

Point Scoring for Kumite

To win a match

The winner of a match is the 1st person to get to 5 points, or the person with the highest score after 30 seconds

Techniques

Punch, strike or kick completed within 9 inches of opponent (Ranks 6th Kyu and below only)	1 Point
Punch, strike or kick stopped within 9 inches of opponent that would have contacted if completed	1 Point
Punch, strike or kick stopped within 9 inches of opponent that would have contacted hard if completed	2 Points
Well executed kick to head with control stopping prior to point of impact	3 Points
Combination of techniques	Combined score of both techniques (Can score 2, 3, 4, or 5 points)
Any Technique executed that would have eliminated your opponent	5 Points

Block and Counter

Block and counter or combination counter attack 1 point plus score of technique(s)

Grabbing

Grabbing an opponent's punch and executing a counter (or combination of counters)	1 point plus score of technique(s)
Grabbing an opponent's kick (Fight Stops)	2 Point
Grabbing an opponents' kick with counter attack	3 points plus score of technique(s)
Grabbing an opponent's guard with attack or combination of attacks	1 point plus score of technique(s)

Loss of points

Grabbing and not executing an attack	Minus 1 Point
Poor Technique or lack of control (Example: Kicking chest with toes extended)	Minus 1 Point
Minor contact (other than opponent running into a technique)	Minus 2 Point
Major contact	Disqualification
Charging into danger	Minus 1 Point