



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

VIIIth International Shotokan karate tournament “TIGER WAY”



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, 12th of November 2011 y.

CONTEST RULES: ESKA (European Shotokan Karate do Association) Kata: flag system (elimination and finals) Kumite: Jiu-kumite (2 Ippons) two sportsman will be awarded for 3rd place, 6 tatami 7x7 m.

PROTECTIONS: gumshields, white gloves – compulsary, groin guards (male) and chest protectors (female) – allowed. Each contestant must have insurance. In case of injury LSKF and organizers pass the buck and do not pay any detriment compensate.

CONTACTS: Kazimieras Bartkevičius phone: +370 698 25736; k.bartkevicius@shotokan.lt

Alfonas Valuntonis phone: +370 699 73691, a.valuntonis@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: one category – 10 €; two categories – 15 €

APPLICATION FORMS: must be sent before 8th of November 2011 y. to a.valuntonis@shotokan.lt and k.bartkevicius@shotokan.lt emails. Electronic version of application forms you can find on web site: www.shotokan.lt

ACCOMMODATION:

Hotel **Europa Royanl Kaunas** address: **Misko g. 11, Kaunas** (from 25 €/person)

Tel.: +370 37 407500 www.groupeuropa.com

Hostel **HOSTEL10** address:

Neries krantinė 16, Kaunas (from 10 €/person)

info@hostel10.lt www.hostel10.lt

Hotel **Metropolis** address:

S. Daukanto g. 21, Kaunas (from 21 €/person)

metropolis@metropolishotel.lt www.metropolishotel.lt

Hotel **SPORTAS** address:

Aušros g. 42A, Kaunas (about 10€/person)

Tel. +370 37 797826 kestutisaka@gmail.com

Kaunas archvyskupija guest house:

Rotušės a. 21, Kaunas (about 15€/person)

Tel. +370 687 94524, sveciunamai@kn.lcn.lt

Hotel **ARIJAUS NAMAI** address:

Maironio g. 20a, Kaunas (from 25€/person)

Tel. +370 677 16764 arijushouse@uab.info

If you need visa, please contact us until 10th of October and send the list of your delegation until 15th of October. Before hotel reservation, please contact Kazimieras Bartkevičius +370 698 25736

TIME SCHEDULE:

| | |
|----------------|---|
| 9:30 – 10:00 | Judge, coach meeting |
| 10:00 – 13:45 | 8-9, 10-11 and 12-13 years old kata and kumite events |
| 13:45 – 14:15 | Award ceremony |
| 14:15 – 15:00 | Break time |
| 15:00 – 15:30 | Tournament opening ceremony |
| 15:30 – 18:00 | 14-15, 16-17, 18-34, and >35 years old kata and kumite events |
| 18:00 – 18:30. | Award ceremony |

CATEGORIES

The first part of tournament (8-9 y., 10-11 y. 12-13 y.)

Kata categories (male):

| Group number | Age | Kiu | Kata regulation |
|---------------------|------------|------------|---------------------------|
| 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):

| Group number | Age | Kiu | Kata regulation |
|---------------------|------------|------------|-------------------------|
| 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 nippon | Time 1,5 min. |
| 20. | 8-9 y. | 8'-8 | | |
| 21. | 10-11 y. | 9'-9 | | |
| 22. | 10-11 y. | 8'-8 | | |
| 23. | New 10-11 y. | 7'-7 | | |
| 24. | New 10-11 y. | 6'-6 | | |
| 25. | 12-13 y. | 9'-9 | | |
| 26. | 12-13 y. | 8'-8 | | |
| 27. | New 12-13 y. | 7'-7 | | |
| 28. | New 12-13 y. | 6'-6 | | |
| 29. | 12-13 y. | 5-4 | | |

Kumite categories (female):

| Group number | Age | Kiu | Rules | Time limit |
|---------------------|------------|---------------|--------------|-------------------|
| 30. | 8-9 y. | 10, 9'-9,8'-8 | Shobu nippon | Time 1,5 min. |
| 31. | 10-11 y. | 9'-9, 8'-8 | | |
| 32. | 10-11 y. | 7'-7, 6'-6 | | |
| 33. | 12-13 y. | 9'-9, 8'-8 | | |
| 34. | 12-13 y. | 7-4 | | |

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

Kata categories (male):

| <i>Group number</i> | <i>Age</i> | <i>Kiu</i> | <i>Kata regulation</i> |
|---------------------|-----------------|------------|--|
| 35. | 14-15 y. | 9'-9 | Taikyoku-1, 2 |
| 36. | 14-15 y. | 8'-8 | Taikyoku-1, Heian-1 |
| 37. | 14-15 m | 7'-7, 6'-6 | Taikyoku-1, Heian-1, 2, 3 |
| 38. | 14-15 y. | 5-4 | Heian-1, 2, 3, 4, 5 |
| 39. | 15-17 y. | 3-1 | Heian-2, 3, 4, 5, Tekki-1, Bassai-dai |
| 40. | ≥ 16 y. | 9-8 | Taikyoku-1, Heian-1 |
| 41. | ≥ 16 y. | 7-6 | Taikyoku-1, Heian-1, 2, 3 |
| 42. | ≥ 16 y. | 5-4 | Heian-1, 2, 3, 4, 5 |

Kata categories (female):

| <i>Group number</i> | <i>Age</i> | <i>Kiu</i> | <i>Kata regulation</i> |
|---------------------|-----------------|------------|--|
| 43. | 14-15 y. | 5-4 | Heian-1,2,3,4,5 |
| 44. | 15-17 y. | 3-1 | Heian-2, 3, 4, 5, Tekki-1, Bassai-dai |
| 45. | ≥ 16 y. | 9-7 | Taikyoku-1, Heian-1 |
| 46. | ≥ 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> |
|---------------------|------------------------|------------|--------------|-------------------|
| 47. | 14-15 y. | 9'-9 | Shobu nippon | Time 2,0 min. |
| 48. | 14-15 y. | 8'-8 | | |
| 49. | ^{New} 14-15 m | 7'-7 | | |
| 50. | ^{New} 14-15 m | 6'-6 | | |
| 51. | 14-15 y. | 5-4 | | |
| 52. | 15-17 y. | 3-1 | | |
| 53. | 16-17 y. | 9-8 | | |
| 54. | 16-17 y. | 7-4 | | |
| 55. | 18-29 y. | 9-7 | | |
| 56. | 18-29 y. | 6-4 | | |
| 57. | ≥ 30 y. | 9-7 | | |
| 58. | ≥ 30 y. | 6-4,3 | | |

Kumite categories (female):

| <i>Group number</i> | <i>Age</i> | <i>Kiu</i> | <i>Rules</i> | <i>Time limit</i> |
|---------------------|-----------------|------------|--------------|-------------------|
| 59. | 14-15 y. | 9-7 | Shobu nippon | Time 2,0 min. |
| 60. | 14-15 y. | 6-4 | | |
| 61. | 15-17 y. | 3-1 | | |
| 62. | ≥ 16 y. | 9-7 | | |
| 63. | ≥ 16 y. | 6-4 | | |

IMPORTANT: if in category are registered 2 or less sportsman, they can be added to another category. Dead line for visa is **15th of October**, for application form is **8th of November**.

We will meet You in Kaunas in "Tiger Way". Oss!!!