brought up and judges will show flags as to who won the match.

Winners move on in the bracket and Loser will be out or depending on number of entries may compete for 3rd place.