



## Official Invitation

Shihan, Sensei, Sempai Osu!

On behalf of the Polish **Shinkyokushinkai** Organization and UKS Sparta Sport Club I would like to invite you to participate in

### 🌀 V Polish Shinkyokushinkai Championship 🌀 for Seniors, Juniors and Novices

The tournament will be held in Grodzisk Mazowiecki City (30 km near Warsaw), on November 14th 2009.


🌀 **Date:** Saturday 14th November 2009

🌀 **Place:** Grodzisk Mazowiecki, Grodziska Hala Sportowa, ul. Westfala 3 (Sport Hall in Grodzisk Mazowiecki, Westfala 3 street)

🌀 **Address:** **Sport Hall in Grodzisk Mazowiecki, Westfala 3 street, Grodzisk Mazowiecki, Poland**

🌀 **Rules:** EKO knockdown Shinkyokushin/Kyokushin rules for seniors and juniors


 **Participants fee:** 15 euro (60 pln)

 **Age:** above 18 year old for seniors and novice, 17 - 18 for juniors,

 **Prizes:**

1 place: cup, medal, diploma

2 and 3 place: medal, diploma

 **Participants:** members of the:

- Polish Shinkyokushnkai Organization,
- European Karate Organization,
- NPO. WKO Shinkyokushinkai,
- Invited clubs and Karate Organizations

**There will be kumite category**

## **Kumite**

**Categories:**

**Man:** -70 kg,-80kg, - 90 kg, +90 kg

**Woman:** - 60kg, + 60kg

**Masters (man + 35):** open

**Novice senior:** -75kg, +75kg

**Junior male:** - 70kg, -75kg, +75 kg

**Junior female:** - 60 kg, + 60 kg

**Rounds:**

eliminations, half finals and finals – 3 minutes for seniors and novices, and 2 minutes for juniors; there are possible two 2 minutes extensions for seniors, novices and juniors;

if there is no clear winner after two rounds the referee may ask both contestants to be weigh;

if there's a difference of more than 5 kilo, and 10 kilo in +90kg category, the lighter competitor will be declared the winner of the match;

if there is no difference of weight there will be the possibility to 1 extension of 2 minutes for seniors, juniors and novices.

There will not be a tamashiwari test.

Both man and woman have to wear groin protectors. Woman also have to wear breasts protectors. Other protectors for seniors are not allowed. Juniors have to wear shin and groin protectors and helmets.

Old masters and novices have to wear groin and shin protectors.

Novices category is dedicated to senior fighters with grade up to 5 kyu, with no experience in tournaments (except first step tournaments)

**Forbidden techniques for novices, juniors and old masters:**

mae geri jodan, hiza geri jodan, ushiro geri jodan, kakato geri, ushiro mawashi, kaiten geri, uchi/soto mawashi kage

**All participants must have:**


- medical examination,
- woman pregnant test
- (accident) insurance

**Invited teams are allowed to send any number fighters in each weight category.**


**Each team is requested to send referees.**

 **Scheme** 

**13.11.2009 (Friday):**


 **18:00 – 21:00:** weighting, registration, checking the medical examinations [place Sport Hall in Grodzisk Mazowiecki, Westfala 3 street]


**14.11.2009 (Saturday):**


 **9:00** – referees and judges meeting

 **10:00 – 13:00:** kumite elimination

 **13:00 – 14:00:** lunch break

 **14:00** – Official opening of the V Polish Shinkyokushinkai Championship

 **14:15 – 16:00:** kumite half finals

 **16:30 – 18:00:** kumite finals

 **18:30:** decorating, end of the V Polish Shinkyokushinkai Championship

**Applications should be sent before: 20.10.2009**

Bambusowa Chata Dojo UKS Sparta

Tomasz Basiak

ul. Królów Polskich 11/19

02 – 496 Warszawa

or via e – mail:

[basiak69@wp.pl](mailto:basiak69@wp.pl)

With Best Regards

Sensei Jacek Baranowski 4 dan

Sensei Tomasz Basiak 3 dan

## RECOMMENDED HOTELS:

*Hotel "U Czarnów" \*\**

*Grodzisk Mazowiecki*

*Adres: ul. Królewska 20*

*Tel: 0-22 724-04-56*

*<http://www.uczwarnow.com/>*

*Hotel Cyprus\*\*\**

*Grodzisk Mazowiecki*

*Adres: ul. Mazowiecka 121A, Książenice*

*Tel: 0 22 734-34-53*

*Fax: 0 22 734-34-61*

*<http://www.hotel-cyprus.pl/>*

*Hotel "Ania" \*\**

*Gmina: Grodzisk Mazowiecki*

*Adres: ul. Żydowska 2*

*Tel: 0-22 755-52-13*

*<http://www.hotelik.waw.pl>*



# Subscription Forms

## V Polish Shinkyokushinkai Championship

### KUMITE

Lp.	Name	Date Of Birth	Weight	Grade
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

#### Officials:

Name : \_\_\_\_\_ Funktion:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.