

**AMERICAN KANG DUK WON
TOURNAMENT
KATA PROCEDURES**

1. Bow as you enter the competition ring.
2. Move ahead to address the judges.
3. Chunbi. Bow.
4. Ready (open) stance. Feet apart and hands behind your back.
5. Give the following information in a strong, clear voice:
 - a) **"My name is _____."**
 - b) **"I am a member of American Kang Duk Won Karate."**
 - c) **"My Class is _____."**
 - d) **"My instructor is _____."**
6. **"May I do Palgay #___?"**
7. **"Thank you, Sir (or Ma'am)."**
8. Chunbi. Bow.
9. Back up. Bow.
10. Chunbi. (Youth doing Moves 1-8, a Black Belt will count the moves 1-8, as done in class.)
11. End form. Chunbi. Bow. "Thank you."
12. Return to the side of the competition ring.