

## KO-GO RULES

### Ko-go Kumite: Definition

Ko-go Kumite is a specific form of Kumite competition which designates competitors as either Offense or Defense at the start of each match.

Ko-go Kumite follows General Kumite Rules with the following exceptions:

1. Procedure;
2. Operation of Competition;
3. Judging Operation;
4. Scoring and Penalty Points;
5. Violations and Penalty;
6. Terms and Signals;

### Procedure

Competition is divided into six matches. Each competitor is designated "offense" three times and must initiate attack. The other competitor is designated "defense" and must respond to the attack, Remark: Aka (Red) side attacks first and attacks three times in a row, followed by Shiro (White) side.

On elimination chart: Aka is placed on top, Shiro is placed on bottom or Aka on right side of chart, Shiro on left side of chart.

Each match is completely independent. Penalty is not carried over to the next match. In cases of "Han-soku", "Shi-kkaku", Doctor's Stop or Withdraw, no more matches take place. Opponent is declared the winner.

Winner is determined by calculating total score.

In case of a tie (when the points are equal), then the "Kettei-sen" match takes place in which each competitor attacks and defends three times, but this time, alternately initiating the attack, beginning with Aka (Red) side. In case one side scores "Waza-ari" or "Ippon", then that side is declared winner. If no "Waza-ari" or "Ippon", then total score determines winner. If score is still tied, then the court judges decide on the winner by Tsu-mae decision.

### Operation of Competition

- Shu-shin operation

Shu-shin first announces "Offense" side by showing with left hand to the athlete's left side position Aka, pronouncing orally Aka, Ko-geki, Ikkai. Hands movement: left hand is fully stretched toward Aka in the level of chest, and after that, banding in the elbow joint

initial position which is parallel to the floor. After that, fully stretched with the finger in upright position showing the first attack (Ikkai). This is repeating with two fingers for the second attack (Ni-kai) and after that, the third time, three fingers for the third attack (San-kai).

These commands are performing in one smooth movement of hand.

#### **"Offense" side:**

1. Must begin attack within 10 seconds after "Hajime". After 10 seconds and no attack is initiated, this is recognized as "Jikan".
2. When "Offense" side's leading hand comes within estimated touching distance of "Defense" side's leading hand; then "Offense" side cannot hold both hands more than 45 down or hide both hands behind body line. If so, this is recognized as "Kakushi".
3. Limited to maximum four techniques including feint and break-balance technique.
4. After last technique and "Defense" side blocks and counterattacks, "Offense" side can shift or block and counterattack only one time.

#### **"Defense" side:**

1. Can only initiate technique after "Offense" side physicals begin the attack. Any physical movement used as a feint or faking attack from "Offense" side is recognized as initiating attack. Verbal sound without physical movement is not recognized as an attack.  
If "Defense" side's initiates technique before "Offense" side attacks: this is recognized as "Saki".
2. If either side's leading hand can touch opponent's hand (touching distance), then, there is no need for "Defense" side to wait for actual "Offense" side to initiate defensive counter. In this case, "Defense" side can, in place, touch without body shifting "Offense" side's leading hand then initiate technique.
3. Counter attack must be continuous after blocking or shifting.
4. If "Offense" side has executed 4 attack techniques and "Defense" side only incompletely or ineffectively blocks (shifts to escape, this is recognized as "Nige-tai").

#### **Judging Operation**

1. In the following cases, Shu-shin stops the match:
  - 1.1. In case of "Jikan"
  - 1.2. When "Offense" side "Kakushi" (See Article 3-2-B)
  - 1.3. When either side's leading hand can touch opponent's body: "Chika-ma" (too close)
  - 1.4. When "Offense" side, using combination techniques, stops continuation within combination.
  - 1.5. When "Offense" side's combination four techniques are finished, or after

- "Offense" side's last technique, "Defense" side counterattacks and "Offense" side counter-counter attacks is over.
- 1.6. When "Defense" side blocks or shifts but counterattack is not continuation of blocking or shifting movement.
  - 1.7. When both sides continue exchange of Offense/Defense techniques over four times.
  - 1.8. When "Nige-tai" is recognized.
  - 1.9. When "Waza-ari" or "Ippon" is recognized.
  - 1.10. When violation(s) is recognized.
  - 1.11. In case of Doctor's Stop.
  - 1.12. In case of unforeseen serious situation.
2. At the end of each match, Shu-shin indicates competitors to return to starting positions, and then declares points, penalty or necessary direction. Then, Shu-shin continues with next match.
  3. At the completion of all six matches (three offense and three defense for each competitor), the Shu-Shin confirms score with the Kansa, and then declares the winner. In case of tie score, immediately begin "Kettei-sen".

### **Violations and Penalties**

In addition to General Kumite Rules, penalty points are given to the opponent for violations in the following cases:

1. In case of "Jikan" - 2 points;
2. In case of "Kakushi" - 2 points;
3. In case of "Saki" - 2 points;
4. In case of "Nige-tai" - 2 points;
5. In case of "Ten to" (Apply General Kumite Rules) - 1 point;

In case of violation of general Kumite Rules, other than the Ko-go Kumite Rules, Shu-shin gives the penalty after confirming with the court judges, without any informal verbal warning.

### Additional Judges Terms and Signals

	Term	Method of signaling Shu-shin	Method of signaling Fuku-shin
1	Jikan	Hands form a "T", then with both hands open, palms facing each other at side of head (as in General Kumite Rules "Ato")	
2	Kakushi	Bring both hands together to backside of body.	"Offense" side flag moves to back side of body.
3	Saki	Index finger shifting from "Defense" side to "Offense" side.	Top of flag shifting from "Defense" side to "Offense" side.
4	Nige-tai	"Defense" side hand open with palm pushing backward	"Defense" side flag, while, pointed straight up, moves to side of body.
5	Chika-ma	Bring both palms together, fingers up, in front of chest area.	Bring both flagpoles together, tops pointed up, in front of chest area.