

2022 International Online Kata Championships

Videotaping Do's and Don'ts

* How to set up a camera

- (1) Set up a camera from the front
- (2) Use a tripod to stabilize a camera

* Correct performance process

(1) Stand Shizen Tai in front of camera

(2) Cross your arms, bow and state "Osu"

(3) State kata name

(4) Begin and finish kata

(5) Back to Shizen Tai

(6) Cross your arms, bow and state "Osu"

(7) Keep Shizen Tai until videotaping stops

please watch "How to view your kata performance" on Kyokushin Online for katas starting with Musubi Dachi.

Wrong performance process

Walk to the starting position

Anyone else states "Shomen ni rei"

Begin without stating kata name or state different kata name

State "Osu" as you go back to Shizen Tai

Anyone states "Shomen ni rei"

Walk out of the ending position

* **Other wrong videotaping**

(1) Camera person move around —> Disqualification

(2) Videotape against the light —> Could be disqualified

(3) Videotape anyone else beside the performer in a room —> Disqualification

(4) Record noises or commotion —> Could be disqualified

(5) Hands or legs are out of the video —> Could be disqualified

(6) Videotape too far, so performer's image is small —> Could be disqualified

(7) Videotape outdoors. Videotape with shoes on —> Disqualification

(8) Video image is not stable —> Could be disqualified

(9) Edit the video such as speed adjustment —> Disqualification

(10) Videotape vertically —> Disqualification

(11) Videotape from the side —> Disqualification

(12) Perform with a mask —> Disqualification