SIX CRITERIA
SCORING POINTS IN KUMITE

A score is awarded when a technique is performed according to the following criteria to a scoring area:

1. **Good form**
2. **Sporting attitude**
3. **Vigorous application**
4. **Awareness (ZANSHIN)**
5. **Good timing**
6. **Correct distance**

*A technique with "**Good Form**" is said to have characteristics conferring probable effectiveness within the framework of traditional Karate concepts.*

***Sporting Attitude** is a component of good form and refers to a non-malicious attitude of great concentration, obvious during delivery of the scoring technique.*

***Vigorous Application** defines the power and speed of the technique and the palpable will for it to succeed.*

***Zanshin** is that criterion most often missed when a score is assessed. It is the state of continued commitment in which the Competitor maintains awareness of the opponent's potentiality to counter-attack. I.e.: He/she does not turn his/her face away during delivery of the technique, and remains facing the opponent afterwards.*

***Good Timing** means delivering a technique when it will have the greatest potential effect.*

***Correct Distance** similarly means delivering a technique at the precise distance where it will have the greatest potential effect. Thus, if the technique is delivered on an opponent who is rapidly moving away, the potential effect of that blow is reduced.*

***Distancing** also relates to the point at which the completed technique comes to rest on or near the target. A punch or kick that comes somewhere between skin touch and 5 centimetres from the face, head, or neck may be said to have the correct distance. However, Jodan techniques, which come within 5 centimetres distance of the target and which the opponent makes no attempt to block or avoid will be scored, provided the technique meets the other criteria. In Cadet and Junior competition no contact to the head, face, or neck, is allowed other than a very light touch (previously known as a "skin touch") for Jodan kicks and the scoring distance is increased up to 10 centimetres.*