

IKO NEDERLAND – Weight Karate Championship

Dear Shihan, Sensei, Senpai, Karateka, Friends,

Herewith I would like to cordially invite you to the IKO Nederland – Weight Karate Championship on **1st February 2020** in Amstelveen (suburb of Amsterdam, one of the biggest Japanese communities in The Netherlands).

Please find all information attached below.

IMPORTANT: Juniors-Kids-Youth-Amateur-Senior Divisions will be determined by weight, age & rank after all applications are received.

If you want to register participants from your fighting team or join the tournament as a member of the officials team, please make sure to be in time with your registration and send back the filled in forms via e-mail until January 24th 2020.

ikonederland@hotmail.nl or info@ikonederland.nl

Place:

Jane Addamslaan Sporthall – Jane Addamslaan 11
1187DA Amstelveen – The Netherlands

Open hall/registration: 11:30

Start: 15:00

Fees:

Kumite 25€,

Kata 25€,

Kumite+Kata 40€

Hotels:

- **Grand Hotel Amstelveen** - Bovenkerkerweg 81, 1187 XC Amstelveen
- **Best Western Plus** - Grutterij 5, 1185 ZS Amstelveen
- **Blue Mansion Hotel** - Oosteinderweg 248, 1432 BB Aalsmeer
- **Ibis Budget Amsterdam Zuid** - Professor J.H. Bavincklaan 1, 1183 AT Amstelveen

You can check also for budget hotels/hostels:

hotels.com, booking.com, hotelscombined.com, hostels.com, hostelworld.com

Deadline:

24.01.2020

CATEGORIES:

MENS:

Category	Age	Weight
Boys	8 – 9 years old	-25kg / -30kg / -35kg / +35kg
Boys	10 – 11 years old	-35kg / -40g / -45kg / +45kg
Boys	12 – 13 years old	-40kg / -45kg/ -50kg / +50kg
Boys	14 – 15 years old	-50kg / -55kg / -60kg / -65kg / +65kg
Boys	16 – 17 years old	-60kg / -65kg / -70kg / -75kg / +75kg
Mens	+18 years old	-70kg / -80kg / - 90kg/ +90kg
Mens	+35 years old	-70kg / -80kg / - 90kg/ +90kg
Mens	Beginners	-70kg / - 80kg / - 90kg/ +90kg

WOMENS:

Category	Age	Weight
Girls	8 – 9 years old	-25kg / -30kg / +30kg
Girls	10 – 11 years old	-35kg /-40kg /+40kg
Girls	12 – 13 years old	-40kg / -45kg / +45kg
Girls	14 – 15 years old	-50kg /-55kg / +55kg
Girls	16 – 17 years old	-55kg / -60kg / +60kg
Womens	+18 years old	-55kg / -65kg / +65kg
Womens	+35 years old	-55kg / -65kg / +65kg
Womens	Beginners	-55kg / -65kg / +65kg

KATA:

Division	Category	Age	Rank
Kata	Men	18+	Green - Black
Kata	Women	18+	Green - Black
Kata Youth	Girls/Boys	8 – 17 years old	Orange - Yellow
Kata Youth	Girls/Boys	8 – 17 years old	Green - Black

**in case of small number of competitors in a category, the categories may be combined.*

APPLICATION FORM
for
IKO Nederland Weight Karate Championship

Full name: _____ **Rank** _____ (Kyu/Dan) **Sex:** _____ (M/F)

IKO Membership No: _____ **Black Belt Card No:** _____ **Years of Training:** _____

Telephone: _____ **e-mail:** _____

Citizenship: _____ **Date of Birth:** _____ **Height:** _____ **Weight:** _____

Instructor's name: _____ **Dojo Name:** _____

IKO Branch Chief/IKO DOP Name: _____ **BC/DOP e-mail:** _____

Category: _____

***REGISTRATION FORM AND FEE**

The fee can be paid via bank transfer to:

IKO Kyokushinkaikan Nederland
ING BANK
IBAN: NL06 INGB 0006 1682 39
BIC: INGBNL2A

Registration form, which comes together with the invitation has to be filled in and sent by e-mail. When making a bank transfer we kindly ask you to indicate your name and the name of Dojo.

ikonederland@hotmail.nl or info@ikonederland.nl

~ Youth KUMITE Rules ~

Age	8 ~ 14 yrs.	15~17yrs
Match Duration	90sec → 90sec → Weight	120sec → 120sec → Weight → 120sec
Weight Difference	3 kg	3 kg
*Pol System	90sec	120sec

Youth competitors' division will be determined by their age on October 12, 2019. *Pol System rules : Hikiwake 0 point, Decision 1 point, Wazari 3 points, Ippon 5 points.

~ Youth KUMITE Protective Gears ~

Age	8 ~ 11 yrs.	12 ~ 14 yrs.	15 ~ 17yrs.
Head Gear	Standard w/face cover	Standard w/NO face cover	Standard w/NO face cover
Mouth Guard	Optional	Required	Required
Body Protector	Yes	Organizer provided body protector will be removed from quarterfinals. Boys 15 ~ 17 (Youth Elite Categories) No body protector.	Organizer provided body protector will be removed from quarterfinals. Boys 15 ~ 17 (Youth Elite Categories) No body protector.
Fist Guard	IKO Standard Open Finger	IKO Standard Open Finger	IKO Standard Open Finger
Knee Pads	IKO Standard Knee Pads	IKO Standard Knee Pads	IKO Standard Knee Pads
Shin Pads	IKO Standard Shin Pads	IKO Standard Shin Pads	IKO Standard Shin Pads
Boys Groin Cup	Required	Required	Required
Girls Groin Guard	8 ~ 10 yrs. Optional	11 ~ 17 yrs. Standard Girls Groin Guard	11 ~ 17 yrs. Standard Girls Groin Guard
Girls Breast Cup	8 ~ 10 yrs. Optional	11 ~ 17 yrs. Standard Girls Breast Guard	11 ~ 17 yrs. Standard Girls Breast Guard

Youth competitors' division will be determined by their age on February 1st 2020.

~ Amateur/Senior/ Master Class KUMITE Rules ~

Age	+ 35 yrs. old	+ 18 ~ 34 yrs. old
Belt Rank (Amateur)	-	Orange to Yellow/Green
Belt Rank (Senior)	Orange to Green	-
Belt Rank (Master)	Brown and up	-
up to Quarterfinals	90sec → 90 sec → Weight → Shing i *	90sec → 90 sec → Weight → Shing i *
Semi- & Finals	90sec → 90 sec → Weight → Shing i *	90sec → 90 sec → Weight → Shing i *
Weight Difference	5 kg	5 kg
Tameshiwari	No	No

~ Amateur/Senior/ Master Class Protective Gears ~

Head Gear	IKO Standard w/NO Face cover
Mouth Guard	Cover Required
Fist Guard	IKO Standard Open Finger
Knee Pads	IKO Standard Knee Pads
Shin Pads	IKO Standard Shin Pads
Groin Cup	Required
Women Breast pads	IKO standard Breast Pads

Women Groin Guard	IKO standard Groin Guard
-------------------	--------------------------

Amateur/Senior/Masters competitors' division will be determined by their age on February 1st 2020. *Shingi: Supreme Judge, Referee and Judges will decide.

~ **Full Contact Women/Men KUMITE Rules** ~

Age	+ 18 yrs
Belt Rank	Green and up
up to Quarterfinals	120sec → 120 sec → Weight → Shingi*
Semi-, 3rd Place & Finals	180sec → 120sec → Weight → Tameshiwari 120sec → Shingi*
Weight Difference	5 kg
Sudden Death Tameshiwari	Enpi – Sokuto – Seiken - Shuto

~ **Women/Men KUMITE Protective Gears** ~

Head Gear	No
Mouth Guard	No
Fist Guard	No
Shin/Knee Pads	No
Groin Guard	IKO standard Breast Pads
Breast pads	IKO standard Groin Guard

Women/Men competitors' division will be determined by their age on February 1st. *Shingi: Supreme Judge, Referee and Judges will decide.

~ **KATA Rules** ~

Class	1st Round	2nd Final Round	Rank	Age
Adult Kata	Geki Sai Sho	Free Black Belt Kata	Green - Black	18+
Youth Kata	Pinan sono ichi	Pinian sono 2 ~5	Orange - Yellow	12 ~ 17 yrs.
Youth Kata	Geki Sai Sho	Free Brown/Black Belt Kata	Green - Black	12 ~ 17 yrs.

Adult/Youth competitors' division will be determined by their age on February 1st 2020.

All female competitors in Kata & Kumite must wear **white T-shirts under Karate Dogi**. Tekki, Bassai Dai, Ura Kata will NOT score points.