



INTERNATIONAL KARATE
ORGANIZATION KYOKUSHINKAIKAN



III NORDIC CUP 2025

ALL WEIGHT CATEGORY CHAMPIONSHIP KUMITA & KATA (MEN AND WOMEN)

Place: Kupittaa Ball Game Hall

Address: Lemminkäisenkatu 32 a, 20520 Turku, Finland

Date: September 27, 2025

Organizer: IKO Kyokushinkaikan Finland

Official Hotel (HQ): **Original Sokos Hotel Kupittaa** Joukahaisenkatu 6, 20520 Turku, Finland
(From Official hotel to sports hall by walking is 950 meters.)

Phone: +358300 870 000

Email: sokos.hotels@sok.fi

www.sokoshotels.fi/fi/turku/original-sokos-hotel-kupittaa

When booking, please mention the quota code: **NORDICCUP**

Booking code for reservations made online: **BNORDICCUP**

Kindly remember to book the hotel room on time, while the special offer price is valid. Later, the room can be booked for normal price on the website. Reservations for special price can be made until **August 31st, 2025.**

Room prices: (Included: breakfast, use of the guest sauna, WIFI and GYM)

Single	Double	Triple
92 €/night	102 € / night	127 €/night

Nearest airports:

Turku Airport: [//www.finavia.fi/en/airports/turku](http://www.finavia.fi/en/airports/turku)

The HQ hotel is 9 km away from the Airport and can be reached by bus, Uber, Bolt, or taxi.

Helsinki Airport: <https://www.finavia.fi/en/airports/helsinki-airport>

Turku is 170 km from Helsinki and can be reached by bus or train.

Schedule:

Friday, September 26th, 2025

14:00-17:45 Registration

18:00-20:00 Judge Seminar

Saturday, September 27th, 2025

Competition

Sunday, September 28th, 2025

09.30 - 11.30 Seminar by Shihan Katsuhito Gorai

Registration for the Competition

<https://mykyokushin.net/> from August 1 to September 15th, 2025

E-mail: rebwarshekhi@yahoo.com



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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 competition. 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
80 €	80 €	140 €	50 € (Free admission for B.C and D.O)	50 € (Free admission for B.C and D.O)

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.	Pinan Sono Ichi	Pinan Sono Ni
Boys/Girls	10–11 y.o.	Pinan Sono Ni	Pinan Sono San
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.	Gekisai Sono San	Saifa
Male/Female	18–34 y.o.	Bassai	Kanku
Male/Female	35–49 y.o.	Saifa	Bassai
Male/Female	+50 y.o.	Seienchin	Seipai

Team Kata

Category	Kata Elimination	Kata Final (for top 6)
Team Kata (3 - 5 people, duration less than 5 min) Open to all age and gender.		Any Kyokushin Kata except for Ura, Sanchin, Tensho, Bassai and Tekki.



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Categories Kumite Jun -17 years old

Boys Weight categories

Boys	Body protectors	Weight categories
8-9 years old	YES	- 30 kg, - 35 kg, + 35 kg
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	- 50 kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg, +70 kg
16-17 years old	NO	- 60 kg, - 65 kg, - 70 kg, - 75 kg, + 75 kg

Girls Weight categories

Girls	Body protectors	Weight categories
8-9 years old	YES	- 30 kg, -35 kg, +35 kg
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
Women 35-44 years old	- 65 kg, + 65 kg
Women +45 years old	-65 kg. +65kg
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 of 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.

KUMITE Juniors: (Prizes for places 1st, 2nd, 3rd, 3rd - no fights for 3rd place)

KATA Juniors: (Prizes for places: 1st, 2nd, 3rd)

KUMITE +18 years old: (Prizes for places 1st, 2nd, 3rd, 4th - will fight for 3rd place)

Kumite Seniors Women and Men: (Prizes for places 1st, 2nd, 3rd, 3rd - no fights for 3rd place)

KATA +18 years old: (Prizes for places: 1st, 2nd, 3rd)

Each competitor, B.C, D.O, Coach and Judge gets a T-shirt and a lunch on Saturday.

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

Seconds Dress Code:

All seconds must wear white shirt with collar and simple grey, black or navy color (no patterns) pants. No sandals, No high heels, No bare foot (must wear shoes). These rules also apply for fighters being seconds for other fighters.



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Fight time - adults:

- +18 years old Women and Men: 2 min round → play-off time 2 min
Finals: 3 min round → play-off time 2 min → weight (3kg) → 2 min
- Men and Woman +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.

- Head gear (with face cover 8~15 y.o.)
- Head gear (no face cover 16~17 y.o. & +35 y.o.)
- Body Protector 8~13 y.o
- Fist guards 10~17 y.o. & +35 y.o. (IKO standard)
- Knee protection 10~17 y.o. & +35 y.o
- Groin cup for all men and boys
- Breast pads for all women and girls 14-17 years old (IKO standard)
- In the category of 8-13yrs, the breastplate and the helmet equipped with frontal protection is provided by the organization.
- In the category 14-15yrs, the helmet is WITH frontal protection, and it's provided by the organization.
- In the category 14-15yrs, the breastplate is provided by the organization, but it's use will be based on the number of fighters in each category.
- In the category +35 and +45 yrs. the helmet will not be provided by the organization, each fighter must wear his own.
- The helmet has no frontal protection.

Dogi must have kanji on the chest. No other symbols may be worn on Dogi (sweatshirt and pants).

OSU!