



International karate organization kyokushinkaikan



# NORDIC CUP

**ALL WEIGHT CATEGORY CHAMPIONSHIP KUMITE & KATA(MEN AND WOMEN)**

**Date:** September 16<sup>th</sup> 2023

**Place:** Lemminkäisenkatu 32 a, 20520 Sports Hall Kupittaa, Turku, Finland

**Organizer:** IKO Kyokushinkaikan Finland, Rebwar Sheikhi

Official Hotel: Original Sokos Hotel Kupittaa, Joukahaisenkatu 6, 20520 Turku

<https://www.sokoshotels.fi/fi/turku/original-sokos-hotel-kupittaa>

Hotel reservations: Reservations can be made until

**Tuesday August 15<sup>st</sup> 2023 , using the password "BKARATE".**

**Kindly remember to book the hotel room on time, while the special offer price is valid.**

**Later on the room can be booked for normal price on the website.**

hotel email: [sales.turku@sokoshotels.fi](mailto:sales.turku@sokoshotels.fi) phone: +358 300 870 040

**Room prices:(Breakfast included, sauna)**

Single	Double	Extra bed
82 €/night	92 € / night	20 €/night (For children under 12 years only)

**Nearest airports:** Turku: <https://www.finavia.fi/en/airports/turku>  
Helsinki: <https://www.finavia.fi/en/airports/helsinki-airport>

**Transportation** By bus: <https://www.matkahuolto.fi/en>  
(Helsinki airport to Turku) By train: <https://www.vr.fi/en>

## SCHEDULE

**Friday, September 15<sup>th</sup>, 2023**

14:00-18:00 Registration

18:00-20:00 Judge Seminar

**Saturday, September 16<sup>th</sup>, 2023**

Competition

**Sunday, September 17<sup>th</sup>, 2023**

10:00-12.00 Seminar by Shihan Katsuhito Gorai

## REGISTRATION

<https://mykyokushin.net/>

**from August 1 to September 6 2023.**

E-mail: [info@kyokushinturku.fi](mailto:info@kyokushinturku.fi)

Juha Parviainen : +358503877411

### Required documents:

- ◆ IKO Membership Card
- ◆ Valid passport
- ◆ Competitors under 18 y.o. of age – a parental or legal guardian’s consent to take part in the tournament. An absence of this particular document automatically eliminates from kumite part of competition.
- ◆ Adult competitors – waiver of claims against the organizer in the event of accidents.

Participants will not be insured in any way by the organizer. The obligation to insure the participants according to the law relies, on the club where the competitor trains.

### FEES:

Kumite	Kata	Kumite + kata	Iko Technical seminar	Sayonara party
60 €	60 €	100 €	50 € (Free admission for branch chiefs)	35 €

### Organizer's bank account number for payments

**Recipient:** Kyokushin karate Turku Finland ry

**Address:** Raunistulantie 15, 20300 Turku

**Account number:** FI37 5711 6120 2929 21

**SWIFT:** OKOYFIHH

A competitor must have a proof of payment on the day of the tournament.

## Competition

### Categories KATA

Category	Category	I round	Final round
Boys/Girls	8–9 y.o.	TAIKYOKU SONO NI	TAIKYOKU SONO SAN
Boys/Girls	10–11 y.o.	PINAN SONO ICHI	PINAN SONO NI
Boys/Girls	12–13 y.o.	PINAN SONO SAN	PINAN SONO YON
Boys/Girls	14–15 y.o.	TSUKI NO KATA	GEKISAI SONO SAN
Boys/Girls	16–17 y.o.	SAIFA	GEKISAI SONO SAN
Male/Female	+18 y.o.	SAIFA	BASSAI

### Categories kumite Jun

Boys	Hogo	Weight categories
8–9 years old	YES	- 30 kg, - 35kg, + 35kg
10–11 years old	YES	- 35 kg, - 40 kg, - 45 kg, + 45 kg
12–13 years old	YES	- 45 kg, - 50 kg, - 55 kg, + 55 kg
14–15 years old	NO	- 50kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg, +70 kg
16–17 years old	NO	- 60 kg; - 65 kg; - 70kg; - 75kg, + 75 kg

Girls	Hogo	Weight categories
8–9 years old	YES	- 30 kg, -35kg, +35kg
10–11 years old	YES	-35 kg, - 40 kg, - 45 kg, + 45 kg
12–13 years old	YES	- 45 kg, - 50 kg, + 50 kg
14–15 years old	NO	- 50 kg, - 55 kg, + 55 kg
16–17 years old	NO	- 55 kg, - 60 kg, + 60 kg

## Categories kumite +18

Categories	Weight categories
Women	- 55 kg, - 65 kg, +65 kg
Men	- 60 kg, - 70 kg, - 80 kg, - 90 kg, +90 kg
Men 35-44 years old	- 85 kg, + 85 kg
Men +45 years old	- 85 kg, + 85 kg

If the number participants allowed by credentials committee to competitions is not enough for objective definition of results, organizers of competitions have the right to unite two boundary weight categories.

### FIGHT TIME – ADULTS:

- ◆ +18 years old: 2 min round → play-off time 2 min  
Finals: 3 min round → play-off time 2 min → weight → 2 min
- ◆ Men +35 years old : 90s round → play-off time 90s  
Finals: 90s round → play-off time 90s

### FIGHT TIME – JUNIORS:

- ◆ 8–13 years old: 90s round → play-off time 90s
- ◆ 14–17 years old: 2 min round → play-off time 2 min

The guards must be IKO Kyokushinkaikan approved.

- white shin & instep protectors,
- white hand protectors,
- boys - groin protector,
- headgear with face cage,
- hogo (8–13 y.o.),
- girls - breast protector, separate plates (foamed) and elastic/stretchy top.

Please let us know in advance if you have any food allergies or special dietary needs.

# OSU!