

A dynamic photograph of a karate match in progress. Two men in white gi are sparring; one is in a high kick position while the other defends. In the foreground, two other competitors in full protective gear are also sparring. The background shows a blurred audience in a gymnasium.

極真 IKO WARSAW OPEN

22.11.2025

BOS | UL. STRUMYKOWA 21

www.mastersdojo.pl



projekt
współfinansuje
dzielnica
Białołęka



patronat honorowy
Burmistrza dzielnicy
Białołęka



WSPÓŁORGANIZATOR



Organizer:

MASTERS DOJO Warsaw Martial Arts Academy



IKO WARSAW OPEN

Date: 22th of November 2025

Place: Warsaw, Białolecki Ośrodek Sportu (Sports Complex), Street: Strumykowa 21

Registration by: <https://mykyokushin.net> deadline: [18.11.2025 r.](#)

I. CATEGORIES

The category assignment is determined by age as of November 22, 2025.

A. KUMITE

- Juniors
- Seniors 18-34 yo.
- Seniors +35 yo.
- Seniors 18-34 yo. beginners
- Seniors +35 yo. beginners

B. KATA

- Juniors
- Seniors 18-34 yo.
- Seniors 35-49 yo.
- Seniors +50 yo.

II. KUMITE CATEGORIES DETAILS

KUMITE - Juniors		
Age	Mandatory protective gear	Match duration
- 6-7 yo.		
=> girls: -25, +25 kg	body protectors + head gear (with face cover), fist guards, shin pads, knee protection, groin cup	- 1 min → 1 min → weight 3 kg → 1 min
=> boys: -25, +25 kg		
- 8-9 yo.		
=> girls: -30, +30 kg	body protectors + head gear (with face cover), fist guards, shin pads, knee protection, groin cup	- 1,5 min → 1 min → weight 3 kg → 1 min
=> boys: -30, -35, +35 kg		
- 10-11 yo.		
=> girls: -30, -35, -45, +45 kg	body protectors + head gear (with face cover), fist guards, shin pads, knee protection, groin cup	- 1,5 min → 1 min → weight 3 kg → 1 min
=> boys: -35, -40, -45, +45 kg		
- 12-13 yo.		
=> girls: -40, -50, +50 kg	body protectors + head gear (with face cover), fist guards, shin pads, knee protection, groin cup	- 1,5 min → 1,5 min → weight 3 kg → 1,5 min
=> boys: -40, -45, -55, +55 kg		
- 14-15 yo.		
=> girls: -50, -60, +60 kg	body protectors + head gear (with face cover), fist guards, shin pads, knee protection, groin cup	- 2 min → 2 min → weight 3 kg → 2 min
=> boys: -55, -60, -65, -70, +70 kg		
- 16-17 yo.		
=> girls: -55, -65, +65 kg	body protectors + head gear with face cover (optional no cover face+ mouth guard), fist guards, shin pads, knee protection, groin cup	- 2 min → 2 min → weight 3 kg → 2 min
=> boys: -60, -65, -70, -75, +75 kg		

KUMITE - Seniors		
Age	Mandatory protectors	Match duration
- Seniors 18-34 yo.		
=> women: -55, -65, +65 kg	Shin pads, groin cup (women: breast protector), Mouth guard	- 2 min → 2 min → weight 3 kg → 2 min
=> men: -70, -80, +80 kg		
- Seniors 18-34 yo. <u>beginners</u>		
=> women: -55, -65, +65 kg => men: -70, -80, +80 kg	Head gear (no face cover), Groin cup (women: breast protector), Fist guards, Shin pads, Knee protection, Optional: Mouth guard	- 2 min → 2 min → weight 3 kg → 2 min
- Seniors +35 yo.		
=> women -60, +60 kg => men -85, +85 kg	Head gear (no face cover), Groin cup (women: breast protector), Fist guards, Shin pads, Knee protection, Optional: Mouth guard	- 1,5 min → 1,5 min → weight 3 kg → 1,5 min
- Seniors +35 yo. <u>beginners</u>		
=> women -60, +60 kg => men -85, +85 kg	Head gear (no face cover), Groin cup (women: breast protector), Fist guards, Shin pads, Knee protection, Optional: Mouth guard	- 1,5 min → 1,5 min → weight 3 kg → 1,5 min

The number of weight categories and division may change (determined by the number of registered competitors).

The fights execute according to IKO rules, protective gear according to IKO standards.

!!! **Competitors must bring their own set of required protective gear.** The organizer does not provide any protective gear.

III. KATA

Kata - Juniors		
Category	I round	II round (best six)
- 6-7 yo.	Taikyoku Sono Ichi	Taikyoku Sono Ni
- 8-9 yo.	Pinan Sono Ichi	Pinan Sono Ni
- 10-11 yo.	Pinian Sono Ichi	Pinian Sono Ni
- 12-13 yo.	Pinian Sono San	Pinian Sono Yon
- 14-15 yo.	Tsuki no Kata	Geksai San
- 16-17 yo.	Geksai San	Bassai

** decision regarding the split between boys and girls will be made after closing the registration*

Kata - Seniors		
Category	I round	II round (best six)
- Seniors 18-34 yo.	Bassai	Kanku
- Seniors 35-49 yo.	Saifa	Sushiho
- Seniors +50 yo.	Saifa	Seienchin

** without division by gender*

IV. CONDITIONS OF PARTICIPATION

Competitors will be allowed to start if they have:

- doctor's agreement
- **waiver form**
- ID card
- karate-gi, required protectors

V. REGISTRATION

Application via <https://mykyokushin.net>

Registration open: 27th of October 2025

Registration close 18th of November 2025

Please register the judges as well. The lunch for judges will be provided.

Contact: warsawopen@mastersdojo.pl

+48 506 537 516 Sensei Łukasz Moczydłowski

+48 501 500 914 Shihan Piotr Moczydłowski

VI. FEES

25 euro - one category (kumite or kata)

35 euro - more than one category (kumite+kata).

Payment by cash during the verification or earlier by bank transfer.

Organizer's bank account number for foreign payments in euro:

name: Masters Dojo WASW address: van Gogha 9b/9, 03-188 Warszawa

bank: PKO BP, number: 74 1020 1042 0000 8202 0616 4182

swift: BPKOPLPW, iban: PL

The competitors will receive a packed lunch.

VII. SCHEDULE 22.11.2025

7.30-9.00 verification
9.00-9.30 judges briefing
10.15 opening ceremony
10.30 start kata, next kumite
17.30 award ceremony

VIII. FINAL PROVISIONS

1. The fights execute according to IKO rules, protective gear according to IKO standards.
2. Please keep the deadlines of registration including updated kyu/dan degrees of the competitors.
3. Protests should be submitted to the Main Judge.
4. In matters not covered by these regulations, the Main Judge and the Organizer decides.



IKO WARSAW OPEN

WAIVER FORM - Juniors

Event: IKO Warsaw Open 22.11.2025, Poland

Name: _____

Country: _____

BC or DOP: _____

I, the undersigned _____, hereby declare that I am the legal representative of _____ and that I consent to his/her participation in the sports competition of the **IKO Warsaw Open 2025**.

I declare that he/she takes part in the sports competition of the **IKO Warsaw Open 2025** at my risk and under my responsibility, and that he/she health condition allows him/her to take part in this competition and that there are no medical contraindications to his/her participation.

I assume criminal and civil liability for any damage caused by my son/ daughter during the sports competition.

I declare that I will not file any complaints or claims in court for damages as well as possible health impairment caused by any incidents during the sports competition. I accept that the organiser is not liable in any way for the actions or omissions of a participant in the competition.

I declare that I have familiarised myself with the competition rules and I fully accept the provisions contained therein.

I consent to the processing of my personal data within the meaning of the Regulation of the European Parliament and of the Council (EU) 2016/679 of 27 April 2016 and the Act of 10 May 2018 on the protection of personal data (Journal of Laws 2019 item 1781) contained in the above statement and to the use of my image by Masters Dojo WASW, ul. Van Gogha 9b/9, 03-188 Warszawa, for the purpose of promoting and disseminating sport and physical culture, including the publication of results, photos and reports of competitions in the press, on websites and in professional guides.

Signature: _____ Date: _____

WAIVER FORM - Seniors

Event: IKO Warsaw Open 22.11.2025, Poland

Name: _____

Country: _____

BC or DOP: _____

I, the undersigned _____, hereby declare that I take part in the sports competition of the **IKO Warsaw Open 2025** at my own risk and at my own responsibility and that my health condition allows me to take part in this competition and that there are no medical contraindications to my participation.

I assume criminal and civil liability for any damage caused by me during the sporting event.

I declare that I will not file any complaints or claims in court for damages as well as possible health impairment caused by any incidents during the sports competition. I accept that the organiser is not liable in any way for the actions or omissions of a participant in the competition.

I declare that I have familiarised myself with the competition rules and I fully accept the provisions contained therein.

I consent to the processing of my personal data within the meaning of the Regulation of the European Parliament and of the Council (EU) 2016/679 of 27 April 2016 and the Act of 10 May 2018 on the protection of personal data (Journal of Laws 2019 item 1781) contained in the above statement and to the use of my image by Masters Dojo WASW, ul. Van Gogha 9b/9, 03-188 Warszawa, for the purpose of promoting and disseminating sport and physical culture, including the publication of results, photos and reports of competitions in the press, on websites and in professional guides.

Signature: _____

Date: _____