



A.S.D KEN TO ZAZEN ORGANIZES:

14th International Grand Prix d'italia 2012

24 - 25 March Paladesio - Desio



More than 1500 athletes coming all over the world

KARATE

KARATE

*City of Desio
and
Sport department*

The competition is open to all the sports associations and federations conforming to their own insurance

Saturday 24th Brownch at 9.30
KATA and KUMITE
KIDS



Sunday 25th Brownch at 9.30
KATA and KUMITE
CAD - JUNIOR - SENIOR -
MASTER

FAX: 1782258511

e-mail: info@kentozaZen.it www.kentozaZen.it

Saturday 24th & Sunday 25th MARCH 2012

Presents:

14TH INTERNATIONAL ITALIAN GRAND PRIX "OPEN" W.U.K.O.

KATA Competition: Individuals & Teams

Styles will be grouped in SHOTOKAN-SHOTOKAI and INTERSTYLE (SHITO,WADO,GOJU.....etc).

KUMITE: Sanbon – Individuals and Teams Kids/Cadets/Junior / Senior/Master
Ippon – Individuals Junior / Senior

The competition is open to all the sports associations and federations conforming to their own insurance rules.

City: **DESIO (MI)**

Address: **SPORTHALL- PALADESIO - Via AGNESI**

Dual carriageway MILANO-MEDA, exit 8 (the stadium is on the way, after 2 km)

Programme: (Competition divided on 8 tatami)

Saturday 24 th	Sunday 25 th
Hs 09.30: Kids 6/8 years Individual categories followed by Team KATA	Hs 09.15: Opening Ceremony
Hs 10.30: Kids 9/11 years individual categories followed by Team KATA	Hs 09.30: Individual categories Kata
Hs 12.00: Kids 12/14 years individual categories followed by Team KATA	Hs 12.00: Team KATA Cadets/ Junior/Senior
Hs 01.30: Opening Ceremony	Hs 01.30: SANBON Kumite ind. competition Cadets
Hs 02.30: KUMITE Sanbon 9/11 and 12/14 years	Hs 02.00: SANBON Kumite ind. competition Junior
Hs 03.30: KUMITE Sanbon Kids Kids 6/8 years	Hs 02.00: Kumite IPPON e Master competition
Hs 05.00: Team KUMITE Sanbon Kids	Hs 01.30: SANBON Kumite ind. competition Senior
Hs 06.00: Estimated end of competition	Hs 05.00: Sanbon Team Kumite Cadets
	Hs 05.30: Sanbon Team Kumite Jun/Sen
	Hs 07.30: Estimated end of competition.

Inscriptions: By Sunday 18 March 2012, **no inscriptions on place accepted.**

It is possible to apply **ONLY** via E-MAIL to the: info@kentozen.it filling out the form on our website www.kentozen.it under "events" (instruction on pag. 6 of this schedule)
NB: Always ask for confirmation of mailing reception

It is important to respect the date to permit us to give you a detailed program of the competition, to facilitate coaches and athletes, but if only one send it in delay will arrest the possibility to give the program to everyone. So we trust in your professionalism and collaboration.

Fees: € 20 x individual competition (every athlete can participate to two individual categories; any other categories will be charge 5 € each).

€ 30 x Teams

It is possible to pay at the competition. The names of the participants will be considered for the number of payers.

INFOLINE: Mobile: +39 340 9585463

info@kentozen.it

www.kentozen.it

SATURDAY 24 th MARCH 2012:

KATA: SHOTOKAN-SHOTOKAI Kids (rules pag. 5)

KATA INDIVID. KIDS: (6/8 years) hs 9,30, (9/11 years) hs 10,30, (12/14 years) hs 12,00.

Year: 2004/05/06 (6/8)				Year:2001/02/03 (9/11)				Year 1998/99/2000(12/14)			
N1	6/8 years	WHITE/YELLOW	M	N7	9/11 years	WHITE/YELLOW	M	N15	12/14	WHITE/YELLOW	M
N2	6/8 years	ORANGE/GREEN	M	N8	9/11 years	ORANGE/GREEN	M	N16	12/14	ORANGE/GREEN	M
N3	6/8 years	BLUE/BROWN	M	N9	9/11 years	BLUE/BROWN	M	N17	12/14	BLUE/BROWN	M
				N10	9/11 years	BLACK	M	N18	12/14	BLACK	M
N4	6/8 years	WHITE/YELLOW	F	N11	9/11 years	WHITE/YELLOW	F	N19	12/14	WHITE/YELLOW	F
N5	6/8 years	ORANGE/GREEN	F	N12	9/11 years	ORANGE/GREEN	F	N20	12/14	ORANGE/GREEN	F
N6	6/8 years	BLUE/BROWN	F	N13	9/11 years	BLUE/BROWN	F	N21	12/14	BLUE/BROWN	F
				N14	9/11 years	BLACK	F	N22	12/14	BLACK	F

KATA TEAM KIDS: hs 10,30 (6/8 years) 12,00 (9/11 years) 01,00 (12/14 years)

M1	6/8 years	W/Y/O/G/BL/BR	M2	9/11 years	W/Y/O/G	M4	12/14years	W/Y/O/G
			M3	9/11 years	BL/BR/BL	M5	12/14 years	BL/BR/BL

KUMITE: Sanbon Kids (rules pag. 5)

KUMITE IND. (Sanbon): hs 03,00 (6/8 years),01,00 (9/11 years),01,00 (12/14 years).

R1	6/7 years	W/Y/O	M	OPEN	R15	6/7 years	W/Y/O	F	OPEN
R2	6/7 years	GR/BL/BR	M	OPEN	R16	6/7 years	GR/BL/BR	F	OPEN
R3	8/9 years	W/Y/O/G	M	-135 cm	R17	8/9 years	W/Y/O/G	F	-135 cm
R4	8/9 years	BL/BR/B	M	-135 cm	R18	8/9 years	BL/BR/B	F	-135 cm
R5	8/9 years	W/Y/O/G	M	+135 cm	R19	8/9 years	W/Y/O/G	F	+135 cm
R6	8/9 years	BL/BR/B	M	+135 cm	R20	8/9 years	BL/BR/B	F	+135 cm
R7	10/11 years	W/Y/O/G	M	-145 cm	R21	10/11 years	W/Y/O/G	F	-140 cm
R8	10/11 years	BL/BR/B	M	-145 cm	R22	10/11 years	BL/BR/B	F	-140 cm
R9	10/11 years	W/Y/O/G	M	+145 cm	R23	10/11 years	W/Y/O/G	F	+140 cm
R10	10/11 years	BL/BR/B	M	+145 cm	R24	10/11 years	BL/BR/B	F	+140 cm
R11	12/14 years	W/Y/O/G	M	-160 cm	R25	12/14 years	W/Y/O/G	F	-150 cm
R12	12/14 years	BL/BR/B	M	-160 cm	R26	12/14 years	BL/BR/B	F	-150 cm
R13	12/14 years	W/Y/O/G	M	+160 cm	R27	12/14 years	W/Y/O/G	F	+150 cm
R14	12/14 years	BL/BR/B	M	+160 cm	R28	12/14 years	BL/BR/B	F	+150 cm

KUMITE TEAM (shobu Sanbon): hs 04,30 (12/14 years): 1998/1999/2000, (9/11 years) 2001/02/03

Q1	6/7/8 years	M	OPEN	Q2	6/7/8 years	F	OPEN
Q3	9/11 years	M	OPEN	Q4	9/11 years	F	OPEN
Q5	12/14 years	M	OPEN	Q6	12/14 years	F	OPEN

Girls in 12/14 categories must have chest cover.

KATA: INTERSTYLE (SHITO,WADO,GOJU, ecc.) Kids (rules pag. 5)

KATA INDIVID. KIDS: (6/8 years) hs 9,30 (9/11 years) hs 10,30 (12/14 years) hs 12,00

Year: 2004/05/06 (6/8)				Year:2001/02/03 (9/11)				Year 1998/99/2000(12/14)			
P1	6/8 years	WHITE/YELLOW	M	P7	9/11 years	WHITE/YELLOW	M	P15	12/14 years	WHITE/YELLOW	M
P2	6/8 years	ORANGE/GREEN	M	P8	9/11 years	ORANGE/GREEN	M	P16	12/14 years	ORANGE/GREEN	M
P3	6/8 years	BLUE/BROWN	M	P9	9/11 years	BLUE/BROWN	M	P17	12/14 years	BLUE/BROWN	M
				P10	9/11 years	BLACK	M	P18	12/14 years	BLACK	M
P4	6/8 years	WHITE/YELLOW	F	P11	9/11 years	WHITE/YELLOW	F	P19	12/14 years	WHITE/YELLOW	F
P5	6/8 years	ORANGE/GREEN	F	P12	9/11 years	ORANGE/GREEN	F	P20	12/14 years	ORANGE/GREEN	F
P6	6/8 years	BLUE/BROWN	F	P13	9/11 years	BLUE/BROWN	F	P21	12/14 years	BLUE/BROWN	F
				P14	9/11 years	BLACK	F	P22	12/14 years	BLACK	F

KATA TEAM KIDS: hs 10,30 (6/8 years) 12,00 (9/11 years) 01,00 (12/14 years)

Z1	6/8 years	W/Y/O/G/BL/BR	Z2	9/11 years	W/Y/O/G	Z4	12/14 years	W/Y/O/G
			Z3	9/11 years	BL/BR/B	Z5	12/14 years	BL/BR/B

Alethes can participate in higher categories only after the inscription or only after having competed in their own category. This rule is necessary in order to avoid that some categories are overcrowded.

SUNDAY 25 th MARCH 2012:

KATA: SHOTOKAN-SHOTOKAI *Cad, Jun, Sen, Master* (rules pag 5)

KATA INDIVID. CADETS/JUNIOR/SENIOR/MASTER: hs 09,30

CAD/JUN-Year: 1992/93/94/95/96/97				SENIOR Year: 1991 al 1977											
A1	WHITE/YELLOW	M		A5	WHITE/YELLOW	F		A9	WHITE/YELLOW	M		A13	WHITE/YELLOW	F	
A2	ORANGE/VER	M		A6	ORANGE/VER	F		A10	ORANGE/VER	M		A14	ORANGE/VER	F	
A3	BLUE/BROWN	M		A7	BLUE/BROWN	F		A11	BLUE/BROWN	M		A15	BLUE/BROWN	F	
A4	BLACK	M		A8	BLACK	F		A12	BLACK	M		A16	BLACK	F	

KATA A TEAM: CAD/JUN/SEN

Hs 12,00

S1	W/Y/O/G	M		S3	W/Y/O/G	F		D1	W/Y/O/G	M		D3	W/Y/O/G	F	
S2	BL/BR/BL	M		S4	BL/BR/BL	F		D2	BL/BR/BL	M		D4	BL/BR/BL	F	

MASTER RENGOKAI : (shoto-shito-wado-ecc.....)

Hs 12,00

KUMITE: *Cadets, Junior, Senior, Master* (rules pag. 5).

KUMITE IND. (shobu sanbon): hs 01,30 CADETS, hs 02,00 JUN, IPPON and MASTER, hs 03,00 SENIOR.

CADETTI: (1995/96/97)				JUNIOR: (1992/93/94)				SENIOR: (1991/1977) (No Cadetti)			
E1	W/Y/O/GREEN	Kg -70	M	G1	W/Y/O/GREEN	Kg -70	M	H1	W/Y/O/GREEN	Kg -70	M
E2	W/Y/O/GREEN	Kg +70	M	G2	W/Y/O/GREEN	Kg +70	M	H2	W/Y/O/GREEN	Kg +70	M
E3	BL/BR/BLACK	Kg -65	M	G3	BL/BR/BLACK	Kg -68	M	H3	BL/BR/BLACK	Kg -68	M
E4	BL/BR/BLACK	Kg -70	M	G4	BL/BR/BLACK	Kg -78	M	H4	BL/BR/BLACK	Kg -78	M
E5	BL/BR/BLACK	Kg +70	M	G5	BL/BR/BLACK	Kg +78	M	H5	BL/BR/BLACK	Kg +78	M
E6	W/Y/O/GREEN	Kg -50	F	G6	W/Y/O/GREEN	Kg -55	F	H6	W/Y/O/GREEN	Kg -58	F
E7	W/Y/O/GREEN	Kg +50	F	G7	W/Y/O/GREEN	Kg+55	F	H7	W/Y/O/GREEN	Kg +58	F
E8	BL/BR/BLACK	Kg -50	F	G8	BL/BR/BLACK	Kg -55	F	H8	BL/BR/BLACK	Kg -58	F
E9	BL/BR/BLACK	Kg +50	F	G9	BL/BR/BLACK	Kg+55	F	H9	BL/BR/BLACK	Kg +58	F

****MASTER (only SANBON): hs 02,00**

L1	OPEN	Kg OPEN	M	L2	OPEN	Kg OPEN	F				
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IPPON JUNIOR/SENIOR hs 02,00 (No Cadets)

L3	OPEN	Kg OPEN	M	L4	OPEN	Kg OPEN	F				
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KUMITE Sanbon TEAM ONLY MIXED: (3 male/2 female)

CADETS Hs:05,00				JUNIOR/SENIOR Hs:05,30 (No Cadets)							
V1	Mixed	OPEN	3M+2F	V2	Mixed	OPEN	3M+2F				

KATA: INTERSTYLE (SHITO,WADO,GOJU,ecc.) *Cad, Jun, Se, Master* (rules pag 5)

KATA INDIVID. CADETTI/JUNIOR/SENIOR/MASTER: hs 09,30

CAD/JUN-Year: 1992/93/94/95/96/97				SENIOR Year: 1991 al 1977											
C1	WHITE/YELLOW	M		C5	WHITE/YELLOW	F		C9	WHITE/YELLOW	M		C13	WHITE/YELLOW	F	
C2	ORANGE/VER	M		C6	ORANGE/VER	F		C10	ORANGE/VER	M		C14	ORANGE/VER	F	
C3	BLUE/BROWN	M		C7	BLUE/BROWN	F		C11	BLUE/BROWN	M		C15	BLUE/BROWN	F	
C4	BLACK	M		C8	BLACK	F		C12	BLACK	M		C16	BLACK	F	

KATA A TEAM: CADETS/JUNIOR/SENIOR

Hs 12,00

T1	W/Y/O/G	M		T3	W/Y/O/G	F		D1	WHI/YEL/ORAN/GR	M		D3	WHI/YEL/ORAN/GR	F	
T2	BL/BR/BL	M		T4	BL/BR/BL	F		D2	BLUE/BROWNR/BLACK	M		D4	BLUE/BROWNR/BLACK	F	

Alethes can participate in higher categories only after the inscription or only after having competed in their own category. This rule is necessary in order to avoid that some categories are overcrowded.

KUMITE (SANBON KIDS)

Individual Kumite:

- The matches will last 1.30 minutes;
- Max schss: **3 IPPONS**, both in all the stages and in finals;
- Contact to face is forbidden, light chudan contact permitted

Team Kumite: the previous rules apply (participants between 6/8 years of age not permitted)

COMPULSORY PROTECTIONS: Cup, Gloves, shin pads, helmet, body armour, Chest cover (12/14 years only)

Protections are personal. Helmet and body armour can be provided by the organizers if the athletes do not own them. A selling point will be present as well.

A stand selling the main equipment for the competition will be available.

KATA Rules (Number point system used, no flag)

- Styles will be divided into SHOTOKAN and INTERSTYLE (SHITO, WADO, GOJU.....etc).
- It is important to specify the style when apply to the competition.
- White, Yellow and Orange belts can bring the same KATA to the final.
- Given the presence of athletes from difference Federations, in the KIDS categories the following KATAS are allowed: Gojushiho sho/dai, Unsu Suparimpei, or a correspondent one in your own style.
- KIDS KATA teams can be of **mixed genders**.

KUMITE SANBON RULES: CADETS /JUNIOR/SENIOR and MASTER

- Matches will last 2 minutes
- Finals will last 3 minutes with a max schs of 3 IPPONS.
- COMPULSORY PROTECTIONS: Cup, Gloves (white,red,blue) ,Chest cover, shin pads (without foot cover)
- OTHER ACCEPTED PROTECTIONS: Gum shield
- ***Team Kumite:** Same individual rules.
- ****Junior and Senior can't participate in the Master category**

The societies which own an advertising banner are kindly invited to expose it during the 2 days competition

AWARD CEREMONY:

At the end of each category an award ceremony will take place.

KATA or KUMITE:

Individual Categories: Cup to the first, medals to the second and the two third places.

Team Categories: Cup plus medals to the first THREE teams in each category

SOCIETY:

Participation prize to everyone.

- Cup to the first four societies in Shotokan Kata and in Interstyle Kata.
- Cup to the first four societies in Kumite.

EXTRA Prizes:

They will be awarded directly to the societies by the sponsors of the event.

HOW TO GET THE PALADESIO:

From airports <u>Linate:</u> <ul style="list-style-type: none">• Autobus to "Piazza San Babila"• Take the subway until Cadorna station <u>Malpensa:</u> <ul style="list-style-type: none">• Take the train "Malpensa express until "Cadorna Station" <u>Bergamo:</u> <ul style="list-style-type: none">• Bus Shuttle until "Milano Centrale" station	From raily station: <u>Milano Centrale o Cadorna:</u> <ul style="list-style-type: none">• Take the subway (green line) to "Porta Garibaldi "or SS train.• Take the train to "FS Desio" (dir. Chiasso or Seregno) From Desio station to Paladesio: 2.8 km
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DURING THE TWO DAYS OF THE COMPETITION THERE WILL BE A RESTAURANT POINT IN THE PALASPORT

ON THE SITE WWW.KENTOZAZEN.IT YOU WILL FIND THE COMPLETE LIST OF THE HOTELS SETTLED WITH THE EVENT

INFOLINE: Mobile: +39 340 9585463

info@kentozazen.it

www.kentozazen.it

Entry instructions:

You'll find where and how to complete the entry form on the website www.kentozazen.it.

1. Go to the “**News and Results**” page or click directly on “**home**”
2. Select “entry form” in the top right-hand corner to open an excel file (England flag) and save it on your pc.
3. The file is protected so you'll be able to complete only the parts that are of interest to

" International Grand Prix d'Italia "					
Federation:	fesik	Country: italy			
Club:	asd ken to zazen				
Style: (cross with "X")	SHOTOKAN	X	INTERSTYLE		
Club	Surname and Name	CAT. KATA	CAT. KUMITE	CAT. EXTRA KATA	CAT. EXTRA KUMITE
asd ken to zazen	Rossi Mario	N1	N2	R1	R2
TEAMS					
Surname and Name	Refree	U.D.G			
Signed:					
The person in charge of the club declares that all above listed athletes are in possession of a valid membership document for the current year and declared fit and healthy .You are reminded to leave a telephone number in case any further explanation regarding entrance information given by you, is needed.					
Tel:					
(for the need to be contacted on behalf of organisers)					
<p style="color: red;">N.B.if the number of entries exceed the number of spaces available on this page,please go to a second and third page'iscrizioni2' and 'iscrizioni3' (see red bottom of page) to complete all entries.</p>					

4. Complete the form in the following areas: **Club's name, federation or organisation, city of origin, style practised**
5. Insert the names of individual athletes with surname and then first name as well as the letter/letters of the category in which they compete.
6. In case the allocated space is insufficient, please click on the red "iscrizioni n2 (at the bottom of the page) and an exact copy of the first page will open. Would you still need

extra space , a third page "iscrizioni n3" is avai lable and you can insert up to 103 names thisway.

7. Follow the same procedure for team entries .They should be entered at the bottom after the individual entries and you can enter up to 60 teams indicating the name of the team in the first space followed by the surnames or the 3 components and the reference and category numbers in the other 2 spaces.
8. Insert the name of the head of your club in the space "signed" and insert a telephone number in the appropriate box.
9. Please do not insert any information not asked for. Only the following is necessary
 - a. Clubs's name
 - b. Name and surname of athletes
 - c. Reference letter and number for categories Kata, Kumite and extra categories can be found in the newsletter and chosen according to age, belt, sex and style of athlete. **THESE MUST BE WRITE IN CAPS LETTER AND WITHOUT SPACES** (e.g. N1 right, N 1 or n1 or n 1 false)
 - d. IT IS NOT NECESSARY TO INDICATE DATE OF BIRTH, SEX OR BELT. The organisers would be able to retrieve this information from the reference to category (e.g.If you have inserted "N1" you would have chosen the category 6/8 years white/yellow,boys Kata shotokan) .
10. Please Save the document on your pc with the name of your club (es. Ken to zazen.exe) and send it by E-mail **ONLY** to info@kentozazen.it. No faxes or other entry forms different from online form will be accepted.