Link

<https://wkfwsfikarateacademy.in/karate_competition_rules_wsfi_wkf>

<https://sportsandmartialarts.com/karate-kicks/>

<https://blackbeltwiki.com/karate-kicks>

<https://sportsandmartialarts.com/karate-general-terminology/>

https://www.thekaratelifestyle.com/list-of-karate-stances/

https://www.nippon.com/en/views/b06601/

Competition Organisation

Karate Competitions are categorized as follows:-

1. Individual Kumite Competitions
2. Individual Kata Competitions
3. Team Kata Competitions
4. Team Kumite Competitions

* Competitions are separated with male and female categories in individual and team competitions.
* Individual competitions are separated to weight divisions.

The Referee Panel

1) One match Super visor (Kansa)

2) One referee (Shushin)

3) Four Judges (Fukushin)