



**USA-National Karate Federation**  
National Governing Body for Karate  
Member United States Olympic Committee



Greetings! We hope this letter finds you in good health and training hard this New Year.

The success of all Competitions depends on three things:  
**Start on Time! Quality trained referees! And end early!**

**FRIDAY MARCH 24<sup>th</sup>**, we are hosting a Class on the Rules of Competition. This is great for **athletes, parents, coaches, Referee, Judges** and **anyone** who wants a better understanding of the rules of competition.

**Why should this mean anything to you?** I believe all of us want to learn one set of rules for competition that include safety and fairness for our competitors along with gaining National and International recognition. Here are some things to consider:

- **This is the ONLY rule set authorized by the International Olympic Committee and the United States Olympic Committee for Karate.**
- **As determined by the Amateur Sports Act and the US Olympic Committee, the USA-NKF is the ONLY Karate Organization recognized in the United States. It is the largest in "nature, quality, and scope."**
- **It gives you the structure to provide SAFE and fair competitions by having certified referees and judges with US Olympic oversight.**
- **Participation is WORLDWIDE!! There are over 180 countries that use this rule set through the Pan American Karate Federation and the World Karate Federation.**
- **All Karate Styles are welcome. All you have to do to be involved is to know and follow the rules.**

**Kumite and Kata Class Schedule:**

**WHERE:** Ritters Family Martial Arts, 1062 Reading Rd, Mason, Ohio 45040.

**WHEN:** [Friday March 24 2017](#) 6:00 pm Study of Kumite and Kata rules

**RULES:**

Rules may be downloaded at [Rules USA-NKF](#) (The PDF will be at the bottom of the page)

**It is the coach and competitor's responsibility to know and understand the rules of competition.**

**(You must know the [RULES TO COMPETE EFFECTIVLY](#))**

**Fee Schedule:**

\$15.00 Rules Class