



# "30° LIGNANO KARATE OPEN 2015"

## INTERNAZIONALI DI KARATE 2015



**KUMITE/KATA - 30° OPEN DI LIGNANO I.K.G.L.I.**  
**WKF:(CADETS - JUNIORS- U21 - SENIORS)**  
**BEGINNERS A- BEGINNERS B -MASTERS-**  
**SENIORS KATA TEAMS - YOUNG KATA TEAMS**  
**COMPETITION DATE: SATURDAY 22 AUGUST 2015 ( KUMITE )**  
**SUNDAY 23 AUGUST 2015 ( KATA )**

**SPORT-HALL: PALAGETUR**

**Viale Centrale, 29 – LIGNANO SABBIAORO (UD) C/O Villaggio sportivo turistico GETUR**

**LOGISTICS AND ACCOMODATIONS - Agenzia Sport & School**

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**SECRETARIAT OF COMPETITION: ALDEGISTO SODERO MOB. 0039 339 25 45 586**

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**THE REFERENCE FOR THE WKF CLASS OF MEMBERSHIP FOR THE CLASSES WKF CADETS, JUNIORS WKF, UNDER 21, OVER 18 WKF WKF MASTER, IS THE DAY OF THE COMPETITION IN THE KUMITE IT IS 22 AUGUST AND IN THE KATA 23 AUGUST 2015**

**KUMITE/KATA – MALE/FEMALE**

**1. BEGINNERS "A" (12 /13 years) born from 01/01/2002 to 31/12/2003**

**KATA/KUMITE: FIJLKAM RULES**

WEIGHT CATEGORIES	MALE	from 35 to 40 kg	-45	-50	-55	-61	-68	-75	-83
	FEMALE	from 32 to 37 kg	-42	-47	-53	-60	-68		

**2. BEGINNERS "B" (14/15 years) born from 01/01/2000 to 31/12/2001**

**KATA/KUMITE: FIJLKAM RULES**

WEIGHT CATEGORIES	MALE	from 42 to -47 kg	-52	-57	-63	-70	-78	+78	
	FEMALE	from 37 to -42 kg	-47	-54	-63	+63			

**3. WKF CADETS (14/15 years) kumite born from 23/08/1999 to 22/08/2001 kata born from 24/08/1999 to 23/08/2001**

**KATA/KUMITE : WKF RULES**

WEIGHT CATEGORIES	MALE	-52 kg	-57	-63	-70	+70			
	FEMALE	-47 kg	-54	+54					

**4. WKF JUNIORS (16/17 years) kumite born from 23/08/1997 to 22/08/1999 kata born from 24/08/1997 to 23/08/1999**

**KATA/KUMITE : WKF RULES**

WEIGHT CATEGORIES	MALE	-55 kg	-61	-68	-76	+76			
	FEMALE	-48 kg	-53	-59	+59				

**5. WKF UNDER21 (18/20 years) kumite born from 23/08/1994 to 22/08/1997 kata born from 24/08/1994 to 23/08/1997**

**KATA/KUMITE : WKF RULES**

WEIGHT CATEGORIES	MALE	-60 kg	-67	-75	-84	+84			
	FEMALE	-50 kg	-55	-61	-68	+68			

**6. WKF SENIORS (18/40 years) kumite born from 23/08/1975 to 22/08/1997 kata born from 24/08/75 to 23/08/1997**

**KATA/KUMITE : WKF RULES**

WEIGHT CATEGORIES	MALE	-60 kg	-67	-75	-84	+84			
	FEMALE	-50 kg	-55	-61	-68	+68			

**MASTERS**

**7. WKF MASTERS 35+(over 35) kumite born from 23/08/1970 to 22/08/1980 kata born from 24/08/1970 to 23/08/1980**

**KATA/KUMITE : WKF RULES**

WEIGHT CATEGORIES	MALE	-60 kg	-67	-75	-84	+84			
	FEMALE	-50 kg	-55	-61	-68	+68			

**8. WKF MASTERS 45+ (over 45 ) kumite born from 23/08/1965 to 22/08/1970 kata born from 24/08/1965 to 23/08/1970**

**KATA/KUMITE : WKF RULES**

WEIGHT CATEGORIES	MALE	-60 kg	-67	-75	-84	+84			
	FEMALE	-50 kg	-55	-61	-68	+68			

**9. WKF MASTERS 50+(over 50 ) kumite born from 23/08/1960 to 22/08/1965 kata born from 24/08/1960 to 23/08/1965**

**KATA/KUMITE : WKF RULES**

WEIGHT CATEGORIES	MALE	-60 kg	-67	-75	-84	+84			
	FEMALE	-50 kg	-55	-61	-68	+68			

**10. WKF MASTERS 55+ (over 55 ) kumite born 22/08/1960 and before kata born the 23/08/1960 and before**

**KATA/KUMITE : WKF RULES**

WEIGHT CATEGORIES	MALE	-60 kg	-67	-75	-84	+84			
	FEMALE	-50 kg	-55	-61	-68	+68			

**KATA TEAMS**

**11. WKF FEMALE KATA TEAM ( 16/40 years old)**

**WKF RULES**

**born 24/08/1975 to 23/08/1999**

**12. YOUNG WKF FEMALE KATA TEAM (14/17 YEARS OLD)**

**WKF RULES**

**born from 24/08/1997 to 23/08/2001**

**13. WKF MALE KATA TEAM ( 16/40 years old)**

**WKF RULES**

**born 24/08/1975 to 23/08/1999**

**14. YOUNG WKF MALE KATA TEAM (14/17 YEARS OLD)**

**WKF RULES**

**born from 24/08/1997 to 23/08/2001**



## **PARTECIPATION**

- Cadets may also compete in the WKF Beginners "B" FIJLKAM ;
- Athletes Under 21 can compete in the Over 18 WKF (both in Kata and Kumite).
- Only for the Kata, WKF Junior may also compete in the Over 18 WKF.
- Athletes with age range between 35 years (included) and 40 years (not yet turned) may compete in both categories: MASTER and SENIOR 35 +

## **KUMITE / KATA RULES**

**Beginners Class "A" and "B":**

**Kumite: Regulation FIJLKAM.**

**Kata: Regulation FIJLKAM with the authority to perform the Kata Style or a free composition.**

**Class WKF Cadet, WKF Junior, WKF U21, WKF Over 18 , WKF Master:**

**Kumite: WKF Rules.**

**Kata WKF Rules:**

**In each round you must perform a different Kata.**

**In the Final for the first and second place in the Team Kata Over 18 Juniors you can perform the Style of Kata Bunkai or a free composition with Bunkai.**

**-The Italian Kata Teams must be formed with athletes of the same region,( except for the possible participation of Team Blue).**

**-For italian teams It is also allowed the loan of athletes from different regions.**

**Foreign Teams may use a foreign Kata Athlete of different nationality.**

## **DURATION OF KUMITE**

**Beginners "A" FIJLKAM male and female: one minute and twenty seconds.**

**Beginners "B" FIJLKAM male and female: two minutes.**

**Cadets WKF male and female: two minutes.**

**WKF junior male and female: two minutes.**

**Under 21 WKF male: three minutes; Under 21 WKF women: two minutes.**

**WKF SENIORS male: three-minutes**

**WKF SENIORS women: two minutes**

**Master WKF male and female: two minutes**

## **GENERAL CONDITIONS**

**CONDITIONS FOR PARTECIPATION: all karatekas with valid membership card of their federation.**

**Carers are responsible for medical certificates and parents consents.**



All the information concerning each competitor are obtained from official documents such as identification cards, passports etc.

All competitors enter this competition at their own risk and absolve the organizers of any claims which may arise however so caused.

REFEREES: EKF, WKF, National Referees and Judges are welcome and their participation should be announced well in advance to the organizers of the tournament.

## HOMOLOGATED ITEMS

You can use

- 1) all WKF protections with or without label validity: 2012-2015
- 2) all EKF protections (e.g. made by PRIDE, WACOKU, SMA, BESTSPORT, etc...)
- 3) all protections made by Italians or Foreign companies that are equivalent to the protections listed above (point 1 and 2) and allowed during Italian championship.
- 4) in kumite for BEGINNERS "B" and WKF CADETS the face mask is compulsory

for your registration use

**[www.sportdata.org](http://www.sportdata.org)**

If you have problems please contact:

e-mail address: **[aldegisto.sodero@tin.it](mailto:aldegisto.sodero@tin.it)**

Tel. /Fax 0039 - (0)432 - 402293 - mob. 0039 - 2545586

Info [www.fijlkam-karate-fvg.it](http://www.fijlkam-karate-fvg.it)

**Dead line SUNDAY 16 AUGUST 2015**

### ENTRY FEE

**Wkf Seniors, Masters €30,00 - Wkf Juniors,  
 Wkf Under21, Beginners "B", Wkf Cadets € 25,00  
 Beginners "A" € 20,00 - second entry € 15,00  
 Wkf Kata teams, Young Kata teams € 50**



**PAYMENT**

**Bank transfer**

to IT62N0100512300000000016842

SWIFT BIC: BNLJITRR

In account of Comitato Regionale FIJLKAM F.V.G. - Roberto Ruberti

**The clubs of Foreign Nations can pay the entry fee at the tournament, on the place and in the day of the competition**

**COMPETITORS CHECK**

**The check of athletes and their weight will be made also during the TRAINING CAMP, Friday 22 august 2015**

**MASTER CATEGORIES**

As for matter not ruled by this information bulletin, Competition Rules of W.K.F. are applied (World Karate Federation - Kata and Kumite Competition Rules).

**PARTICIPATION**

**Registration of Sport Federation**

**All competitors:**

- Must prove to be member of their National Federation regularly recognized and member of W.K.F. (World Karate Federation).
- must have a valid medical certificate to attest athletics fitness for practicing sport and competing in karate competitions (the certificate is not required to Italian competitors who have already medical certificate as to be registered to the selected sport).

**Categories and events**

Competitions will be performed in the two events: fighting (Kumite) and forms (Kata), male and female.

**COMPETITORS CAN COMPETE IN BOTH EVENTS\_KATA AND KUMITE**

**Weight Categories**

Male	-60	-67	-75	-84	+84
Female	-50	-55	-61	-68	+68

**PROVISIONAL TIMETABLE - 30° LIGNANO KARATE OPEN 2015**

**SATURDAY 22 AUGUST 2015 - KUMITE**

CHECK COMPETITORS (REGISTRATION)		START OF COMPETITION
7.30 – 8.30	JUNIORS M/F	9.00
8.30 – 10.00	UNDER 21 M/F	11.00



<b>10.00 – 12.00</b>	<b>CADETS M/F</b>	<b>13.00</b>	
<b>12.00 – 14.00</b>	<b>BEGINNERS" A " M/F – BEGINNERS" B " M/F</b>	<b>15.00</b>	
<b>15.00 – 17.00</b>	<b>SENIORS M/F</b>	<b>18.00</b>	
<b>17.00 - 18.00</b>	<b>MASTERS M/F</b>	<b>19.30</b>	
<b>SUNDAY 23 AUGUST 2015 - KATA</b>			
<b>CHECK COMPETITORS (REGISTRATION)</b>		<b>START OF COMPETITION</b>	
<b>8.00 – 9.00</b>	<b>JUNIORS, UNDER 21, M/F</b>	<b>9.30</b>	
<b>9.00 – 11.00</b>	<b>BEGINNERS" A ", BEGINNERS " B " M/F</b>	<b>11.30</b>	
<b>11.00 – 12.00</b>	<b>CADETS E SENIORS M/F</b>	<b>12.30</b>	
<b>13.00 – 14.00</b>	<b>YOUNG WKF KATA TEAMS AND WKF KATA TEAMS M/F</b>	<b>14.30</b>	
<b>13.30 – 14.30</b>	<b>MASTERS M/F</b>	<b>15.00</b>	

**SYNTHESIS OF "ITALIAN KUMITE WITH FIJLKAM RULES" FOR THE  
Beginners" A " Category**

**\* - KUMITE: Beginners "A" Category Rules**

The match will be carried out following the elimination system with a repechage on 10x10 m. canvas, made by rubber mats.



The athletes who won the 1st, 2nd and 3rd place the previous year, if competing in the same weight class, must be divided in different groups, two in the odd one ("A") (the 1st and the 3rd of a Group different from his own), respectively with the number 5 and 7, two in the even one ("B") (the 2nd and the 3rd of a Group different from his own), respectively with the number 6 and 8. The goal of the proof is to show the completeness of the individual technical background through a tactical behaviour adequately learned in regard to his age.

In Kumite the aggressive dynamism must be symbolized by attacks and defences perfectly controlled and by a behaviour that has to be moderate (therefore intimidating shouts are strictly forbidden) and free from any further ostentation of aggressiveness.

The athletes have to give a demonstration of the following technical and tactical abilities:

- a) symmetry mastery (bilaterality of the main technical actions);
- b) method (organization, rationality creativity in the tactical behaviour during the attacks and the defences);
- c) control of the attacks and management of the energetic resources;
- d) time and space structuring (correct use of the distance and correct timing).

Therefore in Kumite the effectiveness and the degree of technical abilities, that is the capacity to elaborate creative, effective and controlled answers, are checked.

The heat last 80", at 60" a signal a word is given to communicate the fighting is coming to an end (Atoshi-Baraku).

The Central Referee gives the signal of the start (Shobu Hajime) and the end (Yame) of the fight and takes a part to stop the competition if the action gets sterile and confused or if it is necessary to prevent potentially dangerous situations.

Moreover, he takes a part to inflict sanctions in the case of violations of the Regulation (exits, dangerous actions, intentional lack or loss of control during the attacks, etc.).

**ALLOWED ACTIONS:**

It is allowed to strike to the head, to the face and to the neck (Jodan) without contact:

- back fist strike on the traverse plane (Uraiken);
- round frontal kick on the traverse plane (Mawashigeri)
- round frontal reversed kick on the traverse plane (Uramawashigeri).

It is allowed to strike to the chest (Chudan, zone protected by the body armour) with control :

- Reverse hand punch (Gyakutsuki);
- round frontal kick on the traverse plane (Mawashigeri).

The techniques in the brackets are the only allowed.

**FORBIDDEN BEHAVIOURS AND ACTIONS:**

- assume an aggressive attitude;
- emit intimidating shouts;
- throw not allowed techniques or allowed techniques in forbidden zones of the body;
- carry out uncontrolled leg or arm techniques;
- carry out protection techniques.

Evaluations will be expressed by Judges according to the following parameters:

Legs Techniques (execution, symmetry)	Attack Tactics (organization, rationality and creativity in the behaviour during the attack)		Defence Tactics (organization, rationality and creativity in the behaviour during the defence)		Attacks Control		Arm Techniques (execution – symmetry)		Energetic Resources Management	
	9	5	5	5	5	5	3	3		
Optimum	9	5	5	5	5	5	3	3		
Good	8	4	4	4	4	4	2	2		
Discreet	7	3	3	3	3	3	1	1		
Sufficient	6	2	2	2	2	2				
Mediocre	5	1	1	1	1	1				
Insufficient	4									
Modest	3									
Scarce	2									
Shoddy	1									

The totality of the points goes, therefore, from a minimum of 6 to a maximum of 30.

**PENALTIES:**

For exiting from game area, for lacking or defect in techniques, for performing forbidden actions:

-Admonition – Chukoku (1st exit - warning)	Minus 1 point;	- Sanction - Kelkoku - (2nd exit, control, dangerous and/or forbidden actions, mubobi)	Minus 2 points;
- Sanction - Hansoku Chui (3rd exit, control, exit, control, dangerous and/or forbidden actions, mubobi)+	Minus 3 points;	- Sanction – Hansoku (4th exit, control, dangerous and/or forbidden actions, mubobi) - squalifica.	Match Interruption

Penalties are applied according to the known modalities:

**Category 1** for infractions with contact or potentially dangerous actions;

**Category 2** for forbidden actions.

The two categories follows two different paths and cannot be assigned both to the same situation, except the case in which the action would cause harm to the opponent, seriously reducing (hansoku-chui) his winning capacity.



The purpose of this trial is to prove the completeness of the technical baggage in the ambit of a tactical behaviour with adequateness developed according to the age.

The competitors must demonstrate technical and tactical so articulated abilities.

- Symmetric mastery (bilaterality of the principal techniques);
- Tactics: (organization, rationality, creativity, in the attack and defence phase behaviour);
- Attack control and energetic resources administration;
- Space and time structuring; right use of distances and use of time ;

**ALLOWED TECHNIQUES:**

The following techniques to head, face, and neck, (jodan) are allowed without contact:

- Back punch on the transverse plane (uraken);
- Circular frontal kick on the transverse plane (mawashigeri);
- Circular frontal back kick on the transverse plane (uramawashigeri);

The following techniques to the thorax (chudan, protected zone) are allowed with control;

- Counter-lateral direct punch (gyakuzuki);
- Circular frontal Kick on the transverse plane (mawashigeri);

**ATTENTION !**

The techniques in the round brackets are the only ones allowed.

**PROHIBITED TECHNIQUES AND BEHAVIOURS**

To assume aggressive attitudes;

To utter intimidatory shouts;

To perform not allowed techniques or to perform allowed techniques against not allowed parts of the body;

To perform uncontrolled arm or leg techniques;

To perform sweep or projection techniques;

**DURATION OF THE BOUT:**

1. The duration of the Kumite bout is set to 80 seconds;
2. The timing of the bout starts when the Referee gives the signal to start (Shobu Hajime) , and stops each time the referee calls "YAME";
3. The referee intervenes all times he sees vain or confuse actions or potentially dangerous actions.
4. The referee, besides, intervenes with "yame" to impose category 1 or category 2 penalties.
5. The timekeeper shall give signals by a clearly audible gong, or buzzer, indicating "20 seconds to go" or "time up". The "time up" signal marks the end of the bout.

**SCORING AND DECISION CRITERIA**

1. Score is never awarded to a competitor when he performs a technique according to the usual kumite karate competition criteria;
2. At the end of the round, the judges will decide, with "hantei", who is the winner, taking into account the following "evaluation grid" criteria for their decisions:

Leg techniques: (symmetric execution)	from 1 to 9 points
Tactics: (organization, rationality, creativity, the behaviour in attack and defence phases;	from 1 to 5 points
Energetic resources administration	from 1 to 5 points;
Attack control	from 1 to 5 points;
Arms techniques (symmetric execution)	from 1 to 3 points;
Therefore the total scoring may range from 6 to 30 points in the evaluation grid of the referee.	

