



The 37th European Weight Category Karate Championships



European Juniors Karate Championships

European Seniors Karate Championships

MAY 18-19, 2024 - 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
- Sayonara
- 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

The registration process will take place via:

<https://mykyokushin.net/> **between April 1st - 24th, 2024**



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Hotel reservations must be sent **until March 29, 2024**

via email to: iko.bulgaria@gmail.com

Double and single rooms are ***all inclusive***. The costs are for single room **EUR 110** and double room **EUR 65** per night per person.

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&isp=9902&q=%D0%A1%D0%BF%D0%BE%D1%80%D1%82%D0%BD%D0%B0%20%D0%B7%D0%B0%D0%BB%D0%B0%20%D0%A7%D0%95%D0%A0%D0%9D%D0%9E%20%D0%9C%D0%9E%D0%A0%D0%95&_ext=CioKBAgEEF8KBAgFEAMKBAgGEBUKBAgKEAAKBAhSEAgKBAhVEAOKBAhZEAESJck0c9B8/ZpFQDGWkaMRke07QDmySPbYI5xFQEGGT/vgUPA7QA%3D%3D&t=m





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MAY 17, 2024 (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 May 17 (Friday) 2024

The participants must bring:

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

Mandatory protective gear:

- head gear - **white color** - (with face cover 10~15 y.o.);
- head gear - **white color** - (no face cover 16~17 y.o. & +35 y.o.);
- body protector 10~13 y.o.;
- fist guards - **white color** - (IKO standard) 10~17 y.o. & +35 y.o.;
- shin pads - **white color** - (IKO standard) 10~17 y.o. & +35 y.o.;
- knee protection - **white color** - 10~17 y.o. & +35 y.o.;
- groin cup for all men and boys;
- breast pads - (IKO standard) for all women and girls 14-17 y.o.

Competitors must have their own personal protective equipment which should be shown at registration on May 17, 2024.

Organizer will provide only body 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.



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- ❖ 15.00-18.00 | **JUDGE SEMINAR** with exam
- ❖ 18.00-19.00 | **EUROPEAN MEETING** of BC's and DO's

➤ **FEES – cash only**

- **KUMITE** - **80 EURO**
- **KATA** - **80 EURO**
- **TEAM KATA** - **140 EURO**
- **KUMITE and KATA** - **120 EURO**
- **SAYONARA PARTY** - **55 EURO**

*/the reservation for sayonara party will be until **MAY 5th**, 2024.
after the dead-line the sayonara ticket will cost **60 EURO**/*

- **SEMINAR WITH SHIHAN GORAI:** - **50 EURO**
/ free admission for Branch Chiefs /



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MAY 18, 2024 (Saturday):

DOORS OPEN – 9:00 AM

START OF THE COMPETITION – 10:00 AM

KUMITE - (age as of May 18th, 2024)

Prizes for places 1st, 2nd, 3rd, 3rd - no fights for 3rd place.

| BOYS | WEIGHT CATEGORIES | TIME DURATION |
|------------|--|---------------|
| 10-11 y.o. | -30 kg; -35kg; -40kg; -45kg; +45kg; | 90s |
| 12-13 y.o. | -40kg; -45kg; -50kg; -55kg; +55kg; | 90s |
| 14-15 y.o. | -50kg; -55kg; -60kg; -65kg; -70kg; -75kg; +75kg; | 120s |
| 16-17 y.o. | -55kg; -60kg; -65kg; -70kg; -75kg; -80kg; +80kg; | 120s |

| GIRLS | WEIGHT CATEGORIES | TIME DURATION |
|------------|------------------------------------|---------------|
| 10-11 y.o. | -30 kg; -35kg; -40kg; +40kg; | 90s |
| 12-13 y.o. | -40kg; -45kg; -50kg; +50kg; | 90s |
| 14-15 y.o. | -50kg; -55kg; -60kg; +60kg; | 120s |
| 16-17 y.o. | -50kg; -55kg; -60kg; -65kg; +65kg; | 120s |



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KATA –

Prizes for places: 1st, 2nd, 3rd and 4th places

| Boys | Girls | I round | Final |
|------------|------------|-----------------|------------------|
| 10-11 y.o. | 10-11 y.o. | PINAN SONO ICHI | PINAN SONO NI |
| 12-13 y.o. | 12-13 y.o. | PINAN SONO SAN | PINAN SONO YON |
| 14-15 y.o. | 14-15 y.o. | TSUKI NO KATA | GEKISAI SONO SAN |
| 16-17 y.o. | 16-17 y.o. | BASSAI | KANKU |

MAY 19, 2024 (Sunday):

DOORS OPEN – 9:00 AM

OPENING CEREMONY – 10:00 AM

START OF THE COMPETITION – 10:30 AM

KUMITE - 18 y.o. (age as of May 18th, 2024)

Prizes for places 1st, 2nd, 3rd, 4th; fight for 3rd place

| CATEGORY | WEIGHT CATEGORIES | ELIMINATION | SEMIFINAL AND FINAL |
|----------|--|-------------|-------------------------------------|
| Men | -60 kg; -70 kg; -80 kg; -90 kg; +90 kg | 2m > 2m | 3m > 2m > 2m > Weight (3kg) > 2m |
| Women | -55 kg; -65 kg; +65 kg | 2m > 2m | 3m > 2m > 2m > Weight (3kg) > 2m |



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KUMITE 35-44 y.o.; 45 y.o. and over

Prizes for 1st, 2nd, 3rd, 3rd; no fights for 3rd place.

| CATEGORY | WEIGHT CATEGORIES | TIME DURATION |
|----------------------|-------------------|---------------|
| Men 35-44 y.o. | -85 kg; +85 kg | 90s |
| Men 45 y.o. and over | -85 kg; +85 kg | 90s |

MAY 19, 2024 (SUNDAY):

KATA - Prizes for places: 1st, 2nd, 3rd and 4th places

| CATEGORY | I ROUND | FINAL |
|---|---------|--|
| Men (18 – 34 y.o.) | BASSAI | KANKU |
| Men (35 – 49 y.o.) | SAIFA | SUSHIHO |
| Men (+50 y.o.) | SAIFA | SEIENCHIN |
| Women (18 – 34 y.o.) | BASSAI | KANKU |
| Women (35 – 49 y.o.) | SAIFA | SUSHIHO |
| Women (+50 y.o.) | SAIFA | SEIENCHIN |
| Team Kata (3-5 competitors regardless of age and gender, max. 5 minutes) | - | ALL KYOKUSHIN KATA except Ura, Sanchin, Tensho, Bassai and Tekki |



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MAY 20, 2024 (MONDAY)

❖ 10.00 - 12.00 | IKO Technical 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 MAY 18-19, 2024.

OSU!

Shihan Emil Kostov

IKO Branch Chief of Bulgaria

For more information you can contact us on:

e-mail: iko.bulgaria@gmail.com

tel. 00359 897978103 – Gergana Kostova

