

18.08.2018

# HELSINKI ARAT OPEN



Sports Hall: Sarvastonkaari 23, 00840 Helsinki



空手道は一つ！ルールは一つ！目指せオリンピック！

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## KARATE INTO THE OLYMPICS



IN PARTNERSHIP WITH:



€ 1000 prize money\* KATA - KUMITE - SENIORS - U18

SEITOKAI has the great pleasure of inviting you to the  
“*Helsinki Karate Open 2018*”,  
the biggest Karate tournament in Finland!

## THE COMPETITION

The competition follows WKF rules, with the following Categories:

### CATEGORIES

#### KATA:

- U10 (f,m)
- U12 (f,m)
- U14 (f,m)
- U16 (f,m)
- U18 (f,m)
- U21 (f,m)
- Seniors +16 (f,m)
- Veterans +40 (f,m)
- TEAM U10 (f,m, mixed)
- TEAM U12(f,m, mixed)
- TEAM U14 (f,m, mixed)
- TEAM U16 (f,m)
- TEAM U18 (f,m)
- TEAM U21 (f,m)
- TEAM Seniors +16 (f,m)
- TEAM Veterans +40 (f,m, mixed)

#### KUMITE:

- U10 “pyykkipoika” (pegs), (f,m)
- U10 open (f,m)
- U12 open (f,m)
- U14 female, -40kg, -45kg, -50kg, +50kg
- U14 male, -45kg, -50kg, -55kg, +55kg
- U16 female, -47kg, -54kg, +54kg
- U16 male, -52kg, -57kg, -63kg, -70kg, +70kg
- U18 female, -48kg, -53kg, -59kg, +59kg, OPEN
- U18 male, -55kg, -61kg, -68kg, -76kg, +76kg, OPEN
- SENIORS female +18 years old, -50kg, -55kg, -61kg, -68kg,  
+68kg, OPEN
- SENIORS male +18 years old, -60kg, -67kg, -75kg, -84kg,  
+84kg, OPEN
- VETERANS female +40 years old, OPEN
- VETERANS male +40 years old, OPEN
- TEAM U16 female (3 competitors)
- TEAM U16 male (3 competitors)
- TEAM U18 female (3 competitors)
- TEAM U18 male (3 competitors)
- TEAM SENIORS female +18 years old, (3 competitors)
- TEAM SENIORS male +18 years old, (3 competitors)

**The organization will not be responsible for insuring any accident occurred during the competition.**

Competitors must have their own insurance.

## KUMITE RULES

KIDS PYYKKIPOIKA KUMITE (-10 year old): Adapted Kumite, with pegs (1m30s).

**Finnish Karate Federation rules apply:**

<http://www.karateliitto.fi/wp-content/uploads/2015/03/Junnujen-s%C3%A4%C3%A4nt%C3%B6tulkinat-2014.pdf>

SHIAI: **WKF rules,**

3 minutes for Senior Male Kumite (both teams and individuals).

2 minutes for Senior Female Kumite (both teams and individuals)

2 minutes for U21, U18, U16 and U14

1 minute 30 seconds for U12 and U10

### 1. Scores are as follows:

VOCABULARY	TECHNICAL CRITERIA
<b>Yuko</b> (1 point) is awarded for:	1. Any Tsuki or Uchi delivered to a scoring area with: Good form, good attitude, strong vigor, zanshin, proper timing, and correct distancing.
<b>Waza-ari</b> (2 points):	2. Any Chudan Geri under the same requisites.
<b>Ippon</b> (3 points):	1. Any Jodan Geri under the same requisites. 2. Techniques delivered after the opponent falls.

Attacks are limited to the following areas:

- a) Head
- b) Face
- c) Neck (not to the throat)
- d) Abdomen
- e) Chest
- f) Back
- g) Side

### 2. Victory:

The result of a bout is determined by:

- a) Most points in the end of the time
- b) A lead of 8 points (or 6 in U12 categories)
- c) Obtaining a decision (HANTEI)
- d) Scoring the first point (SENSHU) in case of draw
- e) HANSOKU (disqualification from the bout)
- f) SHIKKAKU (disqualification from the tournament)
- g) KIKEN (forfeit)

No individual bout can be declared a tie.

### 3. Protective Gear and Belts:

The organization recommends the WKF models for:

- Gloves (Red and Blue)
- Shin-Instep protections (Red and Blue)
- Chest protector ***NOT MANDATORY FOR CATEGORIES UNDER 14 YEARS OLD***
- Groin Protector
- Mouth Guard

**All competitors will be required to have complete blue gear and red gear.**

### 4. Prohibited Behavior:

- Techniques which make excessive contact, having regard to the scoring area attacked, and techniques which make contact with the throat.
- Clear strikes to the arms or legs, groin, joints, or instep.
- Dangerous/uncontrolled throwing techniques.
- Feigning, or exaggerating injury.
- Exit from the competition area (JOGAI) not caused by the opponent.
- Self-endangerment by indulging in behavior, which exposes the contestant to injury by the opponent, or failing to take adequate measures for self-protection, (MUBOBI).
- Avoiding combat as a means of preventing the opponent having the opportunity to score.
- Passivity – not attempting to engage in combat.
- Clinching, wrestling, pushing, seizing or standing chest to chest, without attempting a throw or other technique.
- Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
- Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behavior towards the Refereeing officials, or other breaches of etiquette.

## 5. Warnings and Penalties:

- a) First warning: **CHUKOKU** is imposed for the first instance of a minor infraction for the applicable category.
- b) Second warning: **KEIKOKU** is imposed for the second instance of a minor infraction for that category, or for infractions not sufficiently serious to merit **HANSOKU-CHUI**.
- c) Last warning: **HANSOKU-CHUI**. This is a warning of disqualification usually imposed for infractions for which a KEIKOKU has previously been given in that bout although it may be imposed directly for serious infringements, which do not merit **HANSOKU**.
- d) Disqualification from the match: **HANSOKU**. This is the penalty of disqualification following a very serious infraction or when a HANSOKU CHUI has already been given. In team matches the fouled competitor's score will be set at eight points and the offender's score will be zeroed.
- e) Disqualification from the competition: **SHIKKAKU**. This is a disqualification from the actual tournament, competition, or match. In order to define the limit of **SHIKKAKU**, the Referee Commission, must be consulted. **SHIKKAKU** may be invoked when a contestant fails to obey the orders of the Referee, acts maliciously, or commits an act which harms the prestige and honor of Karate-do, or when other actions are considered to violate the rules and spirit of the tournament. In team matches the fouled competitor's score will be set at eight points and the offender's score will be zeroed.

## CATEGORY 1 and CATEGORY 2, WKF rules

## 6. Kumite Vocabulary:

- a) Bow to the Referees / opponent: "REI"
- b) Start: "SHOBU HAJIME!"
- c) Stop: "YAME"
- d) Return to initial positions: "MOTO NO ICHI"
- e) Referring to blue belt: "**AO**"
- f) Referring to red belt: "**AKA**"
- g) Awarding 1 point: "**AO / AKA**, (name of technique), YUKO"
- h) Awarding 2 points: "**AO / AKA**, (name of technique), WAZA-ARI"
- i) Awarding 3 points: "**AO / AKA**, (name of technique), IPPON"
- j) Awarding a penalty: "**AO / AKA**, (name of penalty)"
- k) No points: "TORIMASEN"
- l) Out of the fighting area: "JOGAI"
- m) Resume the fight: "TSUZUKETE HAJIME"
- n) Announcing the winner: "**AO / AKA**, NO KACHI"

# KATA RULES

## 1. Criteria for Decision:

- a) All styles of Kata are welcomed. *(please consult WKF list of approved katas)*
- b) For “Kids” and “Cadets” categories, contestants may repeat the same Kata.
- c) The Kata must be performed with competence, and must demonstrate a clear understanding of the traditional principles it contains. In assessing the performance of a contestant the Judges will look for:
  - A realistic demonstration of the Kata meaning.
  - Good timing, rhythm, speed, balance, and focus of power (KIME).
  - Correct and proper use of breathing as an aid to KIME.
  - Correct focus of attention (CHAKUGAN) and concentration (YOI).
  - Correct stances (DACHI) with proper tension in the legs, and feet flat on the floor.
  - Proper tension in the abdomen (HARA) and no ups and downs of the hips when moving.
  - Correct form (KIHON) of the style being demonstrated.
- d) A contestant who comes to a halt during the performance of the Kata, or who performs a Kata different than the one he announced will be disqualified.
- e) A contestant who performs an ineligible Kata will be disqualified.
- f) In Team Kata, Bunkai will not be mandatory during bouts for medals.

## 2. Operation of Matches:

1. At the start of each bout and in answer to their names, the two contestants, one wearing a red belt (**AKA**), and the other wearing a blue belt (**AO**), will line up at the match area perimeter facing the Kata Judge. Following a bow to the Judging Panel, and a bow between the 2 competitors, **AO** will then step back out of the Match Area. After moving to the starting position and a clear announcement of the name of the Kata that is to be performed, **AKA** will begin by himself, without the need of any command from the Judges. On completion of the Kata, **AKA** will leave the area to await the performance of **AO**. After **AO**'s Kata has been completed both will return to the match area perimeter and await the decision (by flags) from the Panel.
2. If a contestant is disqualified the Chief Judge will cross and uncross the flags (as in the Kumite TORIMASEN signal).
3. After completion of both Kata, the contestants will stand side by side on the perimeter. The Chief Judge will call for a decision (HANTEI) and blow a two-tone blast on the whistle whereupon the Judges will cast their votes.

4. The decision will be for **AKA** or **AO**. No ties are permitted. The competitor who receives the majority of votes will be declared the winner by the Judges.
5. The competitors will bow to each other, then to the Judging Panel, and leave the area.

## REFEREES

The organization welcomes and thanks all referees that volunteer to help during the event. National referees will be paid according to the recommendations from the Finnish Karate Federation. Referees coming from abroad will be paid in the sum of 100€. A warm meal and drinks will be offered to all referees during the event.

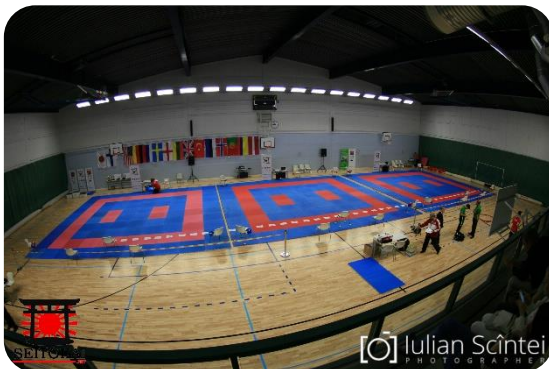
## MEDALS AND AWARDS

Each Category will have 3 medalists (1 bronze medal, with repechage). Trophies and Special Awards will also be given to the top competitors and staff of the year 2017-2018.

SEITOKAI will also offer a trophy for the *"Best Competing Team"*, awarded to the team with the most points in the end:

**GOLD MEDALS** = 3 points    **SILVER MEDALS** = 2 points    **BRONZE MEDALS** = 1 point

## TATAMI – COMPETITION AREA



## EXPECTED SCHEDULE

9:00 – REGISTRATIONS & WEIGHING

9:30 – REFEREE MEETING

10:00 – COACH MEETING

10:30 – COMPETITION STARTS

[medals for each category will be given immediately after the finals]

### **1000€ Prize Money!**

**150€ for Senior Male Kumite Open winner, 150€ for Senior Female Kumite Open winner, 100€ for Senior Male Kata winner, 100€ for Senior Female Kata winner, 150€ for U18 Male Kumite Open winner, 150€ for U18 Female Kumite Open winner, 100€ for U18 Male Kata winner, 100€ for U18 Female Kata winner.**

*\* please note that the prize money is dependent on a minimum of 300 registrations.*

18:30 – AWARDS CEREMONY: “BEST COMPETING TEAM 2018”, SEITOKAI awards

### PRE-REGISTRATION, AND ALL INFO OF THE EVENT:

[WWW.SPORTDATA.ORG](http://WWW.SPORTDATA.ORG)

[WWW.HELSINKIKARATEOPEN.WEBS.COM](http://WWW.HELSINKIKARATEOPEN.WEBS.COM)

### PRE-REGISTRATIONS UNTIL **15.8.2018:**

**30€** (individual categories) *pay on the day*

**30€** (team categories) *pay on the day*

### REGISTRATIONS ON THE DAY OF THE EVENT:

**50€** (individual categories) *pay on the day*

**60€** (team categories) *pay on the day*

PAYMENTS CAN BE DONE BY  
BANK TRANSFER:

**FI46 8013 0710 6300 29**

OR IN CASH, ON THE DAY OF  
THE EVENT.

**IN CASE OF BANK TRANSFER,  
PLEASE BRING A PROOF OF  
PAYMENT.**

### YOU CAN ALSO SEND AN EMAIL TO PRE-REGISTER, WITH:

- NAME, AGE, GRADE, WEIGHT, TEAM AND CATEGORIE(S) OF PARTICIPATION





HELSINKI – FINLAND



Helsinki, the capital of Finland, is a vibrant seaside city of beautiful islands and great green parks. The city's rhythm is laid back yet at the same time refreshingly active in terms of both the number and quality of restaurants and nightclubs.

The archipelago of Helsinki consists of around 330 islands, providing beautiful set-ups for days at the beach or weekend camping trips. Many of the islands, such as **Suomenlinna** and **Pihlajasaari**, can be reached by a regular ferry from early morning until late at night.

A third of Helsinki is covered in green areas. Along with a score of sports grounds, they offer great possibilities for outdoor activities and relaxation. The large **Central Park** and its forests spread out just outside the city centre.

### SUOMENLINNA, THE FORTRESS ISLAND

The fortress of **Suomenlinna** is a UNESCO World Heritage Site and one of Finland's most popular sights. The beautiful islands of Suomenlinna are only a 15-minute ferry ride away from Helsinki Market Square. They offer a variety of atmospheres; whether you are looking for a cheerful weekend with friends, a tranquil evening stroll, picnic or perhaps a jog – it is all made possible by the diverse routes, locations, restaurants and cafés across the islands.



SUMMER IN HELSINKI!

+15°C – +32°C

AROUND 100 DAYS

JUNE-AUGUST

SEASONS

SUMMER



WATCH THE VIDEO

<http://www.visitfinland.com/summer/>

In Finnish Lapland a single summer day lasts for over two months. In the southern parts of the country it is never really dark either, just a period of twilight for a few hours. This is why we call Finland the **Land of the Midnight Sun**.

## THE SPORTS HALL

**Venue:** Sarvastonkaari 23, 00840

Helsinki – **LAAJASALON PALLOILUHALLI**

**More info:** +358 40 364 7540 ;

[info@seitokai.eu](mailto:info@seitokai.eu) ;

[www.helsinkikarateopen.webs.com](http://www.helsinkikarateopen.webs.com)



## THE HOTEL

**ACCOMODATION:** The organization recommends **FORENOM Aparthotel Herttoniemi**, 3km away from the venue, with good prices and transportation.  
Address: Hitsaajankatu 12, Helsinki.

**PLEASE USE THE CODE "SEITOKAI" WHEN BOOKING YOUR ROOM, FOR DISCOUNT PRICES**



REPRESENTING SEITOKAI, I EXTEND TO ALL  
OF YOU MY WARM WELCOME.

*tiago alexandre almeida lampião pedroso*

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