



# LIETUVOS SHOTOKAN KARATĖ FEDERACIJA LITHUANIAN SHOTOKAN KARATE FEDERATION

S. Raštikio g. 3, Kaunas Lietuva LT-50144 tel. (370 37) 776760

Kodas 190727192; Swedbank a.s LT527300010002246513, b.s. LT697300010002232530

Narystė tarptautinėse organizacijose – ESKA, WSKA, FSKA, WSKF

President of LSKF

K. Bartkevičius \_\_\_\_\_

9<sup>th</sup> of September 2009 y.



## VI<sup>th</sup> International Shotokan karate tournament “TIGER WAY” 2009

### Regulation

**PLACE:** Lithuanian Police training center, Griunvaldo str. 16 Kaunas, Lithuania. This place is in the center of Kaunas city, near old town and trading center.

**DATE:** SATURDAY, 7<sup>th</sup> of November 2009 y.

**CONTEST RULES:** ESKA (European Shotokan Karate do Association) Kata: flag system (elimination and finals) Kumite: Jiu-kumite, 6 tatami 7x7 m.

**PROTECTIONS:** gumshields, white gloves – compulsary, groinguards (male) and chestprotectors (female) – allowed.

**CONTACTS:** Alfonsas Valuntonis phone: +370 699 73691, [a.valuntonis@shotokan.lt](mailto:a.valuntonis@shotokan.lt)

Kazimieras Bartkevičius phone: +370 698 25736; [k.bartkevicius@shotokan.lt](mailto:k.bartkevicius@shotokan.lt)

**JUDGES:** Chief judge A. Valuntonis will be very grateful for any help by qualified referees. Our federation will ensure accommodation (hotel place and food) up to 2 foreign countries judges.

**ENTRY FEE:** For each contestant (kata+kumite) – 15 € (50 Lt),  
For each contestant (kata or kumite) – 10 € (35 Lt).

**APPLICATION FORMS:** must be sent before 31<sup>st</sup> of October 2009 y. to [a.valuntonis@shotokan.lt](mailto:a.valuntonis@shotokan.lt) email. Electronic version of application forms you can find on web site: [www.shotokan.lt](http://www.shotokan.lt)

#### ACCOMMODATION:

Hostel **HOSTEL10** address:

**Neries krantinė 16, Kaunas** (from 10 €/person)  
[info@hostel10.lt](mailto:info@hostel10.lt) [www.hostel10.lt](http://www.hostel10.lt)

Guest house **AGOTA** address:

**Savanorių pr. 226, Kaunas** (about 10€/person)  
Tel. +370 37 312930, fax +370 37 224777

Hotel **SPORTAS** address:

**Aušros g. 42A, Kaunas** (about 10€/person)  
Tel. +370 37 797826 [kestutisaka@gmail.com](mailto:kestutisaka@gmail.com)

**Kaunas archvyskupija** guest house:

**Rotušės a. 21, Kaunas** (about 15€/person)  
Tel. +370 687 94524, [sveciunamai@kn.lcn.lt](mailto:sveciunamai@kn.lcn.lt)

Hotel **METROPOLIS** address:

**S. Daukanto g. 21, Kaunas** (from 15€/person)  
Tel. +370 37 205992 [www.metropolishotel.lt](http://www.metropolishotel.lt)

Hotel **ARIJAUS NAMAI** address:

**Maironio g. 20a, Kaunas** (from 25€/person)  
Tel. +370 677 16764 [arijushouse@uab.info](mailto:arijushouse@uab.info)

**TIME SCHEDULE:**

|       |              |                                                               |
|-------|--------------|---------------------------------------------------------------|
| 9.30  | – 10.00 val. | Judge, coach meeting                                          |
| 10.00 | – 13.45 val. | 8-9, 10-11 and 12-13 years old kata and kumite events         |
| 13.45 | – 14.00 val. | Award ceremony                                                |
| 14.00 | – 14.30 val. | Break time                                                    |
| 14.30 | – 17.45 val. | 14-15, 16-17, 18-34, and >35 years old kata and kumite events |
| 17.45 | – 18.00 val. | Award ceremony                                                |

**CATEGORIES****The first part of tournament (8-9 y., 10-11 y. 12-13 y.)*****Kata categories (male):***

| <b>Group number</b> | <b>Age</b> | <b>Kiu</b> | <b>Kata regulation</b>    |
|---------------------|------------|------------|---------------------------|
| 1.                  | 8-9 y.     | 10, 9'-9   | Taikyoku-1, 2             |
| 2.                  | 8-9 y.     | 8'-8       | Taikyoku-1, Heian-1       |
| 3.                  | 10-11 y.   | 9'-9       | Taikyoku-1, 2             |
| 4.                  | 10-11 y.   | 8'-8       | Taikyoku-1, Heian-1       |
| 5.                  | ≤ 11 y.    | 7'-7, 6'-6 | Taikyoku-1, Heian-1, 2, 3 |
| 6.                  | ≤ 11 y.    | 5-4        | Heian-1, 2, 3, 4, 5       |
| 7.                  | 12-13 y.   | 9'-9       | Taikyoku-1, 2             |
| 8.                  | 12-13 y.   | 8'-8       | Taikyoku-1, Heian-1       |
| 9.                  | 12-13 y.   | 7'-7, 6'-6 | Taikyoku-1, Heian-1, 2, 3 |
| 10.                 | 12-13 y.   | 5-4        | Heian-1, 2, 3, 4, 5       |

***Kata categories (female):***

| <b>Group number</b> | <b>Age</b> | <b>Kiu</b> | <b>Kata regulation</b>  |
|---------------------|------------|------------|-------------------------|
| 11.                 | ≤ 11 y.    | 10, 9'-9   | Taikyoku-1, 2           |
| 12.                 | 8-9 y.     | 8'-8       | Taikyoku-1, Heian-1     |
| 13.                 | 10-11 y.   | 8'-8       | Taikyoku-1, Heian-1     |
| 14.                 | < 11 m     | 7'-7, 6'-6 | Taikyoku-1, Heian-1,2,3 |
| 15.                 | 12-13 y.   | 5-4        | Heian-1,2,3,4,5         |
| 16.                 | 12-15 y.   | 9'-9       | Taikyoku-1, 2           |
| 17.                 | 12-15 y.   | 8'-8       | Taikyoku-1, Heian-1     |
| 18.                 | 12-15 y.   | 7'-7, 6'-6 | Taikyoku-1, Heian-1,2,3 |

***Kumite categories (male):***

| Group number | Age      | Kiu        | Rules        | Time limit    |
|--------------|----------|------------|--------------|---------------|
| 19.          | 8-9 y.   | 10, 9'-9   | Shobu sanbon | Time 1,5 min. |
| 20.          | 8-9 y.   | 8'-8       |              |               |
| 21.          | 10-11 y. | 9'-9       |              |               |
| 22.          | 10-11 y. | 8'-8       |              |               |
| 23.          | 10-11 y. | 7'-7, 6'-6 | Shobu ippon  |               |
| 24.          | 12-13 y. | 9'-9       | Shobu nihon  |               |
| 25.          | 12-13 y. | 8'-8       |              |               |
| 26.          | 12-13 y. | 7'-7, 6'-6 | Shobu ippon  |               |
| 27.          | 12-13 y. | 5-4        |              |               |

***Kumite categories (female):***

| <b>Group number</b> | <b>Age</b> | <b>Kiu</b>    | <b>Rules</b> | <b>Time limit</b> |
|---------------------|------------|---------------|--------------|-------------------|
| 28.                 | 8-9 y.     | 10, 9'-9,8'-8 | Shobu sanbon | Time 1,5 min.     |
| 29.                 | 10-11 y.   | 9'-9, 8'-8    |              |                   |
| 30.                 | 10-11 y.   | 7'-7, 6'-6    |              |                   |
| 31.                 | 12-13 y.   | 9'-9, 8'-8    |              |                   |
| 32.                 | 12-13 y.   | 7-4           |              |                   |

**The second part of tournament (14-15 y., 16-17 y., 18-34 y., >35 y.)**

***Kata categories (male):***

| <b>Group number</b> | <b>Age</b>      | <b>Kiu</b> | <b>Kata regulation</b>                       |
|---------------------|-----------------|------------|----------------------------------------------|
| 33.                 | 14-15 y.        | 9'-9       | Taikyoku-1, 2                                |
| 34.                 | 14-15 y.        | 8'-8       | Taikyoku-1, Heian-1                          |
| 35.                 | 14-15 m         | 7'-7, 6'-6 | Taikyoku-1, Heian-1, 2, 3                    |
| 36.                 | 14-15 y.        | 5-4        | Heian-1, 2, 3, 4, 5                          |
| <b>37.</b>          | <b>15-17 y.</b> | <b>3-1</b> | <b>Heian-2, 3, 4, 5, Tekki-1, Bassai-dai</b> |
| 38.                 | ≥ 16 y.         | 9-8        | Taikyoku-1, Heian-1                          |
| 39.                 | ≥ 16 y.         | 7-6        | Taikyoku-1, Heian-1, 2, 3                    |
| 40.                 | ≥ 16 y.         | 5-4        | Heian-1, 2, 3, 4, 5                          |

***Kata categories (female):***

| <b>Group number</b> | <b>Age</b>      | <b>Kiu</b> | <b>Kata regulation</b>                       |
|---------------------|-----------------|------------|----------------------------------------------|
| 41.                 | 14-15 y.        | 5-4        | Heian-1,2,3,4,5                              |
| <b>42.</b>          | <b>15-17 y.</b> | <b>3-1</b> | <b>Heian-2, 3, 4, 5, Tekki-1, Bassai-dai</b> |
| 43.                 | ≥ 16 y.         | 9-7        | Taikyoku-1, Heian-1                          |
| 44.                 | ≥ 16 y.         | 6-4        | Heian-1,2,3,4,5                              |

***Kumite categories (male):***

| <i>Group number</i> | <i>Age</i>      | <i>Kiu</i> | <i>Rules</i> | <i>Time limit</i> |
|---------------------|-----------------|------------|--------------|-------------------|
| 45.                 | 14-15 y.        | 9'-9       | Shobu nihon  | Time 2,0 min.     |
| 46.                 | 14-15 y.        | 8'-8       |              |                   |
| 47.                 | 14-15 m         | 7'-7, 6'-6 | Shobu ippon  |                   |
| 48.                 | 14-15 y.        | 5-4        |              |                   |
| <b>49.</b>          | <b>15-17 y.</b> | <b>3-1</b> |              |                   |
| 50.                 | 16-17 y.        | 9-8        |              |                   |
| 51.                 | 16-17 y.        | 7-4        |              |                   |
| 52.                 | 18-29 y.        | 9-7        |              |                   |
| 53.                 | 18-29 y.        | 6-4        |              |                   |
| 54.                 | ≥ 30 y.         | 9-7        |              |                   |
| 55.                 | ≥ 30 y.         | 6-4,3      |              |                   |

***Kumite categories (female):***

| <b>Group number</b> | <b>Age</b>      | <b>Kiu</b> | <b>Rules</b> | <b>Time limit</b> |
|---------------------|-----------------|------------|--------------|-------------------|
| 56.                 | 14-15 y.        | 9-7        | Shobu sanbon | Time 2,0 min.     |
| 57.                 | 14-15 y.        | 6-4        |              |                   |
| <b>58.</b>          | <b>15-17 y.</b> | <b>3-1</b> |              |                   |
| 59.                 | ≥ 16 y.         | 9-7        |              |                   |
| 60.                 | ≥ 16 y.         | 6-4        |              |                   |

**IMPORTANT:** if in category are registered 2 or less sportsman, they can be added to another category.

**We will meet You in Kaunas in “Tiger Way” 2009  
Oss!!!**