

XIITH EUROPEAN CUPRUM CUP in KARATE LEGNICA OPEN

19 NOVEMBER 2011



PLACE: Sports Hall in Legnica Wierzyńskiego Street 1

COMPETITIONS:

Youngsters 12-13 years: 9:30 - 14:30

- Team competition 2+2
- Kata: girls, boys;
- Kumite: girls -43, -50, +50 kg
boys -45, -50, -55, +55 kg

Juniors 16-17 years: 15:30 - 19:00

- Team competition 2+2
- Kata: girls, boys;
- Kumite: girls -48, -53, -59, +59 kg
boys -55, -61, -68, -76, +76 kg

Directed fights open: 14:30-15:30

KATA:

according to the WKF rules: Youngsters - tokui kata, Cadet, Juniors i Seniors - Shitei Kata;
Competitors may not repeat the same Kata twice!!!

KUMITE: according to the WKF rules, compulsory mouthguards and handguards; time of fight:
for schoolboys 1,5 min; for cadet, juniors, senior women - 2 min; for seniors men - 3 min.

Team competitions the winner is decided by the number of wins and Ippon points.
In case of a draw there will be a drawing after which the competition will be a play-off.

NOTICE:

- team - 4 people - 2 male (kata + kumite) + 2 female (kata+ kumite)
- team of 3 people can also start but they will have one defeat
- in all competitions will be two third places.

Awarding of points :

- Kata, win - 6 ippon, defeat - 2 ippon; without fight win - 6 ippon, defeat - 0 ippon
- kumite max. amount of points scored by competitors

NOTICE!!!

Competitors must have at all time documents confirming: age, medical examinations, weight and Karate grade.

START CHARGE:

- individual competition - **12 Euro**
- team competition - **30 Euro**
- directed fight - **20 Euro**

AWARDS:

- in individual competitions: medals, cups and diplomas.
- in team competitions: japanese swords: KATANA, WAKIZASHI, TANTO,
trophies, cups, medals, diplomas.
- in directed fights: cups and diplomas.

SPECIAL AWARDS

- commemorative medal for the youngest competitors (boy and girl)

Karate Shotokan "TORA" CLUB 59-220 Legnica, Mickiewicza Street 21
phone/fax. 0048 76 722 13 57 mobile phone 00 44 7500554122



VIII INTERNATIONAL TOURNAMENT KARATE

OLDERS SENIORS "DINOSAURS"

19 NOVEMBER 2011

PLACE: Sports Hall Wierzyńskiego Street 1

COMPETITIONS: 10:00 - 12:30

- Individual Kata women 36- 39 years
- Individual Kata women + 39 years
- Individual Kata men 35- 39 years
- Individual Kata men 40- 44 years
- Individual Kata men 45- 49 years
- Individual Kata men 50- 54 years
- Individual Kata men + 54 years
- Individual Kata men own composition 35- 49 years
- Individual Kata men own composition + 49 years
- Individual Kumite men 35- 44 years
- Individual Kumite men 45- 54 years
- Individual Kumite men + 54 years

KATA:

according to the WKF rules: additional fights; Tokui kata..
Competitors may not repeat the same Kata twice!!!

KUMITE: according to the WKF rules; compulsory mouthguards and handguards
time of fight 2 min. Sdditional fights.

START CHARGE:

- individual competition - **10 Euro**

AWARDS:

- in individual competitions: medals, cups and diplomas.

SPECIAL AWARDS

- japanese sword WAKIZASHI for the best competitor



Accomodiation:

- | | |
|-----------------------------------------|--------------------------|
| - QUBUS Hotel Skarbowa Street | phone: + 48 76 866-21-00 |
| - NAROL Hotel Gliwicka Street 1 | phone: + 48 76 866 95-78 |
| - VILLA Hotel Br. Gładysza Street 12 | phone: + 48 76 850-22-23 |
| - Youth hostel Jordana Street | phone: + 48 76 862-54-12 |
| - MIEDZIANKA Hotel Żółkiewskiego St. | phone: + 48 76 723-80-41 |
| - KAMIENICZKA Hotel Młynarska Street 15 | phone: + 48 76 723-73-92 |
| - BEL-POL Hostel Gliwicka Street 6 | phone: + 48 76 862-47-29 |

Firm : SOCHIN, FIDPOL - ADIDAS
Accessories for fight arts

Submission to 16.11.2011

