

Dear Shihan, Sensei,

on behalf of EKO, PFKS and BKKK we are pleased to invite you to

KOKORO CUP 16 AND KOKORO CUP JUNIORS

1. DATE AND PLACE

- December 2, 2023 - Kokoro Cup Open
- December 3, 2023 - Kokoro Cup Juniors
- Sports Hall at 3/5 Staffa Street, Warsaw

2. CATEGORIES

- Kokoro Cup - The tournament will be held in the Open formula.
- Kokoro Cup juniors - The competition will take place in weight categories in the years 2011-2006.

The competition is open to all participants.

3. REGISTRATION

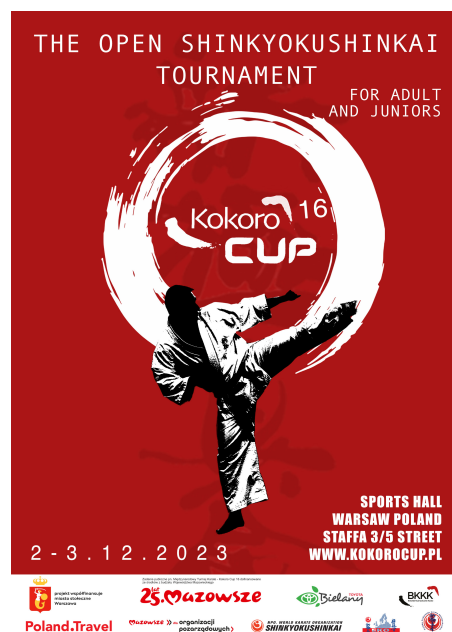
Registration via the Kumite Technology website:

<https://pfks.kumitetechnology.com/en/tournament/54/>

The registration deadline is November 22, 2023.

4. PARTICIPATION REQUIREMENTS

- Written consent of the legal guardian for all participants under 18 years of age on the day of the competition.
- Photo ID.
- The fights will take place in the semi-contact formula. Competitors must have: cotton fist guards, cotton shin guards and foot guards. In addition, boys must have, a crotch protector while girls have a chest protector. In the years 2011-2008, mandatory body protectors, which are provided by the organizer.



5. ACCOMMODATION

- **Hotel Ibis Stare Miasto Muranowska 2 00-209 Warsaw**

<https://ibis-warszawa-stare-miasto.hotel-warsaw.net/pl>

Single room with breakfast – 70 EURO / hotel day

Twin room with breakfast – 75 EURO / hotel day

* To book a room at an official hotel, please contact us at the following email address:

EC2022Kokoro@gmail.com

When registering more than 5 players, the club receives one free double room.

Please contact us to book an ibis hotel until November 6

6. COMPETITIONS

- **Kokoro Cup – Open tournament for women and men** - The tournament is held according to the rules of WKO.
- **Kokoro Juniors** - Kumite semi contact for boys and girls in categories: 2011, 2010, 2009, 2008, 2007, 2006 (year of birth).

The competition will be held in the semi contact formula according to the WKO rules. All kick techniques for the jodan zone will be allowed. All techniques for the jodan zone must be controlled. Knockouts using techniques for the jodan zone are prohibited.

7. REQUIRED PROTECTORS

- Category (2011-2008) helmet, body protector, cotton fist guards, cotton foot and shin protectors, suspensor.
- Category (2007-2006) helmet, cotton fist guards, cotton foot and shin pads, suspensor. In girls' categories, a chest protector.

The organizer provides helmets and body protectors.

8. KUMITE CATEGORY IN KOKORO CUP JUNIORS

Year	Girls	Boys
2011	-45 kg, -50 kg, +50 kg	-45 kg, -50 kg, +50 kg
2010	-50 kg, -55 kg, +55 kg	-50 kg, -55 kg, +55 kg
2009	-50 kg, -55 kg, +55 kg	-50 kg, -55 kg, +55 kg
2008	-50 kg, -55 kg, +55 kg	-55 kg, -60 kg, +60 kg
2007	-55 kg, +55 kg	-65 kg, +65 kg
2006	-60 kg, +60 kg	-70 kg, +70 kg

9. FIGHT TIME

In the Open formula and in the Junior Tournament, the following fight time applies.

- In the categories of the years 2011 – 2008 the difference in weight is not decisive, the judges must declare the winner after the 3rd round.
- In the categories of the years 2007 - 2006 after the 2nd round the difference in weight of 5kg decides, the judges must declare the winner after the 3rd round.
- In the senior Open category, after the 3rd round, the difference of 10kg decides, the judges must declare the winner after the 4th round.

ROUND	1st round	2nd round	3rd round	4th round
TIME	2 min.	2 min.	2 min.	2 min.

10. FINANCIAL CONDITIONS

Fee for participation in the Kokoro Cup: 60 PLN for each participant (the fee will be charged during registration)

11. AWARDS

Commemorative cups, medals and scholarships in the amount of 1500 euro – in open categories (women, men)

Commemorative cups, medals, diplomas and material prizes.

12. PRELIMINARY SCHEDULE

DECEMBER 2 (SATURDAY) 2023 KOKORO CUP

10.00 - Registration of players (juniors and seniors)

12.00 - Start of OPEN elimination fights

17.00 - Official start of the OPEN tournament

17.30 - quarter-final, semi-final and final fights

20.00 - end of the competition

DECEMBER 3 (SUNDAY), 2023 KOKORO CUP

8.00 – 10.00 - Registration of players (juniors)

10.30 – Start of the tournament for juniors

13. ORGANIZING COMMITTEE / CONTACT PERSON

Chairman of the Organizing Committee:

Mariusz Mazur Phone: +48 602 315 601,

mariusz@karatebielanski.com.pl