



IKO DUTCH OPEN 2019 Saturday 8 June 2019



Invitation

IKO Dutch Open Karate Championships 2019

IKO the Netherlands proudly invites you, your fighters and your Referees to take part into the 'IKO Dutch Open 2019'

- Place:** Sports Hall 'Gageldonk', Gagelboslaan 160, Bergen op Zoom, Netherlands
- Date:** Saturday, June 8, 2019
- Time:** 10.00 - 18.00
- Organizers:** International Karate Organization Kyokushinkaikan – The Netherlands
Lilian Mungra
Gosse Meerstra
- Contact:** lilianmungra@live.com, tel. +0624423923
Gosse Meerstra tel. +0655118497
- Registration:** The registration will take place according to registrationform, dateline 2nd of April 2019. Their are 3 sheets to fill in.
- Official Hotel:** **TULIPP INN Bergen op Zoom**
Antwerpsestraatweg 56, 4611 AK, Bergen op Zoom, The Netherlands
Special hotel prize: please send an e-mail to:
sales@tulippinnbergenopzoom.nl
Use codename: HIKARI
- Nearest airports:** Airport Rotterdam, Airport Amsterdam, Airport Eindhoven, Brussels Airport.

Fees:

Beginners Adult +18 devison participation fee 20 Euro

Junior devison participant fee 15 EURO

Adult kumite open +18 participant fee 20 EURO

Seniors + 35 kumite participant fee 20 EURO

Fees has to be paid in advance only through bankaccount before 2nd of April 2019 to:



IKO DUTCH OPEN 2019 Saturday 8 June 2019



**ABN AMRO NL54ABNA 0628101554 Name: Mungra L, The Netherlands
'IKO Dutch Open 2019'. Within 1 week after registration.**

All participants and team members of the Championship must have a valid insurance.

The organizer does not provide any insurance and does not take responsibility in this area.

Junior division are obliged to have a written agreement from their parents.

General public: 15 Euro

Coach: 1 coach (in sport suit or official uniform)

Referee: Please come with all your referees

Categories IKO Dutch Open 2019:

Beginners (Novice) +18

Men: -70, -80, 80+

Women: -65, 65+

Adult +18 Years

Men +18

Men: -70, -80, 80+

Women: -65, 65+

Categories Kyokushin Karate IKO Dutch Open 2019:

8 - 9 years old

Kumite match duration 90 sec

10 – 11 years old

KUMITE match duration 90 sec

12 – 13 years old

KUMITE match duration 90 sec

Boys -40; -45; 45+

Girls -40; -45; 45+



14 – 15 years old

KUMITE match duration 90 sec ->90 sec

Boys -50; -55; 55+

Girls -60; 60+

16 – 17 years old

KUMITE match duration 90 sec -> 90 sec

Boys -65; -70; 70+

Girls -60; 60+

Mandatory protective gear for Juniors

- head gear (with face cover 8 -11 y.o.)
- head gear (no face cover 12-17 y.o.)
- mouth guard 12-17 y.o.
- body protectors
- fist guards (IKO standard fist guards)
- shin pads (IKO standard shin pads)
- boys groin cup
- girls groin guard
- girls breast pads (IKO standard girls breast pads)



IKO DUTCH OPEN 2019 Saturday 8 June 2019



Senior

35+ years old

Open weight class

Mandatory protective gear for Senior +35 years old

- head gear
- fist guards (IKO standard fist guards)
- shin pads (IKO standard shin pads)
- groin guard

KUMITE

Men

Women

* Everyone has to bring his/hers IKO ID card or ID/Pasport

* All above is subject to change

<http://www.kyokushinkaikan.org/en/news/2016/05/iko-revision-of-kumite-competition-rules.html>

Looking forward to see you in Bergen op Zoom!

If you have any questions don't hesitate to ask.

Best regards,

Lilian Mungra
lilianmungra@live.com

organizer 'IKO Dutch Open 2019'