

5TH BALTIC OPEN EJKA/WJKA CHAMPIONSHIP



5th Baltic Open JKA Championship
Time and place: 02.05.2010. Jelgava,
Sports hall, Mātera iela 44a, Jelgava, Latvia.

Judging: chief referee – Jan G. Knobel (Netherlands), 8th dan.

Registration: From 9:00 to 10:00. Competition starts at 10:00.

Fees: competitor fee – 15 euro for one category.

Championship entry form: 5th Baltic OPEN entry form

Kata:

girls:

- 9-11 yrs**
- 12-15 yrs**
- +16 yrs**

boys:

- 9-11 yrs**
- 12-15 yrs**
- +16 yrs**

Attention: In the case of more than 8 competitors:

I turn – flag system, competitors are performing kata simultaneously (kata haian 1-5, kata are announced by referee).

II turn – 8 competitors, kata of free choice, judged by the point system.

III turn – the final. 4 competitors, kata of free choice, kata can be repeated.

Shohu-nihon kumite:

girls:

- 9-11 yrs**
- 12-13 yrs**
- 14-15 yrs**
- +16 yrs**

boys:

- 9 yrs -30 kg : +30 kg
- 10-11 yrs -35kg : -40 kg : +40 kg
- 12-13 yrs -50 kg : +50 kg
- 14-15 yrs -60 kg : +60 kg
- 16-17 yrs -70 kg : +70 kg
- +18 yrs -75 kg : +75 kg

Note: fight continues till 4 vazari or 2 ipon. Organizers provide competitors with white protective armour and white and red belts. Trainers carry full responsibility for insurance and physical state of the competitors.

Applications are accepted until 29 april 2010.

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Phone: +371 29122547 Aleksejs Bistrovs

Attention!

Organizers propose participants to get the accommodation in hotels of third class (***) priced at 20 euro per person/night with no breakfast included. Breakfast will be provided for additional fee 5 euro per person. Applications for accomodation are accepted till 20.04.2010.

E-mail: shinri@e-apollo.lv skdunlv@gmail.com

Attention!

World champion by JKA version Jan G. Knobel (Netherlands) 8th dan is organizing a seminar 30.04-01.05.2010.
30.04.10.

•19:00-20:30 +3 kyu. Subject: program for examination for 1st dan.
01.05.10.

•10:00-11:30 –3 kyu. Subject: karate stance, kime, breathing.
•11:30-13:00 +3 kyu. Subject: program for examination for 1st dan.
•13:00 examination.

Seminar fee:

–3 kyu – 10 euro,

+3 kyu – 15 euro.

Address: sporta nams "Daugava", Raiņa iela 6, Jelgava, Latvia.

Contact phone: 29122547, Aleksejs Bistrovs.