

NYKØBING F. KARATECENTER

INVITES YOU TO

SYDHAVSPOKALEN 2009

SATURDAY MAY 30.
NYKØBING F. ARENA



Competition rules

We follow the new WKF rules with the following exceptions.

Kata, no demands for shitei kata. Every kata in the style is allowed.

In the kyu groups one kata is enough.

In the open categories, you must at least change between 3 kata's.

In team kata the choice off kata is free and the kata can be repeated.

In team kata, it is allowed to show bunkai in both the first round and in the finale.

Kata teams can be male, female or mixed. One competitor from the age group below is allowed in the team, in Master class all competitors must be +35. A competitor can only be in one team, because all team competitions will take place at the same time.

There is no repechage, 2 third places.

Every category is fought to end. Prices are given after the final in every category.

From age 16, you can compete in seniors

The timeschedule will be

- Teamkata

- Childrens category 10. – 1. Kyu

- All open categories

- Sydhavstrophy match

The list will be send to the clubs. The first list, gives the club the possibility to check if all there competitors are registered correctly. To days before the competition the final lists are sent. It is not possible at the competition day to enter new competitors.

Categories

In all individual kata groups, boys/girls and men/women are separated.

Kata group	Grade	Female	Male
Open - 9 year	10. kyu – Dan	Pr1	Mr1
Open 10–11 year	10. kyu – Dan	Pr2	Mr2
Open 12–13 year	10. kyu – Dan	Pr3	Mr3
Open Cadets 14–15 year	10. kyu – Dan	Pr4	Mr4
Open Juniors 16–17 year	10. kyu – Dan	Pr5	Mr5
Open Seniors +18 year	10. kyu – Dan	Pr6	Mr6
Open Master +35 year	10. kyu – Dan	Pr7	Mr7
- 9 year	10. kyu – 1. kyu	Pb1	Mb1
10 year	10. kyu – 1. kyu	Pb2	Mb2
11 year	10. kyu – 1. kyu	Pb3	Mb3
12 year	10. kyu – 1. kyu	Pb4	Mb4
13 year	10. kyu – 1. kyu	Pb5	Mb5
Kadetter 14 – 15 year	10. kyu – 1. kyu	Pb6	Mb6

Team kata	
6 - 13 year	H1
Cadet/junior 14 – 17 year	H2
Seniors (from 16)	H3

In team kata, teams can be male, female or mixed.

If there are too few competitors in a category, it can be joined with another category. This will take place if there are fewer than 4 competitors in a group.

Date Saturday May the 30. 2009	Place Nykoebing F. Hallen 4800 Nykoebing F. Denmark								
Open to Open to all who trains karate. All countries are welcome.									
Registration At the website www.sydhavscup.dk you choose the link to SydhavsPokalen. Here you can download the electronic registration form. In case of problems with e-mail, you can send by normal mail to Poul Liliegreen Orevej 125, 4850 Stubbekoebing Fill in this form, save it to your local harddrive and then send it by e-mail to pl@ceus.dk. You are welcome to contact me on mobile +45 40 25 12 48									
Price 13 Euro pr. start 20 Euro pr. team	Payment You pay pr. club at the registration. Only one person from each club is needed at the registration.								
Deadline Deadline for the registration off competitors is Saturday the 23. May.	Time schedule <table> <tr> <td>Registration from</td><td>9:00</td></tr> <tr> <td>Competition begins</td><td>9:45</td></tr> <tr> <td>Lunch</td><td>13:00</td></tr> <tr> <td>Expected finish</td><td>17:00</td></tr> </table>	Registration from	9:00	Competition begins	9:45	Lunch	13:00	Expected finish	17:00
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Competition begins	9:45								
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Eating Food and beverages can be bought at the cafeteria (only Danish kr).	Staying It is possible to stay in our Dojo. Contact pl@ceus.dk								
Starting lists On the website www.sydhavscup.dk , chose SydhavsPokalen and you will find the starting lists. They will be ready 2-4 days before the competition. If you register by e-mail there will be sent an e-mail reply to you.	Leader off the competition Sensei Henrik Larsen, 7. dan Goju Ryu								