

2017 Uechiryu Butokukai Intramural Rule Book

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1. General Rules

Competitors: Each competitor must present him/herself to the Head Judge suitably attired and physically prepared to compete. Jewelry or any object which the Head Judge feels might endanger either the competitor or others, cannot be worn. Finger and toe nails must be properly cut or covered to eliminate any possible chance of injury to an opponent or judge. It is the competitor's duty to be ready to compete when called upon to do so. If he/she is not suitably attired or physically prepared to compete as deemed by the head judge, the competitor may be penalized for delay of time.

Delay of Time Penalty: Three calls will be made for a competitor for competition at ringside: a first call, a second call, and a final call. If the competitor is not at his/her ring to compete when competition begins, he/she will be disqualified. If a competitor leaves a ring after the ring competition begins and is not present when his/her name is called to compete, his/her name will be called three (3) times at ringside. If he/she is still not present to compete on the third call, he/she will be disqualified.

Uniform: All competitors must wear a complete (top and bottom) traditional white karate uniform in a good state of repair (void of rips, cuts, dirt etc.). A competitor with offensive words or artwork on the uniform may be denied the privilege of participation. The appropriate color belt must be worn in competition. Shoes may be worn in kata, weapons, and kumite competition if they do not damage or mark the competition floor.

The Ring: The size of the sparring and form ring for all divisions shall be approximately 18'x18'. The borders of each ring shall be clearly marked. Starting lines will be marked approximately six feet apart in the of each ring. Additionally, each ring will be posted with a ring number visible to competitors, officials, and medical personnel from across the floor.

Wrong Division: If any competitor competes in a division for which he/she is not qualified for because of age, weight, gender, or style, he/she will be disqualified from that form, fighting, or weapon division, and all awards and rating points (if awarded) are forfeited.

Coaching: Once the competitors enter the ring, there is no coaching permitted. In addition, the following rules apply:

1. Never, at any time, can a coach, friend, team member, etc., enter the ring without the Head Judge's permission. Only the officials, competitors, and medical personnel are allowed in a ring.
2. No abusive, violent, unsportsmanlike, or overzealous conduct by anyone outside the ring is permitted.
3. A coach cannot ask for a time out; only a competitor may ask for a time out.
4. A coach can never, at any time, interfere with the proper running of the ring or the decisions of the judges.
5. The Head Judge issues penalties for any coaching during a match and any of the above coaching infractions. The penalty is assessed to the competitor the person is coaching for.

Removal of Officials and Protest: If a competitor feels that an official should be removed from a form division for good reason, he/she must file a protest before the division gets under way. If a competitor feels that an official should be removed from a sparring division, he/she may file a protest at any time, before or after the division starts. The proper way to file a protest is through the tournament arbitrator. The decision regarding the actual removal of the official is the arbitrator's decision. The decision is final. If an arbitrator cannot be immediately found, the competitor should ask the Head Judge to hold the division until the arbitrator can be summoned to the ring. All protests should be made in an orderly, proper, and sportsman-like manner.

If a competitor wishes to protest about anything, he/she should notify the Head Judge. The Head Judge will summon the arbitrator to the ring to render a decision on the protest. All protests must be filed immediately. No protest is allowed after competition has resumed.

Changing of Officials: A sparring official can be changed at any time during a division once a match has stopped. A form judge cannot be removed until the division he/she is judging is completed.

2. Kata, Weapons, Kumite

Each form, kumite and weapon routine is judged on **execution, presentation, and difficulty.**

- **Execution:** The act or process of performing (executing) the techniques of the kata or kumite. The execution stage of judging is the most critical and should weigh the most in the judge's final score. The elements of execution include balance, power, speed, stability, proper technique, coordination, flexibility, stamina, timing & skill.
- **Presentation:** The image or impression of the competitor as reflected in his/her performance of the form or kumite. The presentation stage is the second most important or critical element of judging and should weigh accordingly in the judge's final score. The elements of presentation include confidence, poise, determination, commitment, imagery, respect, sportsmanship, realism, concentration, spirit, showmanship & appearance.
- **Difficulty:** The complexity and intricacy of the form or weapon routine. The difficulty category is the least critical of the three judging categories, but could become the deciding factor of winning or losing if a judge feels that two competitors are equally as good in the execution and presentation categories. Value should never be awarded for difficult techniques or forms performed poorly. Difficulty alone, without proper execution, should always be downgraded. The elements of difficulty include complexity of techniques, flexibility, balance, versatility of techniques, stamina, length, ambidexterity, and form/kumite difficulty.

Starting a Form Over: A competitor who cannot complete his/her form because of a memory lapse or any other reason due to his/her own error may perform the form again. The officials will score that competitor as though there were no restart, but the scorekeeper will deduct .50 from the competitor's total score. A competitor can only start over one (1) time. If the competitor continues to have a memory lapse during the second form, he/she should do his/her best to complete the form. It is important that the head judge discuss the penalizing procedure with the judges and scorekeeper. No penalty of any type will be assessed if a competitor must start over due to something outside the competitor's control (e.g., a fire alarm).

External Aids: No external aids such as props, music, etc., can be used in any division except those divisions where explicit permission is granted. In divisions where permission has been granted, no external aids can be used that would damage, disrupt, or render the competition area unsafe for the other competitors, spectators or judges.

For Judges: When judging form and weapon competitors, you are actually comparing the competitors in the division against each other to arrive at the best 3 or 4. This requires extreme attentiveness and memory of details to make an accurate judging decision.

To help you better arrive at a correct decision, the following two procedures are recommended:

1. Watch the first three competitors before scoring. The first three competitors will give you a representation of the division. The rest of the competitors will be evaluated and weighed against these first three.
2. Write down your scores and a quick reference note regarding the competitor beside each score. In divisions with large number of competitors, it becomes difficult to remember each score that you have awarded. Remembering each score becomes more difficult when using the hundredths scoring range. Additionally, writing down your scores solves any disputes that could arise if the scorekeeper inadvertently wrote down a judge's score incorrectly.

Additional Considerations for Judging a Weapons Division: Judging a weapon division is no different than judging an empty hand form division except the main emphasis and value to the form is placed on the competitor's use of the weapon. Important elements of weapon judging, in addition to execution, presentation, and difficulty, are:

- The head judge will check all weapons for safety. Weapons are subject to head judge's approval. No sharp weapons will be allowed.
- The head judge will make sure all spectators and competitors are at a safe distance from the performing competitor.
- Intentional or excessive striking on floors will result in disqualification.
- The competitor's control of the weapon: The weapon should be seen as an extension of the competitor's arms and hands. The absolute control of the weapon at all times within the routine is essential.
- The transition and combination of regular martial arts techniques with the weapon (i.e., kicking, blocking, etc.).
- The percentage of weaponry movements to non-weaponry movements: The majority of any weapon form should consist of the use of the weapon.
- Safety. No reckless or careless use of the weapon that would harm the competitor, another competitor, the judges, or spectators.
- Dropping the weapon unintentionally will result in a one and half (1.5) point deduction from the total score.

Scoring of Kata, Weapons, Kumite

The first three (3) competitors must perform before any scores are given when there are six (6) or more competitors in a division.

Score Range: Scores will range between 8.5 to 9.5 points with a 9.0 being the average score.

The high and low scores should always be eliminated before totaling the scores when five (5) or more judges are involved.

Ties: If, after adding up the scores for each competitor, there is a tie, the high and low scores can be added back in to break the tied scores except when determining a first (1st) place winner. Competitors still tied for first (1st) place will either perform their form again, or receive a majority vote from the judges to win. How a tied first (1st) place is determined is at the discretion of the tournament officials.

Kumite: There will be no major alterations of traditional kumite. The results of adding extra movements or changes to a kumite will be one (1) point deducted from the competitor's score. *(Competitors wishing to make such changes to their kumite should compete in the Freestyle Kumite/Bunkai Division)*

3. Sparring

Required and Recommended Safety Equipment: We do not specify or require any particular brand of equipment. Approved chest protectors (for competitors under the age of 18), headgear, hand and foot pads, mouthpieces, and groin cups (for male competitors only) are **MANDATORY** for all competitors in all sparring divisions. Approved equipment means that each competitor's equipment will be checked to see if it is safe for use. If it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete. Double check with your teacher if you have any questions about approved gear. The following is a list of required safety equipment competitors must have in order to compete and the features required of the equipment to be approved:

1. Hand Pads - A soft padded surface must cover the fingers, wrist, and any striking surface of the hand. The striking areas such as the ridge of the hand (ridge hand), side of the hand (chop, hammer fist), back of the fist (back fist), and the knuckles (punch) must be covered with a soft padded surface.
2. Kicks - A soft padded surface must cover the instep, sides, toes, ankle, and back of the heel of the foot.
3. Head Gear - The front, sides, and back of the head must be covered by a soft padded surface.
4. A properly fitted mouthpiece is required.
5. Chest protectors must cover the entire front and side torso.
6. Groin protection is required for male competitors.
7. Recommended equipment - Shin, elbow, rib, knee, and breast protectors (female competitors only) are recommended for additional safety to all sparring competitors.

Insufficiently padded gloves, foot, chest, and head gear will not be allowed. Equipment must be in a good state of repair and must be free of heavy taping, tears, or any other repairs that may cause injury. Equipment with heavy or too many seams on the striking surfaces is also not allowed. Because we are involved in promoting and participating in sport karate, only karate equipment is allowed. Boxing and other contact sports equipment (such as insufficiently padded MMA gloves) is not allowed in karate tournament. The approval or denial of the equipment is ultimately determined by the tournament's head rules arbitrator.

Order of Competition: The order of sparring competition will be picked randomly. Once names of competitors are mixed thoroughly and byes - if needed - are drawn, the rest of the cards will be drawn randomly and the competitors' names will be written on the sparring bracket sheet.

Length of Match: An elimination match shall last a total of two (2) minutes running time, unless a competitor earns three (3) points and is declared the winner before the two (2) minutes are up. Running time means that the clock continues to run during point calls, etc., unless the Head Judge calls for a time out. During unusually long point calls, equipment adjustments, rule clarification, etc., the Head Judge shall stop the time.

If, at the end of two minutes, the match is tied, the match will continue into an overtime period. The first competitor to score a point is declared the winner.

Officials

Timekeeper: The timekeeper is the official appointed to keep time. He/she will start and stop time at the command of the Head Judge and will inform the Head Judge when the two (2) minutes for sparring have expired. In sparring, the timekeeper does not start or stop a match unless told to by the Head Judge. His/her only duty is to keep time for the Head Judge.

Scorekeeper: The scorekeeper is the official appointed to keep score. He/she will write down the form scores from each judge, eliminate the high and low scores (if 5 or more judges are being used), and add the remaining scores to attain a total score. The scorekeeper should check his/her addition a second time (calculators should be used). In sparring, the scorekeeper will write down or flip scorecards at the command of the Head Judge. The scorekeeper should inform the Head Judge when a fighter gets the appropriate number of points to win (three). It is the scorekeeper's duty to listen very closely to the Head Judge and keep score as the Head Judge commands. Resolution of any discrepancy or confusion in the score rests in the hands of the Head Judge, not the scorekeeper. The Head Judge will make the final score decision.

Head Judge: The Head Judge should be the most experienced official in the ring and be thoroughly versed on the rules. He/she is in complete charge of the ring and the match. He/she promotes the safety of the competitors, enforces the rules, and ensures fair play. To this end, he/she starts and stops the match, awards points, makes penalty decisions, administrates the voting of the other judges, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match. The Head Judge shall announce in a loud, clear voice all official decisions, and shall indicate - with voice and gesture - the competitor affected by the official decision.

Powers of the Head Judge:

1. Match starts and ends only with his/her command (not the command of the timekeeper).
2. Has final decision on any disputes on score.
3. Has the power to issue warnings and award penalty points without a majority decision.
4. Can overrule a majority call to issue a warning or penalty point.
5. May disqualify a competitor who receives three (3) penalties (otherwise, there must be a majority vote to disqualify).
6. Has power to issue time-outs. A competitor can ask for a time-out, but it is the determination of the Head Judge to issue one.

Judges: The judges indicate the occurrence of possible points or illegal actions as they see them. It is the majority vote of the judges and Head Judge that determines a scoring point. Judges may be consulted by the Head Judge to help in determining penalties or warnings, although the Head Judge alone has the power to issue them. Judges will be asked to vote on disqualification rulings.

Calls An Official May Make: When the Head Judge believes there has been a significant exchange of technique, or when signaled to do so by a corner judge, he/she shall call out the word, "Stop!" in a loud voice. When a judge sees a point, he/she should hold up both flags or hold up one arm if no flags are being used. At the same time, he/she should yell out the word "Call!" in a loud, clear voice to indicate to the Head Judge that he/she has a call. The Head Judge shall then return the competitors to their starting marks and address the judges by saying, "Judges, call!" All judges and the Head Judge cast their votes simultaneously in the following manner:

1. Point is scored - If flags are used, a judge raises the appropriate color flag of the competitor who he/she feels scored the point. If flags are not used, a judge will point clearly at the competitor who he/she feels scored the point.
2. No point scored - A judge crosses his/her flags or wrists at waist level to indicate that he/she believes no point was scored.
3. No-See - The judge holds his/her hand over his/her eyes indicating that he/she did not see a point scored or a foul committed. If flags are being used, the judge will cover their eyes with the flags.
4. Clash - With or without flags, a judge makes a motion as though he/she is hitting both fists together. This means both competitors scored at the same time, therefore no point.

5. Penalty - The judge waves flag color of the offending competitor in a circular motion. If no flags are being used, the judge waves hand in a circular motion as he/she points to the offending competitor.
6. Out - The Head Judge calls stop when he/she sees a competitor go out of bounds. If a call is being made and he/she taps the flag, which represents the competitor who went out, on the floor. If no flags, he/she points the right hand at the out-of-bounds line nearest them.
7. Disqualification - A disqualification vote is taken separately from any other vote. When a disqualification vote is asked for, the Head Judge will say, "Judges, Call!" A judge will then hold the flag color, or point if no flags are being used, at the competitor he/she thinks should be disqualified. If he/she does not believe there should be a disqualification, he/she does not hold up a flag or point to a competitor.

Late Call: All officials should make their calls at the same time. If, in the opinion of the Head Judge, a corner judge is making a late call intentionally, the Head Judge can disqualify the call, although noise not allowing the judges to hear the Head Judge and the honest mistake of raising the wrong flag color should be taken into consideration.

Number of Officials: There will either be one Head Judge and two judges, or one Head Judge and four judges per ring.

Point Values and Winner Determination: All legal hand and feet techniques that score will be awarded one (1) point. All penalty points awarded will be one (1) point. The competitor who earns three (3) points automatically wins. If no one scores three (3) points by the end of the two minutes, the competitor who is ahead wins, or, if the score is tied, an overtime period will be held.

How Points Are Awarded: Scoring points are awarded by a majority vote of the judges. Judges do not have to agree on the same technique being scored, only that a point was scored. The judges acknowledge this by pointing to the competitor who scored the point, when instructed by the Head Judge to make a "call". See Penalty Points for additional information on receiving penalty points and scoring points at the same time.

What Constitutes a Point: A point is a controlled, legal, sport karate technique scored by a competitor who is in-bounds when striking an opponent with the allowable amount of focused touch contact or focused control to a legal target area. Criteria that officials use when deciding if a point was scored are:

1. Was it a legitimate and legal sport karate technique?
2. Was it delivered with the required focused control or allowed focused touch contact to a legal target area?
3. Was the competitor who scored in-bounds?
4. Had the match been stopped by the Head Judge?
5. Was either competitor down illegally when the point was scored?
6. Was the competitor who scored the point in control and well balanced?
7. Was the technique delivered with an amount of "controlled force" that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled?

Legal Target Areas: Ribs, chest, abdomen, collarbone, and sides of the torso (any area covered by the chest protector).

Illegal Target Areas: Head, face, spine, back of neck, throat, sides of the neck, groin, legs, knees and back are all illegal target areas. Any attacks to these areas could result in a warning, penalty points, or disqualification. *Competitors may neither show nor perform any techniques (punch, kick, ect.) to the head, neck, or face.*

Non-Target Areas: Hips, shoulders, buttocks, arms, and feet are all non-target areas. Points cannot be scored to non-target areas. If it is deemed that a competitor is actually attacking these areas, a warning and/or a penalty point may be awarded.

Legal Techniques: Legal techniques are all controlled sport karate techniques, except those listed as illegal. When determining the legality of a technique, the official considers if the technique is a legitimate, controlled sport karate technique that adheres to all other rules governing sport point karate.

Illegal Techniques: Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, spinning backfists, take downs, ground fighting, any stomps or kicks to the head of a downed opponent, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps, and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate. *Competitors may neither show nor perform any techniques to the head and face.*

Sweeps, Takedowns, and Ground Fighting: No sweeps, takedowns, or ground fighting will be allowed.

Grabs: A competitor may grab the uniform top of his/her opponent in an attempt to score. He/she may grip the uniform top for one second, after which time he/she must release the uniform. Likewise, the uniform pants may be grabbed. A kick may be trapped or grabbed for one second for purposes of executing a counterattack to an upright opponent.

Control and Contact Definitions:

- **Control** means holding back the amount of force that, if not restrained or pulled short of full contact, could have incapacitated or inflicted serious damage to an opponent. All competitors are required to show good control in all techniques.
- **Focused Control** means no contact occurred, but the technique must be focused close enough to the target area.
- **Light Touch Contact** means there is no penetration or visible movement of the opponent as a result of the technique. Light Touch Contact may be made to all legal target areas.
- **Moderate Touch Contact** means slight penetration or slight target movement. Moderate Touch Contact may be made to all legal target areas.
- **Excessive Contact** is made when an opponent strikes with force in excess of what is necessary to score a point. Though it is largely a judgment call, indications that contact has been excessive may include the following reactions:
 1. Visible snapping back of a competitor's head from the force of a blow.
 2. A knockdown of an opponent (not recklessly charging into a technique occurring in instances where the fallen party either fell, slipped, or was off balance).
 3. A knockout of an opponent.
 4. The appearance of severe swelling or bleeding. Bleeding or other obvious external injury may in itself be grounds for excessive contact if it is considered the fault of a competitor. Bleeding, however, does not necessarily imply excessive contact.
 5. The distortion or injury of the body from the force of a blow to the body.

Methods of Penalizing

Warning and Penalties: One and only one warning is allowed without penalty for breaking the rules. After the first warning is given, a penalty point is awarded to the opponent on each and every violation of the rules. If a competitor receives three (3) penalties in any one match, he/she is automatically disqualified and his/her opponent is declared the winner. If the Head Judge determines that the first rules infraction is severe enough, he/she can omit the first warning and issue a penalty point. A penalty point can determine the winner of a match.

Other Penalty Rules

1. A competitor cannot receive a point if the competitor is penalized on the same call. A penalty always overrules a point by the same competitor.
2. A competitor can receive a point because his/her opponent was penalized and at the same time receive a point or points for scoring. (Example: Competitor "A" receives one (1) point because he/she scored with a kick to competitor "B" and at the same time competitor "B" hits competitor "A" with excessive contact, therefore receiving a penalty. The Head Judge awards one point to competitor "A" for the kick that scored and one point to competitor "A" for the penalty by competitor "B").
3. If, in the opinion of the Head Judge or medical personnel, a competitor is unable to continue because of an injury caused by an illegal attack executed by his/her opponent, the offending competitor shall be disqualified.
4. If a competitor is injured but the injury is not the result of an illegal attack, the opponent will not be penalized. For example no penalty will be assigned if a competitor is responsible for his/her injury or the injury is caused inadvertently. In the event a fighter is unable to continue because of a no-fault foul, his/her opponent will be declared the winner even if he/she is not ahead at the time of the foul.
5. If a competitor scores a point and immediately proceeds to break the rules, even if it was after the point was called, the warning for breaking the rules voids the point. A competitor cannot receive a point and a warning on the same call.

Causes of Penalizing: This is a partial list of possible causes of penalizing and may be used as a guideline to follow:

1. Attacking illegal and non-target areas.
2. Using illegal techniques.
3. Running out of the ring to avoid fighting (not fighting out).
4. Falling to the floor to avoid fighting.
5. Continuing after being ordered to stop (fighting after break).
6. Excessive stalling.
7. Blind, negligent, or reckless attacks.
8. Uncontrolled techniques.
9. Any unsportsmanlike or abusive behavior from the competitor or his/her coaches, friends, family, etc.
10. Not being prepared or ready when it is time to compete.

Disqualification: Disqualification of a competitor requires a majority vote by the Head Judge and judges, except when a competitor is automatically disqualified when he/she receives three penalties. When a competitor is disqualified, it is proper to notify the tournament's rules arbitrator. A competitor who bows out or accepts a bow out of any grand championship match may be disqualified. (An exception to this rule is if the competitor bows out to a substantiated injury verified by the tournament medical personnel.)

Out-of-bounds: A competitor is out-of-bounds as soon as he/she does not have at least one foot touching inside or on the boundary line. Stepping out-of-bounds does not immediately stop the match. The Head Judge is the only one who can stop the match. An out-of-bounds competitor may be scored on by his/her opponent so long as the in-bounds competitor has at least one foot in bounds and the Head Judge has not signaled to stop. In the event of a jumping technique, the attacking competitor must land with one foot in-bounds order to score.

Non-Competing Penalty: If any competitor intentionally avoids fighting during a match, or intentionally steps out of bounds to avoid fighting, he/she will be given a warning. After three (3) warnings the competitor will be disqualified.

Dos and Don'ts of Point Calling:

- Know and understand the rules in their entirety. Only by knowing the rules can you make the split-second decisions that are required in point karate judging.
- Make all decisions quickly and decisively in a confident manner. You must be able to stand with conviction on each and every one of your calls.
- Call only what you see clearly, not what you heard or thought might have happened.
- Give each match your full, focused attention. Don't let yourself be distracted or influenced into making a call by outside forces (e.g., other judges, fans, coaches, etc.).
- Stay out of the way of the competitors so as not to interfere with the match.

Decisions to be made on each point call:

1. Was it a legal, legitimate sport karate technique?
2. Was it focused to a legal target area?
3. Did it have the required legal touch control or focused control in the execution of the techniques?
4. Was the competitor under control with proper balance in the execution of the technique?
5. Was the competitor who scored in-bounds?
6. Had the match been stopped before the technique scored?
7. Was it a clash (each competitor scoring at the same time)?
8. Were there any rules violations immediately following the scoring technique (i.e., a competitor cannot receive a point and a penalty on the same call)?
9. Was either competitor on the ground when the point was scored?
10. Was the match over before the point was scored?

4. Freestyle Bunkai/Kumite

Competitor teams showcase their favorite applications of Uechi Kata in the form of pre-arranged bunkai or kumite. Bunkais and kumites can be formal or informal based on pacing and theme and do not have to be official Uechi Bunkai or Kumite (Kyu Kumite, Dan Kumite, Kanshiwa Bunkai, Seisan Bunkai, ect.).

Teams: Teams must consist of either 2, 3, or 4 competitors.

Scoring: Teams are judged based on understanding of technique, creativity, timing, and pace in the same manner as the kata and kumite divisions, but more emphasis is placed on creativity and performance.

Time Limit: There is a three-minute maximum time limit. Once this limit is reached competitors must complete their performance.

5. Obstacle Course

Competitors will compete for time while completing various tasks and exercises on a prearranged course. Once a competitor has begun the course, the next competitor may enter the starting area. Competitors must complete each obstacle before moving on to the next. Failure to complete an obstacle will result in a time penalty or disqualification. Exercises will be disclosed ahead of time as well as an explanation on how they will be expected to be completed for the course. A map of the course will also be disclosed ahead of time and can be found on the Uechiryu Butokukai Intramural website

Obstacle Course Officials

Officials will consist of a head judge, scorekeeper, and assistant judges.

- The judge will signal the competitor to begin and guide him/her through the course when necessary. The head judge has final say if the competitor must redo an obstacle or exercise.
- The judge will begin the clock on his/her signal to begin and will stop clock on the completion of the final obstacle, e.i. board break.
- Assistant judges will hold kicking/punching pads and help guide competitors through the course when necessary.

Obstacle Requirements by Experience and Rank

Expectations for completion vary by experience and rank.

Beginner (1-12 Months)

- Push-ups: 4
- Mountain Climbers: 12
- Burpee: 4
- Jumping Jacks: 10

Intermediate (13+ Months under Brown Belt)

- Push-ups: 8
- Mountain Climbers: 18
- Burpee: 6
- Jumping Jacks: 15

Advanced (Brown Belt)

- Push-ups: 12
- Mountain Climbers: 24
- Burpee: 8
- Jumping Jacks: 20

Junior Black Belt Candidate / Junior Black Belt

- Push-ups: 16

- Mountain Climbers: 30
- Burpee: 10
- Jumping Jacks: 25

A tutorial video with instructions for the satisfactory performance of each obstacle can be found here:

<https://youtu.be/WjdnVrX-Z2o>