



Lithuanian karate association



X Baltic States karate championship 2010

Goal: Popularise sporting karate, make known the best karate fighters. Advocate healthy lifestyle, strengthen friendship among Baltic States sportsmen.

Organizer: Lithuanian karate association

Time: 23.01.2010 (Saturday)

Location: Sports complex, Strazdelio str. 1, Mazeikiai

Rules: WKF

Individual Kata fights:

10-11 y. old boys /girls separately. (1st round – Basic Kata: Heian, Pinan, Gekksai 1-2. 2nd round – Basic Kata or Shitei, following rounds – Tokui Kata)

12-14 y. old boys /girls separately. (1st round – Basic Kata, 2nd round –Shitei, following rounds – Tokui Kata)

15 + y. old teenage boys/girls separately. (WKF rules)

Category with less than 4 participants is united with another category.

Individual Kumite fights

Boys 10-11 y. old / -35 +35 (1.5 min. 6 IPPON)

Boys 12-13 y. old / -45 -50 +50 (1.5 min. 6 IPPON)

Cadets boys 14-15 y. old / -52 -57 -63 +63 (2 min. 6 IPPON)

Juniors boys 16-17 y. old / -61 -68 -76 +76 (2 min. 6 IPPON)

Seniors male +16 y. old / -60 -65 -73 +73 (3 min. 8 IPPON)

Category with less than 4 participants is united with another category.

Girls 10-13 y. old / -35 +35 (1.5 min. 6 IPPON).

Cadets girls 14-15 y. old / -47 -54 +54 (2 min. 6 IPPON).

Juniors girls 16-17 y. old -53 -59 +59 (2 min. 6 IPPON).

Seniors female 16+ y. old /abs (2 min. 8 IPPON).

Category with less than 4 participants is united with another category.

Registration fee: 15 EUR kata and 15 EUR kumite
25 EUR kata + kumite (kumite + kumite)
30 EUR kata + kumite + kumite

Awards: I place winners are awarded with cups, medals, diplomas, II place and two III place(only kumite) winners are awarded with medals, diplomas.

- Protection:** Sportsmen must use the following: red and pale blue gloves, thorax protection (teenage girls), red and pale blue belts. From 16 years also is more senior red and dark blue foots are obligatory.
- Applications:** Applications are accepted till **19-01-2010**, after that date applications will not be accepted – only corrected copies. Applications must be sent to Vidmantas Butnorius: Zemaitijos str. 31-24, 89134 Mazeikiai, Lithuania. Fax. 0370 433 20 102 or by e-mail: lkakarate@delfi.lt, vbutnorius@gmail.com. Ph. for information +370 698 33 379.
- Registration:** Registration, weigh-in of championship participants 22-01-2010 from 20.00 till 22.00 at: Sports complex Strazdelio str. 1, Mazeikiai ,
- Judges:** Every club appoints one judge for the championship. The application must have the judge's name, family name and club name. All judges get one meal and a single pay for work (according to LKA regulations). **The club that does not appoint its own judge must pay an additional 30 EUR fee.**
- Competition program:**
08.00 - 09.30 credentials committee, weigh-in, corrections;
09.30 - 10.00 meeting of the judges;
10.00 - 12.00 kata competitions;
12.00 - 12.30 rewarding
12.30 – 12.45 the opening ceremony of the championship;
13.00 - 19.00 kumite competitions
19.00 - 20.00 closing of the championship, meeting of the judges.
- Accommodation:** **“Valina”** Hotel at Draugystes str. 18, Mazeikiai – 2 km away from the sports hall.
Price for one person from 30 LTL and higher. Ph. 0370 443 20434, fax 0370 443 20435, e-mail: valina@roventa.lt
- “Rugelis”** Hotel Ventos str. 31a, Mazeikiai – 1 km away from the sports hall. Price for one person from 35 LTL and higher. Ph. 0370 443 65658, fax: 0370 443 65658, e-mail: rugel@freemail.lt
- „Palma”** Hotel Respublikos str. 27, Mazeikiai – 1 km away from the sports hall. Price for one person from 70 LTL and higher. Ph. 0370 443 35355, fax: 0370 443 90245, e-mail: info@palma.lt
- „ASTRUM PALACE”** Hotel Laisves str. 7-4, Mazeikiai – 2 km away from the sports hall. Price for one person from 100 LTL and higher. Ph. 0370 443 35333, fax: 0370 443 35333, e-mail: info@astrum.lt
- Plinksių hotel** Plinksiu village, Mazeikiai region – 25 km away from Mazeikiai. Price for one person from 30 LTL and higher. Ph. 0370 443 29212, fax 0370 443 29212, e-mail: info@plinkseshotel.lt

WELCOME !

Country _____ CITY _____

Name of club _____

Address _____

Telephone _____ Fax _____ E-mail _____

Name of contact persons _____

Referees _____

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ENTRY FORM

No	Name, surname	Sex	Age	Weight	Category	
					kata	kumite
1	Jonas Paulauskas	M	15	+35	X	X
2	Edita Paulauskaite	F	17		X	X
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