



# FIJLKAM



Union Fédérations Méditerranéennes Karaté  
U F M K / M K F U  
Iudere non laedere



## COMITATO REGIONALE FIJLKAM FVG

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# 26° GRADO OPEN

**KUMITE Saturday 27/08/2011**

**KATA Sunday 28/08/2011**

**INTERNATIONAL KUMITE/KATA KARATE TOURNAMENT**

**INDIVIDUAL KUMITE/KATA AGE CATEGORIES:  
BEGINNERS"A", BEGINNERS"B", WKF CADETS,  
WKF JUNIORS, WKF SENIORS, WKF UNDER 21  
TEAM MALE/FEMALE KATA ONLY WKF SENIORS**

**The Tournament will be held 'in Town': GRADO,  
Sports Stadium-address: **Piazzale Azzurri d'Italia****

## **HOTELS**

**WITH SPECIAL RATES**

**For logistical information and reservations  
contact agency: Life 2000srl email**

**[info@vacanzesport.com](mailto:info@vacanzesport.com)**

**tel 0039 432 522607**

**fax 0039 432 626 302**

## AGE AND WEIGHT CATEGORIES

**The reference date for the class of belonging WKF is the first day of the race  
(KUMITE RACE DAY - 27 August 2011) - (KATA RACE DAY - 28 August 2011)**

### KUMITE/KATA – **MALE/FEMALE - INDIVIDUAL**

#### 1. BEGINNERS "A"

(12/13 years) born from 01/01/1998 to 31/12/1999

**Kata: WKF Rules**

**Kumite: Fijlkam Rules**

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

#### 2. BEGINNERS "B"

(14/15 years) born from 01/01/1996 to 31/12/1997

**Kata: WKF Rules**

**Kumite: Fijlkam Rules**

<b>WEIGHT CATEGORIES</b>	<b>MALE</b>	from 45 to 50	-56	-63	-70	-77	-84	-92	
	<b>FEMALE</b>	from 40 to 45	-50	-56	-62	-70			

#### 3. WKF CADETS

(14/15 years)

**Kata: WKF Rules**

born from 29/08/1995 to 28/08/1997

**Kumite: WKF Rules**

born from 28/08/1995 to 27/08/1997

<b>WEIGHT CATEGORIES</b>	<b>MALE</b>	-52	-57	-63	-70	+70			
	<b>FEMALE</b>	-47	-54	+54					

#### 4. WKF JUNIORS

(16/17 years)

**Kata: WKF Rules**

born from 29/08/1993 to 28/08/1995

**Kumite: WKF Rules**

born from 28/08/1993 to 27/08/1995

<b>WEIGHT CATEGORIES</b>	<b>MALE</b>	-55	-61	-68	-76	+76			
	<b>FEMALE</b>	-48	-53	-59	+59				

#### 5. WKF UNDER21

(18/20 years)

**Kata: WKF Rules**

born from 29/08/1990 to 28/08/1993

**Kumite: WKF Rules**

born from 28/08/1990 to 27/08/1993

<b>WEIGHT CATEGORIES</b>	<b>MALE</b>	-68	-78	+78					
	<b>FEMALE</b>	-53	-60	+60					

#### 6. WKF SENIORS

**Kumite: WKF Rules**

born from 28/8/71 to 27/08/93

**Kata: WKF Rules**

born from 29/8/71 to 28/08/95

<b>WEIGHT CATEGORIES</b>	<b>MALE</b>	-60	-67	-75	-84	+84			
	<b>FEMALE</b>	-50	-55	-61	-68	+68			

1. **attention:** both in kata and in kumite, the competitors who fall both in beginners"B" and in WKF Cadets category can only participate in one of two categories
2. **attention:** both in kata and in kumite, the competitors who fall both in WKF UNDER 21 and in WKF SENIORS can only participate in one of two categories

### **KUMITE RULES**

Elimination system with repechage;

The participating athletes will be brown or black belt (1<sup>st</sup> kyu or dan)

Beginners 'A': **FIJLKAM Rules**;

Beginners "B": **FIJLKAM Rules**;

WKF Cadets, WKF Juniors, Seniors WKF,; **WKF Rules**

#### **PROTECTIONS REQUIRED IN THE KUMITE TOURNAMENT**

1. the body protections are compulsory for all kumite competitors

2. for **beginners"B"** and **wkf cadets** the face mask is compulsory too

### **ATTENTION**

**control of athletes and their weight will be executed even during the TRAINING CAMP, Thursday' 25 and Friday 'August 26, 2011**

### **ATTENTION:**

**ONLY IN THE KATA COMPETITION, THE WKF JUNIORS COMPETITORS CAN COMPETE BOTH IN WKF JUNIOR CLASS AND IN WKF SENIORS CLASS (+16)**

### **KATA RULES FOR ALL THE AGE CATEGORIES: WKF RULES**

#### **GENERAL CONDITIONS**

**All the informations 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 and WKF international referees and national judges are welcome

**AWARDS:** Trophies, medals, diplomas, gadgets;

## 26° GRADO OPEN 2011 PROGRAM

<b>SATURDAY 27 AUGUST 2011</b>		
<b>KUMITE</b>		
<b>8.00 - 9.00</b>	<b>Check competitors (registration and weight control)</b>	<b>Beginners "A" , Beginners "B" ,</b>
<b>9.30</b>	<b>Beginning competitions</b>	<b>Beginners "A", Beginners "B";</b>
<b>10.00</b>	<b>Check competitors (registration and weight control)</b>	<b>WKF Cadets</b>
<b>11.00</b>	<b>Beginning competitions</b>	<b>WKF Cadets</b>
<b>13.00-14.00</b>	<b>Check competitors (registration and weight control)</b>	<b>WKF Juniors; WKF Under 21</b>
<b>14.30</b>	<b>Beginning competitions</b>	<b>WKF Juniors WKF Under 21</b>
<b>15.30-16.30</b>	<b>Check competitors (registration and weight control)</b>	<b>WKF Seniors</b>
<b>17.00</b>	<b>Beginning competitions</b>	<b>WKF Seniors</b>
<b>SUNDAY 28 AUGUST 2011</b>		
<b>KATA</b>		
<b>8.00 - 9.00</b>	<b>Check competitors (registration)</b>	<b>Beginners "A" , Beginners "B", WKF Cadets; Teams WKF</b>
<b>9.30</b>	<b>Beginning competitions</b>	<b>Teams WKF, Beginners "A" , Beginners "B" , WKF Cadets</b>
<b>9.00-10.00</b>	<b>Check competitors (registration)</b>	<b>WKF Juniors , WKF Under 21</b>
<b>11.00</b>	<b>Beginning competitions</b>	<b>WKF Juniors , WKF Under 21</b>
<b>12.00-13.00</b>	<b>Check competitors (registration)</b>	<b>WKF Seniors;</b>
<b>14.00</b>	<b>Beginning competitions</b>	<b>WKF Seniors</b>
<b>ATTENTION: IT WILL BE POSSIBLE TO CHECK THE COMPETITORS (REGISTRATION AND WEIGHT CONTROL) ALSO DURING THE STAGE, THURSDAY 25 AND FRIDAY 26 AUGUST 2011</b>		

**REGISTRATION FEES, FOR EACH COMPETITOR, FOR EACH SPECIALITY OF RACE (kumite, kata)**

WKF Seniors,: € 30.00;

WKF Juniors, Under 21: € 25.00

Beginners "A", Beginners "B" and WKF Cadets: € 20;

**The clubs of foreign nations can pay the fee for participation at the tournament on the place of race in the day of the competition**

### **ATTENTION**

The entries in the 26° grado open are a limited number and must be sent indispensably within **FRIDAY 19 AUGUST, 2011 (DEAD LINE)**  
Send a copy to Aldegisto Sodero through the following e-mail address:

**[aldegisto.sodero@tin.it](mailto:aldegisto.sodero@tin.it)**

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

cell. **0039 - 339 - 2545586**

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

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## **SYNTHESIS OF THE RULES OF KUMITE FOR THE CATEGORY BEGINNER "A" CLASS RULES - KUMITE**

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 (Uraken);
- 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	
Optimum	9	Optimum	5	Optimum	5	Optimum	5	Optimum	3	Optimum	3
Good	8	Good	4	Good	4	Good	4	Discreet	2	Discreet	2
Discreet	7	Discreet	3	Discreet	3	Discreet	3	Insufficient	1	Insufficient	1
Sufficient	6	Sufficient	2	Sufficient	2	Sufficient	2				
Mediocre	5	Insufficient	1	Insufficient	1	Insufficient	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:

<b>- Admonition - Chukoku</b> (1 <sup>st</sup> exit - warning)	Minus 1 point;	<b>- Sanction - Keikoku -</b> (2nd exit, control, dangerous and/or forbidden actions, mubobi)	Minus 2 points;
<b>- Sanction - Hansoku Chui</b> (3rd exit, control, exit, control, dangerous and/or forbidden actions, mubobi)+	Minus 3 points;	<b>- Sanction - Hansoku</b> (4th exit, control, dangerous and/or forbidden actions, mubobi)	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.