

# Karate

Nippon Budokan



Karate is making its first Olympic appearance at Tokyo 2020, with men and women competing in **Kata** (forms) and **Kumite** (sparring) events



**Sandra Sanchez Jaime (ESP)**, demonstrates art of Kata



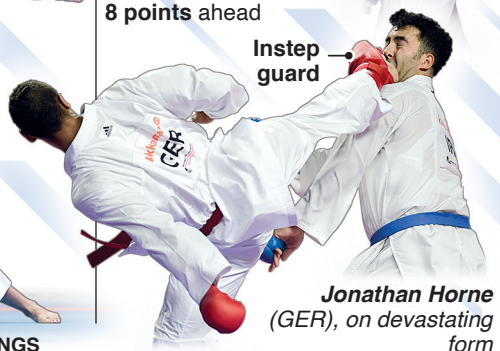
**Kata:** Athletes demonstrate offensive and defensive moves against imaginary foe. They must not perform same kata twice in routine (there are 102 recognised moves)



**Kumite:** Two athletes (karateka) face each other in combat



Explosive strikes to opponent score points. Winner has more points after **3 minutes** or is **8 points** ahead



**Jonathan Horne (GER)**, on devastating form

## WORLD NUMBER ONE RANKINGS Kata

**Damian H.Q. Capdevila (ESP)**

**Sandra Sanchez Jaime (ESP)**

## Kumite

**Jonathan Horne (GER), +84kg**

**Hamideh Abbasali (IRI), +68kg**