

## Shotokan karate: score of the techniques during the female kumite of competition

Karatê shotokan: pontos dos golpes durante o kumite de competição feminino

Karate shotokan: los puntos de los golpes durante el kumite de competición femenino

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### Abstract

The objective of the study was to determine the offensive action (attack, anticipate and counter-attack) and the attack technique that causes ippon and waza-ari during the female kumite. This study used a quantitative research for identify the offensive action and the attack technique that causes ippon and waza-ari during the female kumite. Were selected on the Internet several championship of shotokan karate about the female kumite. The fights were of the JKA and of the Traditional Karate-do. The scout from Marques Junior [7] was used to the notes the offensive action and the attack techniques that causes point. The female kumite during 54 fights in 22 championship practiced waza-ari. The female karatekas practiced with more often the attack (63%) and after the anticipation (34%). The most frequent waza-ari was of gyaku zuki during the attack (37%). The karateka practiced points with others techniques: kizami zuki, oi zuki, mae geri, mawashi geri and kizami ashi barai followed by gyaku zuki. Female karateka practiced more point with punch than the kick. The punch with attack action was more practiced in this study (55%). In conclusion, female karateka practiced waza-ari with foot sweep and punch, punch and kick.

**Keywords:** Karate. Fight. Kumite. Sport. Female karate.

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## Introduction

Shotokan karate is a fight with punches, kicks and defenses<sup>1</sup>. The offensive techniques during the shiai kumite (fight of competition) are with light contact on the trunk of the female karateka<sup>2</sup>. The fight of the karate occurs in an area of 8x8 meters during 1 minute and 30 seconds to 2 minutes<sup>3</sup>.

The championship of the male kumite is researched in the literature of the karate<sup>4</sup>. The punches of the male kumite with higher index score are the gyaku zuki, the kizami zuki and the oi zuki<sup>5</sup> and the kicks with most point in male karate are the mae geri and the mawashi geri<sup>6</sup>.

However, the studies about o female kumite with attack techniques that causes most points to the literature this sport not researched. The references of the karate not researched the actions during the attack of the female karateka. Nakayama<sup>7</sup> informed that the karateka practices during the fight three actions for causes the point: attacking the opponent, anticipate

the opponent`s attack and defend the offensive techniques of the opponent and counter-attack with an attack technique.

The objective of the study was to determine the offensive action (attack, anticipate and counter-attack) and the attack technique that causes ippon and waza-ari during the female kumite.

## **Material and methods**

### Subjects and procedures

This study used a quantitative research<sup>8</sup> for identify the offensive action (attack, anticipate and counter-attack) and the attack technique that causes ippon (perfect technique of attack) and waza-ari (efficient technique of attack) during the female kumite. Were selected on the Internet several championship of shotokan karate about the female kumite. The fights were of the JKA (Japan Karate Association) and of the Traditional Karate-do. The key words used to select the fighting were as follows: *karatê-dô tradicional feminino, karatê JKA feminino, karatê-dô tradicional feminino em equipe, karate JKA feminino em equipe, traditional karate female, JKA karate female, traditional karate female team kumite, JKA karate female team kumite, shotokan karate female team kumite, JKA shotokan karate female team kumite and European karate female.*

The scout from Marques Junior<sup>3</sup> was used to the notes the offensive action and the attack techniques that causes point. The fighting used in the study is shown in Table 1.

**Table 1.** Fights of the female kumite

<b>Championship</b>	<b>Fight</b>	<b>Quantity of Fight</b>
JKA Canadian Championship of 2005 (individual, classification)	Canada x Canada	4
JKA Japanese Championship of 2007 (individual, final)	Japan x Japan	1
Baiano Championship of 2008 (traditional karate, individual, classification)	Bahia x Bahia	1
Brazilian Championship of 2008 (traditional karate, individual, classification)	Brazil x Brazil	1
Baiano Championship of 2009 (traditional karate, individual, classification)	Bahia x Bahia	2
Parana Cup of 2009 (traditional karate, individual, classification)	Parana x Parana	1
Goiano Championship of 2009 (traditional karate, individual, semifinal)	Goiás x Goiás	1
Brazilian Championship of 2009 (traditional karate, individual, classification)	Brazil x Brazil	2
JKA American Championship of 2009 (team, final)	American x American	3
JKA Japanese Championship of 2009 (individual, classification)	Japan x Japan	1
JKA Japanese Championship of 2010 (individual, classification, semifinal and final)	Japan x Japan	4
JKA Taiwan Championship of 2011 (individual, classification)	Taiwan x Taiwan	1
JKA English Championship of 2011 (individual, classification)	English x English	1
JKA Mexican Championship of 2011 (individual, classification)	Mexico x Mexico	1
JKA Japanese Tournament of 2011 (individual, classification)	Japan x Japan	1
JKA Japanese Championship of 2011 (individual, classification)	Japan x Japan	2
JKA World Championship of 2011 (individual, classification)	Japan x Japan	1
JKA World Championship of 2011 (team)	Poland x American (classification) English x Thailand (semifinal) Japan x Germany (semifinal) English x Japan (final)	12
JKA Prague Championship of 2012 (individual, final)	Czech Republic x Czech Republic	1
JKA Shoto Cup of 2012	Japan x Japan (semifinal) Japan x Russia (semifinal) Japan x Japan (final)	3
JKA European Championship of 2012 (team, final)	Russia x Serbia	3
JKA Brazilian Championship of 2012 (team, classification)	Brazil x Brazil	7
<b>Total of 22 championship</b>		<b>Total of 54 fights</b>

## Statistical analysis

Results are expressed as mean (M), standard deviation (SD), percentage and total.

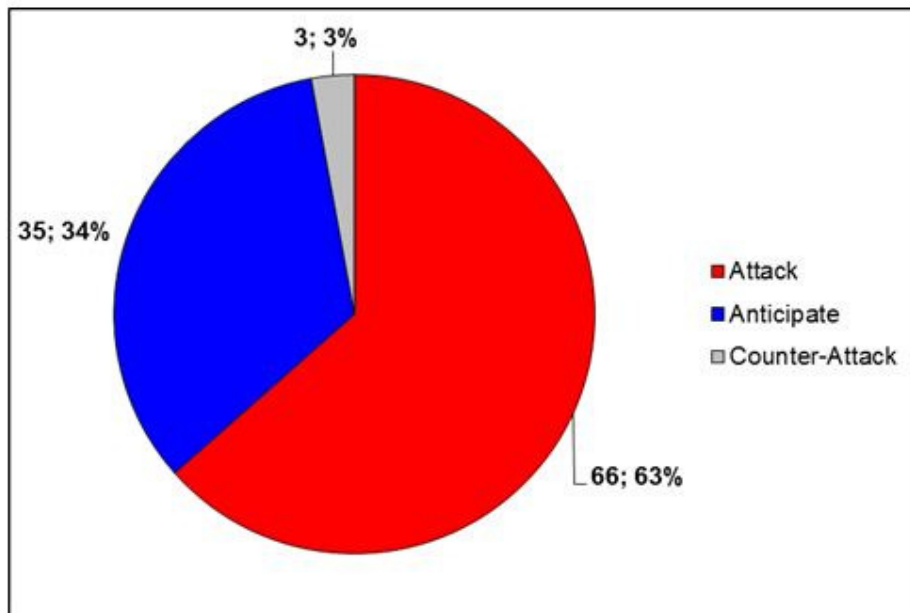
## Results and discussion

Table 2 presents the offensive action of the female kumite.

**Table 2.** Types of offensive actions

Offensive Action	M±SD	Quantity of the Offensive Actions in Championship
Attack	3±2,55	20
Anticipate	1,59±4,25	13
Counter-Attack	0,13±0,33	3

The Figure 1 presents the total ant percentage of the three types of offensive actions during the female kumite.



**Figure 1.** Offensive action of the female karateka of the shotokan style

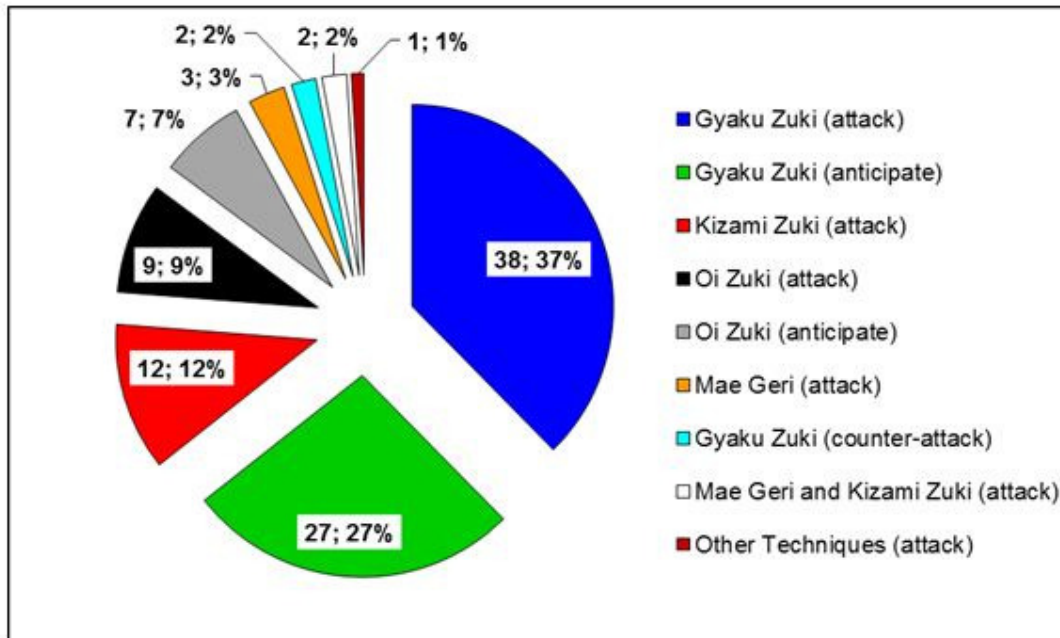
Offensive action of the female kumite was equal to the studies of male kumite<sup>3,9</sup>. The female karatekas practiced with more often the attack and after the anticipation.

Table 3 presents attack technique with the offensive action that result in waza-ari.

**Table 3.** Types of attack with waza-ari

Attack Technique	M±SD	Quantity of the Attack Technique with the Offensive Action that Result in Waza-ari during the Championship
Gyaku zuki (punch)	Attack: <b>1,72±2,18</b>	13
	Anticipate: <b>1,22±2,04</b>	10
	Defend the mae geri with gedan barai uke and counter-attack: <b>0,09±0,28</b>	2
Kizami zuki (punch)	Attack: <b>0,54±0,66</b>	9
	Anticipate: <b>0,04±0,48</b>	1
	Defend the gyaku zuki with gedan barai uke and counter-attack: <b>0,04±0,48</b>	1
Oi zuki (punch)	Attack: <b>0,40±0,88</b>	4
	Anticipate: <b>0,31±0,92</b>	3
Mae geri (kick)	Attack: <b>0,13±0,35</b>	3
Mae geri followed by Kizami zuki (kick and punch)	Attack: <b>0,09±0,28</b>	2
Kizami Mawashi geri (kick)	Attack: <b>0,04±0,19</b>	1
Mawashi geri followed by Kizami zuki (kick and punch)	Attack: <b>0,04±0,19</b>	1
Kizami Mawashi geri followed by Gyaku zuki (kick and punch)	Attack: <b>0,04±0,19</b>	1
Kizami Ashi barai followed by Gyaku zuki (foot sweep and punch)	Attack: <b>0,04±0,19</b>	1
Gyaku zuki followed by Kizami Mawashi geri (punch and kick)	Attack: <b>0,04±0,19</b>	1

The Figure 2 presents the total ant percentage of the attack techniques with the offensive actions that result in waza-ari.



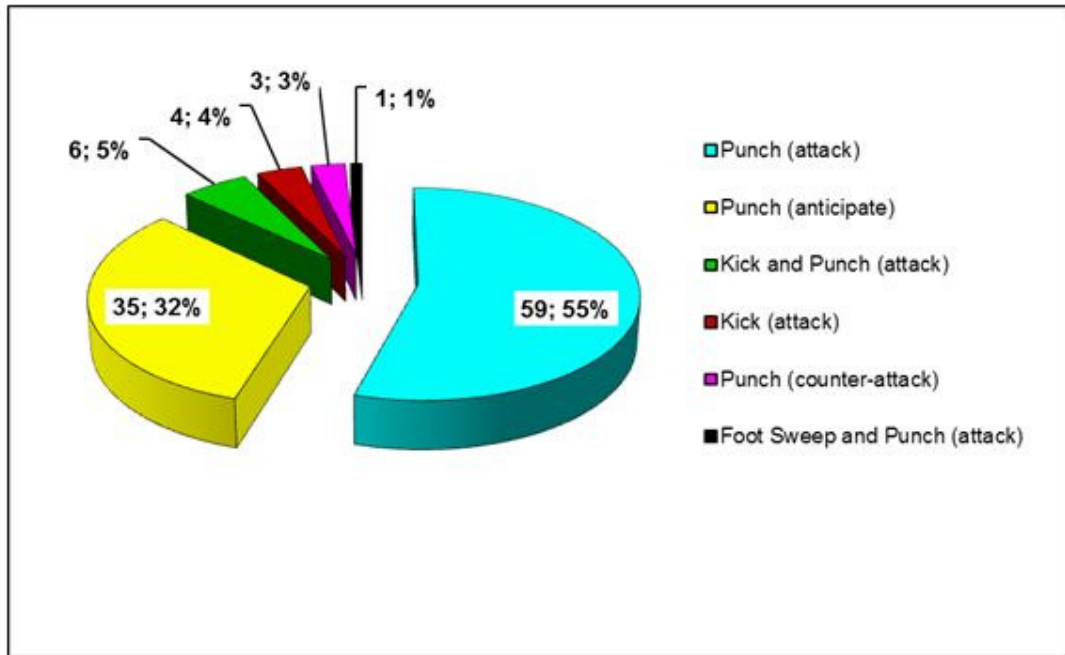
**Figure 2.** Attack techniques with the offensive actions that result in waza-ari

In 54 fights, the female kumite not practiced ippon. The female kumite during 54 fights in 22 championship practiced waza-ari.

The most frequent waza-ari was of gyaku zuki during the attack (total of 38, 37%) and during the anticipation (total of 27, 27%). This result was identical to of Villani and Distaso<sup>10</sup>, the gyaku zuki practiced more point in male kumite.

The gyaku zuki causes many points during the female kumite because has precision for to hit the opponent<sup>6</sup>, is the punch faster (Velocity: gyaku zuki with 9,2 m/s, kizami zuki with 7,1 m/s and oi zuki with 5,83 m/s) and with arms the karateka has more ability to make the point<sup>11</sup>.

The mae geri was the kick with more point during the female kumite. The mawashi geri was the second in the practice of the waza-ari. This result was identical to of Marques Junior<sup>6</sup>, the mae geri and the mawashi geri practiced more point in male kumite. However, female karateka practiced more point with punch than the kick. This is accordance with Roschel et alii<sup>12</sup>, approximately 80% of the points during the male kumite are with punch. The punch with attack action was more practiced in this study (total of 59, 55%). The Figure 2 illustrates these findings.



**Figure 2.** Attack with the offensive actions that result in waza-ari

## Conclusion

The female karateka practiced during the kumite points (waza-ari) with the gyaku zuki, the kizami zuki, the oi zuki, the mae geri, the mawashi geri and the kizami ashi barai followed by gyaku zuki. The offensive actions more practiced to were the attack and anticipation.

The karate training needs to be practiced with predominance of the attack techniques and of the offensive actions that cause more points during the female kumite. During the training of the kihon, of the kihon ippon kumite, of the gohon kumite and of the kumite, the coach needs to prescribe the gyaku zuki, the kizami, zuki, the oi zuki, the mae geri, the mawashi geri and the kizami ashi barai followed by gyaku zuki with the attack action and with the anticipation action for the female karateka improve in the championship.

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