



Bielański Klub Kyokushin Karate invites you to participate in Kokoro Cup

This year KOKORO CUP event will take place youth tournament (2004, 2005, 2006, 2007, 2008 - year of birth)

1. DATE AND PLACE

- 5th of december Kokoro Cup – adults competition- extra fights
- 6th of december Kokoro Cup Youth

Sport Hall at Staffa 3/5 street, Warsaw.

2. PARTICIPATION CONDITIONS

All competitors are requested to present:

- Identity document with a photo.
- Written permission to participate in semi contact (permission of the parent or guardian).
- Current medical certificate signed by a sports doctor (certificate is valid for 6 months from the date of issue).
- In the kumite semi contact competition are required: cotton fists protectors, cotton shin and foot protectors. In addition, boys must have a groin protector and girls must have a chest protector.

3. REGISTRATION

Registration via the website

<http://judostat.pl/karate/1,109,7100,2003,1041,0,0,0,index.html>

Applications must be made by **November 25, 2020**.

Attention! Each Club will receive one free Hotel place with breakfast for a trainer and one for a competition at the Ibis Stare Miasto Hotel.

The condition is to register by November 15 team of minimum 4 competitors to the following email address:

mariusz@karatebielanski.com.pl

4. COMPETITION

- Kumite semi contact for boys and girls in categories: 2008, 2007, 2006, 2005, 2004 (year of birth).

COMPETITION RULES

KUMITE SEMI CONTACT

Competition according to WKO rules.

Category (2008-2005) compete in hogo, cotton fists protectors, cotton shin and foot protectors.

Category 2004 compete in cotton fists protectors, cotton shin and foot protectors. All competitors must have a set of personal protection. Organizer provides hogo and helmets.

Allowed techniques in the semi contact formula:

All kicks for gedan, chudan and jodan. All hand strikes for chudan.

Competitors must control the strength of the jodan techniques, no knockouts using jodan techniques are allowed.

FIGHT TIME FOR ALL CATEGORIES:

	1st round	2nd round	3rd round
semi contact	2 min	2 min	2 min

After the 3rd round the referees must show the winner of the fight.

5. KUMITE WEIGHT CATEGORIES

Year	Girls	Boys
2008	-40 kg, -45 kg, +45 kg	-42 kg, -47 kg +47 kg
2007	-44 kg, -50 kg, +50 kg	- 49 kg, -55 kg, +55 kg
2006	-50 kg, -56 kg, +56 kg	-54 kg, -62 kg, +62 kg
2005	-54 kg, - 58 kg, +58 kg	-59kg, -64 kg, +64 kg
2004	-56 kg, -60 kg +60 kg	-62 kg, +66 kg, +66 kg

6. PRIZES

For 1st, 2nd, 3rd place competitors will receive diplomas, medals and other awards.

7. PARTICIPATION FEE

10 Euro per each tournament participant.

8. PRELIMINARY SCHEDULE

DECEMBER 5 (SATURDAY) 2020 OPEN CATEGORY ADULTS EXTRA FIGHTS

- 17.00 - start of the competition

DECEMBER 6 (SUNDAY) 2020 YOUTH TOURNAMENT

- 9.00 – 10.00 verification
- 10.30 – start of the competition

9. INSURANCE

Clubs are responsible for insuring their representatives. The organizer provides medical care on the day of the competition.

10. ADDITIONAL INFORMATION

Mariusz Mazur tel. 602 315 601,
mariusz@karatebielanski.com.pl
<http://www.karatebielanski.com.pl>

11. FINAL REMARKS

The organizer reserves the right to change the amount of competition after verification on the day of competition.

The organizer is not responsible for lost items.

Parents or guardians are responsible for the players' behavior and damages caused by them.

The final interpretation of the competition regulations belongs to the organizer and the refereeing commission.