



**The 35<sup>th</sup> European Weight Category Karate  
Championships**  
**European Juniors Karate Championships**  
**European Seniors Karate Championships**



**JUNE 11-12, 2022 - VARNA, BULGARIA**

**Official Hotel:** Hotel Melia Grand Hermitage 5\*\*\*\*\*,  
9007 Golden Sands, Varna, Bulgaria

**In the official hotel will be organized:**

- Team registration
- Judge Seminar
- IKO Meeting
- Seminar with Shihan Gorai

**Organizer:** International Karate Organization Kyokushinkaikan  
and Branch Chief Shihan Emil Kostov – IKO Bulgaria

**Contact:** Shihan Emil Kostov [iko.bulgaria@gmail.com](mailto:iko.bulgaria@gmail.com)

**The registration process** will take place via the following website.

<https://mykyokushin.pl/> **from May 02, until May - 21, 2022.**

**Hotel reservations** must be sent **until April 25, 2022** .....

via email to: [iko.bulgaria@gmail.com](mailto:iko.bulgaria@gmail.com)

**Place of the Event:** Black Sea Sports Complex, Vladislav Hall

**Address:** 9 Nikola Y. Vaptsarov Str., 9010 Varna Center, Varna

[https://maps.apple.com/?address=ul.%20Nikola%20Vaptsarov%209,%209010%20Varna,%20Bulgaria&aid=15847677901587861754&ll=43.215005,27.932214&lsp=9902&q=%D0%A1%D0%BF%D0%BE%D1%80%D1%82%D0%BD%D0%B0%D0%B7%D0%B0%D0%BB%D0%B0%D0%A7%D0%95%D0%A0%D0%9D%D0%9E%20%D0%9C%D0%9E%D0%A0%D0%95&\\_ext=CioKBAgEEF8KBAgFEAMKBAgGEBUKBAgKEAAKBAhSEAgKBAhVEA0KBAhZEAESJck0c9B8/ZpFQDGWkaMRKe07QDmySPbYI5xFQEGGT/vgUPA7QA%3D%3D&t=m](https://maps.apple.com/?address=ul.%20Nikola%20Vaptsarov%209,%209010%20Varna,%20Bulgaria&aid=15847677901587861754&ll=43.215005,27.932214&lsp=9902&q=%D0%A1%D0%BF%D0%BE%D1%80%D1%82%D0%BD%D0%B0%D0%B7%D0%B0%D0%BB%D0%B0%D0%A7%D0%95%D0%A0%D0%9D%D0%9E%20%D0%9C%D0%9E%D0%A0%D0%95&_ext=CioKBAgEEF8KBAgFEAMKBAgGEBUKBAgKEAAKBAhSEAgKBAhVEA0KBAhZEAESJck0c9B8/ZpFQDGWkaMRKe07QDmySPbYI5xFQEGGT/vgUPA7QA%3D%3D&t=m)

**JUNE 10, 2022 (Friday) -**

❖ From 9:00h. to 18:00h. - REGISTRATION FOR ALL PARTICIPANTS

**Verification of participants** will take place in the official Hotel Melia Grand Hermitage on June 10 (Friday) 2022

The participants must bring:

- IKO Membership Card
- Passport
- doctor's OK
- set of protectors

**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.**

**All payments must be made directly to the organizer while performing registration.**

❖ from 14:30 to 18:00 - JUDGE SEMINAR – KUMITE AND KATA

❖ 18:00 - IKO MEETING

➤ **FEES – cash only**

- |                   |   |          |
|-------------------|---|----------|
| • KUMITE          | - | 70 EURO  |
| • KATA            | - | 60 EURO  |
| • TEAM KATA       | - | 100 EURO |
| • KUMITE and KATA | - | 110 EURO |

➤ SEMINAR WITH SHIHAN GORAI: - 50 EURO

**ONLY BRANCH CHIEFS AND COMPETITORS IN THE CHAMPIONSHIPS DO NOT PAY FEE!**

**JUNE 11, 2022 (Saturday):**

## **European Juniors Karate Championships**

**DOORS OPEN – 9:00 AM  
START OF THE COMPETITION – 10:00 AM**

**KUMITE - Two 3rd places for Juniors (boys and girls)**

### **MATCH DURATION FOR**

- Juniors 10-13 years old : Elimination 90 seconds/ final 90 -> 90
- Juniors 14-17 years old : Elimination 120 seconds/ final 120 -> 120

+ Boys - 10-11 years old – (age as of June 11, 2022):  
▪ - 35 ; -40; -45; +45;

+ Boys - 12-13 years old – (age as of June 11, 2022):  
▪ - 40 ; -45; -50 ; -55; +55;

+ Boys - 14-15 years old - (age as of June 11, 2022):  
▪ - 50 ; -55 ; - 60; -65; -70; -75; +75;

+ Boys 16 -17 years old- (age as of June 11, 2022):  
▪ -55; -60; -65; -70; -75; -80; +80;

+ Girls – 10-11 years old - (age as of June 11, 2022):  
▪ -35; - 40 ; +40;

+ Girls - 12-13 years old – (age as of June 11, 2022):  
▪ -40; - 45 ; -50; +50;

+ Girls - 14 - 15 years old - (age as of June 11, 2022):  
▪ -50; -55; -60; +60;

+ Girls - 16 - 17 years old - age as of of June 11, 2022):  
▪ -50; -55; -60; -65; +65;

### **Mandatory protective gear for Juniors (10 – 17 years old):**

- fist guards (IKO standard fist guards)
- shin pads (IKO standard shin pads)
- boys groin cup
- girls breast pads
- body protector (12 – 15 years old) Organizer provided body protector. It will be removed from quarterfinals.

**All guards should be shown at registration on June 10, 2022.**

## **KATA - 3rd and 4th place for kata**

✚ Boys 10-11 years old;

✚ Girls 10-11 years old;

### **JUNIORS 10-11 years old –**

Elimination – Pinan Sono Ichi

Final (for top 6 only) - Pinan Sono Ni

✚ Boys 12-13 years old;

✚ Girls 12-13 years old

### **JUNIORS 12-13 years old –**

Elimination – Pinan Sono San

Final (for top 6 only) - Pinan Sono Yon

✚ Boys - 14-15 years old;

✚ Girls - 14-15 years old;

### **JUNIORS 14-15 years old –**

Elimination – Tsuki No Kata

Final (for top 6 only) - Gekisai Sono San

✚ Boys - 16 -17 years old;

✚ Girls - 16 -17 years old;

### **JUNIORS 16-17 years old –**

Elimination – Saifa

Final (for top 6 only) - Gekisai Sono San



**JUNE 12, 2022 (Sunday):**

## The 35<sup>th</sup> European Weight Category Championships European Seniors Karate Championships

DOORS OPEN – 9:00 AM  
OPENING CEREMONY – 10:00 AM  
START OF THE COMPETITION – 10:30 AM

**KUMITE - Two 3rd places for Seniors (Men)**

**MATCH DURATION FOR SENIORS: Elimination 90 seconds/ final 90 -> 90**

- + Seniors - Man - 35 – 44 years old - (age as of June 12, 2022):
  - -85; +85;
- + Seniors - Man – +45 years old- (age as of June 12, 2022):
  - -85; +85;

**KUMITE - +18 years old: (age as of June 12, 2022):**

**Fight for 3rd and 4th place for Men and Women;**

**MATCH DURATION FOR MEN AND WOMEN:**

- # Elimination rounds and fights for 3<sup>rd</sup> and 4<sup>th</sup> places -> 2 minutes
- # Semi finals and finals 3 minutes -> 2 -> 2 -> weight -> 2 minutes

- + MEN -60; -70; -80; -90; +90;
- + WOMEN -55; -65; +65;

**KATA+18 years old: 3rd and 4th place for kata;**

- + MEN
- + WOMEN

**MEN and WOMEN +18 years old –**

- Elimination – Gekisai Sono San
- Final (for top 6 only) - Seinchin

- + TEAM KATA / 3 - 5 people / duration less than 5 min./

**Open to all age and gender**

Performing kata: Any Kyokushin Kata except: Ura, Sanchin, Tensho, Bassai and Tekki

**JUNE 13, 2022 (MONDAY)**

❖ From 10 a.m. to 12:00 - SEMINAR WITH SHIHAN GORAI

**For all competitors, coaches and judges will be provided free transportation from the official hotel to the hall and back to the days June 11-12, 2022.**

**OSU!**

Shihan Emil Kostov

IKO Branch Chief of Bulgaria

**For more information you can contact us on:**

e-mail: [iko.bulgaria@gmail.com](mailto:iko.bulgaria@gmail.com)

tel. 00359 897978103 – Gergana Kostova

