



P O L I S H O P E N



6th Senior and Junior Shin-Kyokushin Karate Tournament Wroslavia Cup 2011

I. **Organiser:**

Klub Kyokushin Karate im. Masutatsu Oyama, Kościuszki St. 35 B, Wrocław, Poland
www.karate.wroc.pl tel./fax +48-71-343-79-33, mobil +48-604-817-070,
e-mail: karate@karate.wroc.pl robert.iwanski@gmail.com

II. **Date and place of tournament:**

- 5 March 2011
- Sport Hall of Wrocław Medical University, Wojciecha z Brudzewa St. 12A

III. **Events:**

Kumite – full contact by WKO rules

IV. **Categories:**

Senior: 18 year old and older

Junior: 16-18 year old (not older than 18 in day of tournament)

Senior:

Male: -70 kg, -80 kg, -90 kg, +90 kg

Female: -55 kg, -60 kg, -65 kg, +65 kg

Oldboy: 35 year old and older (open weight)

Junior:

Boys: -65 kg, -70 kg, -75 kg, -80 kg, +80 kg

Girls: -55 kg, -60 kg, -65 kg, +65 kg

V. **The conditions of participating in the tournament:**

- registration by sports doctor: not older than 6 months (it maybe the list of your all team with signature and stamp of sport doctor)
- ID document and current insurance
- shin-foot protection for juniors and senior female
- groin protection
- breast protection (female and girls)
- mouth guard (optional)
- helmet for juniors
- agreement of parents or guardian for juniors to take part in full-contact tournament

VI. **Entery deadline:**

25 February 2011 by e-mail ONLY to Sensei Robert Iwański:

robert.iwanski@gmail.com

The drawing competitors, on basis of notifications, will take place in day 1 March 2011

VII. **Participation fees:**

15 Euro (60 PLN) should be payed in the day of tournament.

VIII. General schedule:

4 March:

17.00 – 22.00 Medical and weight verification. Place: Dojo, 35 B Kościuszki St.

5 March:

09.00 Consultation of referees and couches

10.00 Official opening of tournament

18.00 about Ending of tournament

20.00 Sayonara Party

IX. Tournament award:

- factual prizes
- cups
- diplomas

X. Accomodation [our suggestion – in hostels the prises are from 25 PLN (6 euro)]:

1. Hostel Avantgarde, Kościuszki St. 55, www.avantgardehostel.pl, +48-71-341-17-38
2. Hostel Kolor, Kuźnicza St.56/5, www.kolorhostel.pl. +48-71-342-32-15
3. Hostel Kościuszek, Łąkowa St. 10, +48-514-281-878, www.hostelkosciuszko.pl
4. Hostel Centrum, Św. Mikołaja St. 16/17, +48-71-793-08-70, www.centrumhostel.pl
5. Hotel Campanile, Jagiełły St. 7, +48-71-326-78-00, www.campanile.com.pl
6. Hotel Savoy, Kościuszki Sq. 19, +48-71-344-30-71, www.savoy.wroc.pl
7. Hotel Olimpia, Paderewskiego St. 35, +48-71-372-83-32, www.hotelolimpia.pl
8. Hotel Polonia, Piłsudskiego St. 66, +48-71-343-10-21, www.poloniawroclaw.pl
9. Hotel Wieniawa, Gajowicka St. +48-71-765-33-03,
repcja.wieniawa@hotelewam.pl

We recommended Avantgarde Hostel, because it is situated about 500 m from our Dojo.

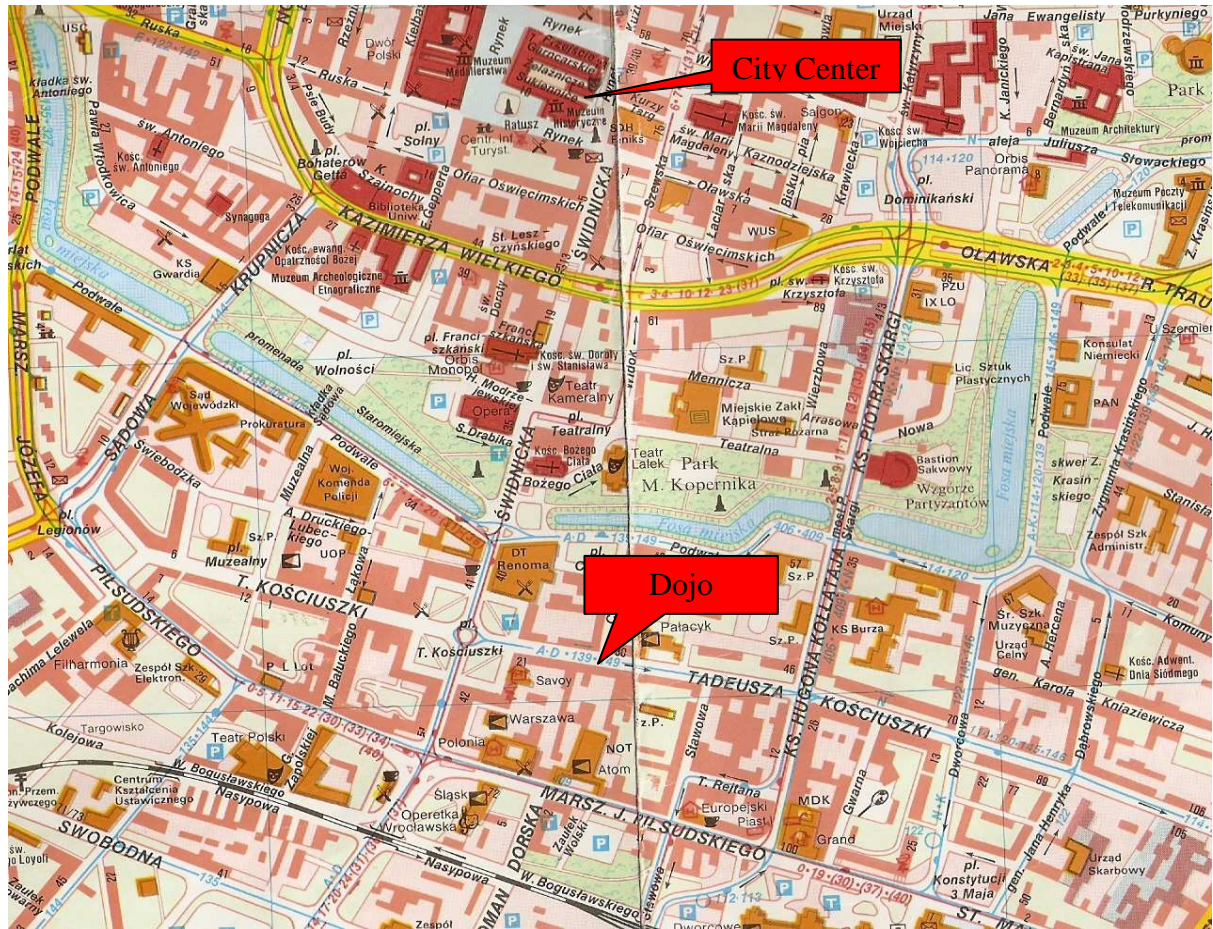
NOTICE:

1. We ask very much about delimitation judges and referees.
2. Jodan leg techniques – only with controlled strength (for junior category).
3. The referee or judge can not be competitors second at the time.

If there is a discussion or misunderstanding of any kind about the rules and regulations, the final decision is made by the Main Tournament Referee and Organizer

WE WISH EVERYBODY SUCCESSFUL PREPARATIONS FOR THE TOURNAMENT

O S U



Dojo in Wrocław



Wrocław in Poland and Europe