

EN-BU RULES

En-bu discipline was introduced to Fudokan karate to preserve the historical heritage of traditional karate techniques that were, for the past 50 years through Kumite, reduced to 3-5 scoring techniques. In order to preserve broad range of karate techniques in En-bu discipline two principles were applied:

- Principle of strict respect of basic biomechanical movements, and through long year tradition to preserve old karate techniques – a new discipline was formed - called mandatory En-bu.
- Second principle is full freedom in aspect of time, space and form - creating new formed (second) En-bu discipline - discipline of wide range of karate techniques - so-called free En-bu.

Mandatory En-bu is presented every second year on World Championship by Technical committee.

1. Competition Area

Same as Kumite Competition Area provided in Kumite rules.
Court Judge placement is set up as those set up in Kata Competition Rules.

2. Divisions

Mandatory En-bu:

Man vs. man
Man vs. 2 men
Woman vs. man
Woman vs. 2 men

Free choice En-bu:

Man vs. man
Man vs. 2 men
Woman vs. man
Woman vs. 2 men

3. Demonstrations must be completed under the following conditions:

3.1 Offense and defense demonstrate choreographed sequences for period of one minute (+ or – 5 seconds). Time is calculated from point at which either competitor starts to move and continues until both competitors return to Shizen-tai or directly to Sei-za (formal floor sitting position). As soon as competitors return to Shizen-tai (or Sei-za) the clock stops. No weapons allowed. But in addition to required techniques, any other technique is allowed.
Exception: No Nuki-te or finger attack to eyes allowed.

3.2 In free choice En-bu Offense side techniques must include Choku-zuki (Straight Punch), Mae-geri (Front Kick), Mawashi-geri (Roundhouse Kick), and Ushiro-geri

(Back Kick).

Remarks:

- (a) Attack must be directed at target.
- (b) Breaking balance is allowed.
- (c) Grabbing and clinching are allowed.

3.3 Defense Side

- a) Defense side must avoid offensive attack by Uke (Block), Sabaki (Shifting) or Kawashi (Switching)
 - b) Counter-attack techniques allowed are Tsuki (Punching), Uchi (Striking), Ate (Smashing), Keri (Kicking) as stated in Kumite Rules
 - c) Targets: Jo-dan (face, head area), Chu-dan (stomach area), Ge-dan (low stomach).
 - d) Required: Proper Todome (Finishing Blow) technique.
 - e) Breaking balance, grabbing and clinching are only allowed in conjunction with counter-attack technique.
- 3.4 Contact is prohibited for both sides except in blocking techniques on arm or leg or when breaking balance.
- 3.5 Either alternate both sides in offense/defense or only one side stays as either offense or defense; except for mixed division where only men can attack.
- 3.6 Competitors must keep Zan-shin (mental and physical preparedness) between techniques prior to next movement.
- 3.7 At the end of the demonstration, one side must demonstrate Todome technique (in mixed, only women's side).

Remarks:

- (a) Todome-waza is allowed only one time at the end of the demonstration.
- (b) In Mixed category, only the women's side delivers the Todome.

4. Scoring

- A. At elimination time, the scoring shall be determined on the basis of the viewpoint of Judges according to the formula of Basic Points minus Penalty Points.

At final match time, the scoring formula shall be Basic Points plus Skill Points minus Penalty Points.

- B. Basic Points are arrived at from four factors:
- Technique
 - Timing/Ma-ai
 - Budo Aspect
 - Choreography

The scoring criteria shall be as follows:

(1) Technique:

- (a) Main demonstrators scored on degree or rate of power generated by the body dynamics and muscle action.
- (b) Main demonstrators scored by degree of smooth continuity of technique combination.
- (c) Main demonstrators scored by degree of balance (stance, posture and coherence or movements).

(2) Timing/Ma-ai:

- (a) Correctness of Timing as established by Kumite Rules Article 1-2-A- (2).
- (b) Ma-ai (effective distance) – correctness of distance for proper application of technique

(3) Budo Aspect:

Degree of Martial Arts fighting spirit including degree of emotional stability, mental concentration, Zan-shin and high character (Kurai).

(4) Choreography

Scoring depends on level of:

- (a) Demonstration of principles and techniques of Traditional Karate
- (b) Realism
- (c) Smoothness of transition

C. Skill Points are determined by two factors:

- Mastery
- Impression

(1) Mastery:

Degree of technical details plus understanding of mental and spiritual elements.

(2) Impression:

This refers to the level of the impression the demonstrators make on the observer as a result of both the realistic and efficient execution of movement, and the display of high level of technical skill with grace and strong spirit.

D. Penalty Points shall be deducted in the following instances:

- (1) Omission of required technique
- (2) Either too much or too little time relative to time requirement for demonstration
- (3) Hesitation or break in demonstration.
- (4) No Todome to complete demonstration as required
- (5) Offense technique completely misdirected at opponent
- (6) Missing target during Todome

(7) Mistake in defense (missed block, etc.)

(8) Light or Moderate Contact

Remark:

See Kumite Rules for contact definitions. All decisions regarding level of contact made by Medical Judge.

(9) Using finger attack to the eyes

(10) Unnecessary grabbing or clinching by defense

(11) Starting offensive attack by woman other than counter-attack or feint (fake)

(12) Man using Todome in mixed divisions against woman

(13) Forgetting to bow to Shu-shin (Referee) and opponent at either beginning or end of demonstration

(14) Either competitor moving out of competition area results in Jo-gai (any part of athlete's body going out of Competition Area)

(15) After completion of En-bu, when competitors bow to Shu-shin they are in an incorrect position and/or face incorrect direction (from original)

E. Standards of Scoring

1. Basic Point (Elimination)

	Very Bad	Bad	Poor	Below Avg.	Avg.	Above Avg.	Good	Very Good	Excellent
TECHNIQUE	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
TIMING/MA-AI	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
BUDO ASPECT	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
CHOREOGRAPHY	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
TOTAL	←5.1	5.2	5.6	6.0	6.4	6.8	7.2	7.6	8
		5.5	5.9	6.3	6.7	7.1	7.5	7.9	

2. Skill Point (Final)

	Very Bad	Bad	Poor	Below Avg.	Avg.	Above Avg.	Good	Very Good	Excellent
MASTERY	1.0	1.1	1.2	1.3	1.5	1.6	1.8	1.9	2.0
IMPRESSION				1.4		1.7			

3. Penalty Point

Type	Grading Scale	Deductions
1. Omission of required technique		0.2 each instance
2. Over/under time limit		0.2 per 5 seconds
3. Hesitation/Break		0.2 each instance
4. No Todome (Final)		0.5
5. Offense/ Off target		0.2 each instance
6. Defense/ Todome-waza off target		0.2 each instance
7. Defense mistake		0.2 each instance
8. Finger attack to eyes		0.2 each instance
9. Defense/ Unnecessary grab/clinch		0.2 each instance
10. Contact (Light or Moderate)		0.2 each instance
11. Woman/ using offense attack		0.2 each instance
12. Man/ Todome against woman		0.2 each instance
13. No bowing		0.2 each instance
14. Jo-gai		0.2 each instance
15. Incorrect finishing position/direction	Position Direction	0.2 per half step 0.2 per 30°
16. Todome used more than one time		0.2 each occurrence

Remark: Penalty points are cumulative per category.

F. Uniform Scoring

5. Han-soku (Foul)

A Han-soku shall be declared against a competitor in the following cases. The Shu-shin's indication of a Han-soku shall be the holding of a zero card overhead.

- A. When there is a delay or lapse of movement of estimated five seconds or longer during the performance of the demonstration;

- B. When the competitor(s) speaks during the performance of the demonstration;
- C. When the competitor(s) receives prompting or coaching from anyone in the Competition Area during the performance of the demonstration;
- D. When the competitor(s) intentionally ignores the Shu-shin's instructions;
- E. When the competitor's conduct or demeanor is unruly or impolite or generally not consistent with the normally accepted behavior expected in the Competition Area;
- F. Heavy Contact;

Remarks:

- (1) See Kumite Rules for contact definition. All decisions regarding level of contact made by Medical Judge.
- (2) Han-soku applies when heavy contact is discovered during or after demonstration.

Feigning serious injury during demonstration shall incur the same penalty (Han-soku) as heavy contact.

- G. When the competitor seriously violates any of the Competition Rules.

6. Penalty and Han-soku
Apply Kata Rules

7. Doctor's Stop
Apply Kata Rules

8. Coach's Protest
Apply Kata Rules

9. Eliminations
Apply Kata Rules (section dealing with teams)

10. Court Clerk
Apply Kata Rules. (Addition: add one timer)

Competition

1. Competition Wear
Apply Kata Rules

2. Eliminations and Finals

Apply Kata Rules (section referring to teams).

3. Kettei-sen

A. Apply Kata Rules which refer to teams.

B. In case of a Kettei-sen, competitors may perform same or different choreography than original.

4. Operation of Competition

The operation of the competition shall be in accordance with the following order:

A. Opening Ceremony

B. Competition

(1) Competitors take starting positions, then bow to Shu-shin and each other, then begin demonstration. Competitors may bow from standing position or Sei-za position.

(2) After demonstration, competitors return to original position, bow to each other, then bow to Shu-shin and withdraw from the Competition Area when ordered to by Shu-shin.

Remark:

Competitors who begin with standing bow must end with standing bow. Competitors who begin with floor sitting bow must end with floor sitting bow. A competitor who begins with standing bow and ends with floor sitting bow (or vice versa) will receive a “no bowing” penalty.

(3) Timer reports to Shu-shin the length of the demonstration as to over or under time limit.

(4) Shu-shin confirms penalty point, and if penalty confirmed, calls Court Judges meeting to decide penalty points. (Procedures – see Kata rules).

(5) After penalty is confirmed, then the Court Judges shall complete their Scoring Forms

(6) The Recorder shall collect the scoring forms from each Court Judge

(7) Shu-shin shall then request their presentation of the scores by blowing one long whistle followed by one short, sharp whistle. The Court Judges shall each present their scoring by holding their own Scoring Boards overhead.

- (8) The Announcer shall read each score aloud starting with the Shushin and proceeding clockwise. If a score is misread, the Shu-shin shall request a correction from the Announcer. To direct the Court Judges to lower their Scoring Boards after they have been read correctly by the Announcer, the Shu-shin shall blow one, short whistle.
- (9) The Announcer shall then announce the average score.
- (10) In case of tie score, Kettei-sen is held. Court Judges decide without raising Scoring Boards.

C. Closing Ceremony

Judging

1. Judges' Dress Code
Apply Kata Rules

2. Judges' Equipment
Apply Kata Rules. Except regarding Scoring Forms

3. Court Judges
Apply Kata Rules.

Exceptions:

A. Shu-shin or two or more Fuku-shin indicate heavy contact. Shu-shin must call Medical Judge and tournament Doctors, and then call Court Judges' Meeting to decide penalty based on Medical Judge's Report.

B. Scoring is based on Standards of Scoring.

C. Scoring Forms are used from Appendix

4. Delegation of Authority by the Chief Judge
Apply Kata Rules.

Judging Operation

Apply Kata Rules

Supplement to Judging Operation Rules
Apply Kata

