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CHAMPIONSHIPS

TEAM & INDIVIDUAL

KATA, KUMITE,
JAKUSOKU KUMITE
FOR ALL AGES



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**GPHK | SKIF
2023**

20TH GRAND PRIX HRADEC KRALOVE
INTERNATIONAL KARATE TOURNAMENT (SKIF)
29TH - 30TH APRIL 2023



KRÁLOVÉHRADECKÝ
KRAJ



HRADEC KRÁLOVÉ



REGINA



INVITATION

Kamil Guzek
Director of Grand Prix Hradec Kralove



Dear karatekas,

after being the hosts of the SKIF European Championship 2017 and the SKIF World Championship 2019, we are delighted to invite you to the 20th international tournament Grand Prix Hradec Kralove. The tournament will be in accordance with the karate SKIF rules and will take place in Trebes Sports Hall, as in the 4 previous years. Both halls will be available for the tournament.

At the tournament, there will be an official book launch of the 2019 World Championship held in Hradec Kralove.

The tournament will have official categories like the World Championships. The tournament will therefore be an ideal preparation for the upcoming 2023 World Championships in Hungary. In addition, there will be weight categories in all youth categories in kumite.

The city of Hradec Kralove together with the Kralovehradecky Region support Grand Prix Hradec Kralove and have included it into the calendar of the most prestigious events named HK REGINA. On top of that, this tournament is under the auspices of the Kralovehradecky Region and SKIF CZ.

Like every year, we will try our best to make all the participants of Grand Prix Hradec Kralove 2023 satisfied and enable them to enjoy both the tournament and their stay in Hradec Kralove. The whole organization team and I are looking forward to seeing you in Hradec Kralove at GPHK 2023.

VENUE

29th - 30th April 2023
Trebes Sports Hall / Hradec Kralove / CZE



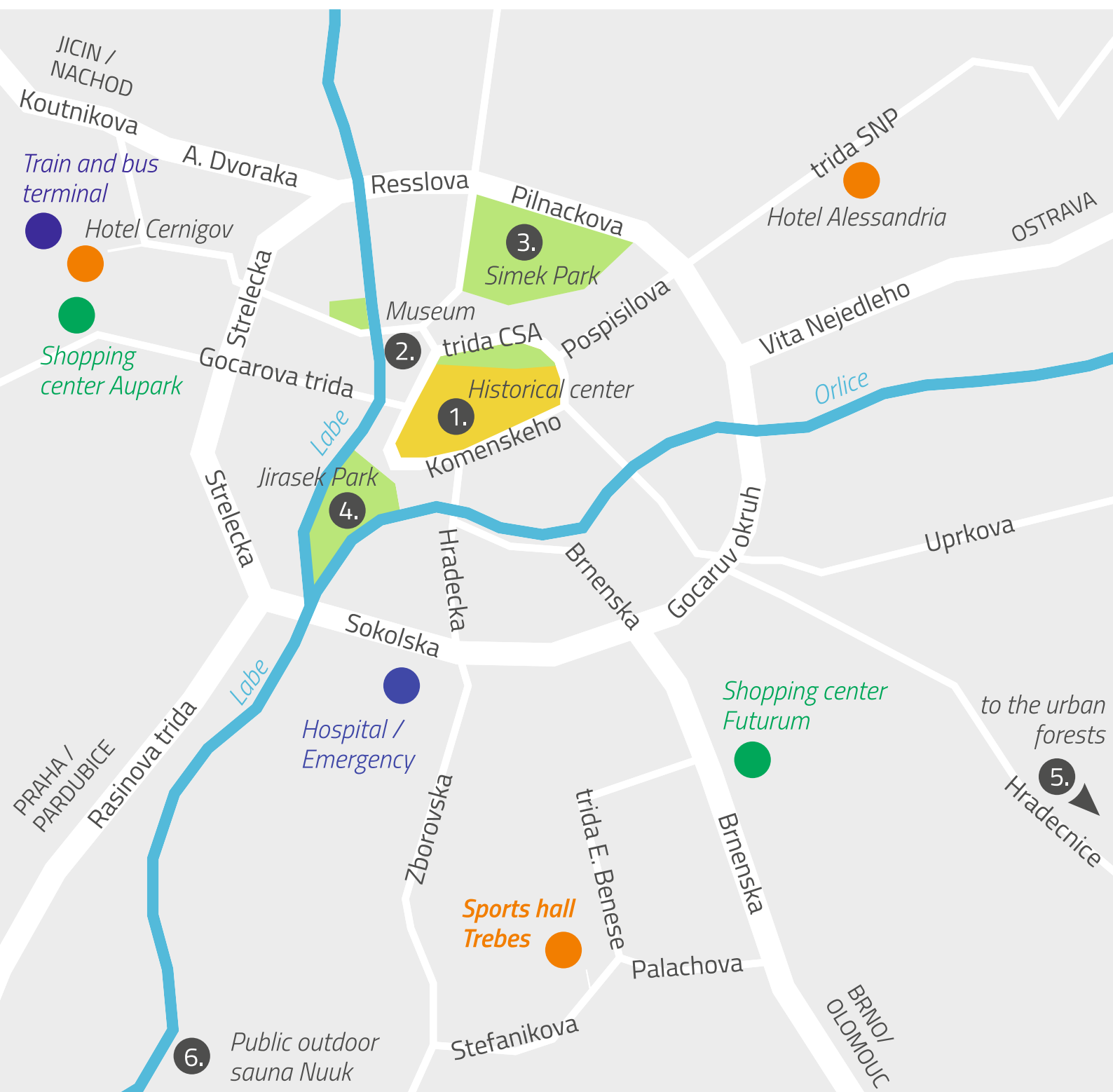
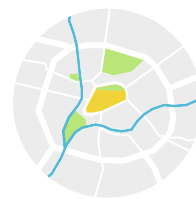
Venue: Trebes Sports Hall, Hradec Kralove, Czech Republic

Address: Na Potoce 691/30, 500 11 Hradec Kralove

GPS: N 50° 11.38368', E 15° 50.32417'

CITY MAP

20th Grand Prix Hradec Kralove
29th - 30th April 2023



Legend of the map on next page

WHAT TO VISIT

20th Grand Prix Hradec Kralove
29th - 30th April 2023



1. Historical center. What to visit: The White tower (www.bilavez.cz), The Cathedral of the Holy Spirit, The Gallery of modern art, terraces and gardens around the square.

2. Museum. www.muzeumhk.cz

3. Šimek sets. Go for a walk, relax and take a coffee.

4. Jirasek sets. Beautiful nature in a middle of city. What to see: Confluence of Labe

(Elbe) and Orlice rivers and wooden Church of the Holy Nicholas.

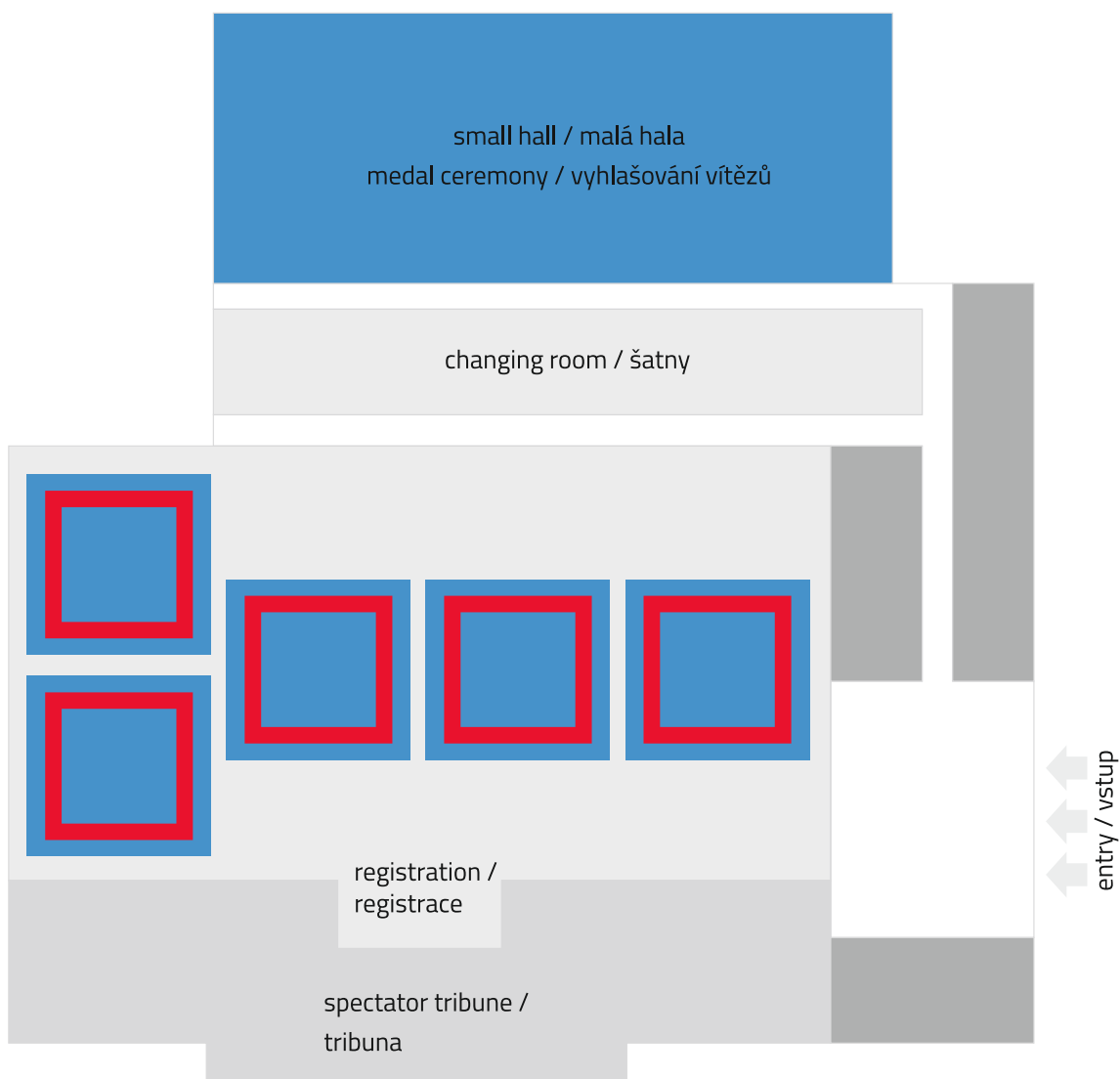
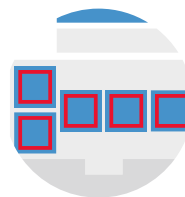
5. The Urban forests. What to see: Fields with fallow deer, wild boars, and sika deer (2 km from bus stop "Lesní hrbitov", bus line no.9). www.mestske-lesy.cz

6. Public outdoor sauna NUUK (2km from confluence on the left bank of the Labe River) www.saunanuuk.net

SCHEME OF THE HALL

29th - 30th April 2023

Trebes Sports Hall / Hradec Kralove / CZE



TIME SCHEDULE

FRIDAY 28th, SATURDAY 29th April 2023
Trebes Sports Hall / Hradec Kralove / CZE



FRI 28 th April	18:00 – 21:00	registration of competitors (in Hotel Cernigov)
SAT 29 th April	08:00 – 09:00	registration of competitors (in sports hall)
SAT 29 th April	09:00 – 09:30	referee meeting
SAT 29 th April	10:00	start of the competition

Cadets (14-15 years)

kata male
kata female
kata team male (with juniors)
kata team female (with juniors)
kumite male / -60, +60
kumite female / -55, +55
kumite OPEN (male, female)
kumite team male cadets
kumite team female cadets

kata team female (+18 years)
kumite male / -65, -75, -85, +85
kumite female / -60, +60
kumite OPEN (male, female)
kumite team male seniors
kumite team female seniors

Juniors (16-17 years)

kata male
kata female
kata team male (with cadets)
kata team female (with cadets)
kumite male / -65, +65
kumite female / -55, +55
kumite OPEN (male, female)
kumite team male juniors
kumite team female juniors

Masters (-50 years)

kata male
kata female
kata team mix
kumite team / male, female
kumite male OPEN
kumite female OPEN
yakusoku kumite team

Masters (-60 years)

kata male
kata female
kata team mix
kumite team / male, female
kumite male OPEN
kumite female OPEN
yakusoku kumite team

Masters (+60 years)

kata male
kata female
kata team mix
kumite team / male, female
kumite male OPEN
kumite female OPEN
yakusoku kumite team

U20 (18-19 years)

kata male
kata female
kumite male / -70, +70
kumite female / -60, +60
kumite OPEN (male, female)

Seniors (+20 years)

kata male
kata female
kata team male (+18 years)

Notes: It is allowed to start in own category and also in older category (except seniors/Masters).
It's allowed for masters' categories to start in own category and also in younger category

TIME SCHEDULE

SUNDAY 30th April 2023
Trebes Sports Hall / Hradec Kralove / CZE



SUN 30 th April	07:30 – 08:15	registration of competitors
SUN 30 th April	08:15 – 08:45	referee meeting
SUN 30 th April	09:00	start of the competition

Children 7-9 years

kata boys / up to 7th kyu, from 6th kyu
kata girls / up to 7th kyu, from 6th kyu
kata team boys (7-13 years)
kata team girls (7-13 years)
kumite boys / -30, +30
kumite girls / -30, +30
kumite OPEN (boys, girls)
yakusoku kumite up to 7th kyu
– gohon kumite
yakusoku kumite from 6th kyu
– sanbon kumite

Children 10-11 years

kata boys / up to 7th kyu, from 6th kyu
kata girls / up to 7th kyu, from 6th kyu
kata team boys (7-13 years)
kata team girls (7-13 years)
kumite boys / -35, +35
kumite girls / -35, +35
kumite OPEN (boys, girls)
yakusoku kumite up to 7th kyu
– gohon kumite
yakusoku kumite from 6th kyu
– sanbon kumite

Children 12-13 years

kata boys / up to 7th kyu, from 6th kyu
kata girls / up to 7th kyu, from 6th kyu
kata team boys (7-13 years)
kata team girls (7-13 years)
kumite boys -50, +50
kumite girls -45, +45
kumite OPEN (boys, girls)
yakusoku kumite up to 7th kyu
– sanbon kumite
yakusoku kumite from 6th kyu
– kihon ippon kumite

Note: It is allowed to start in own category and also in older category.

RULES - KATA

Tournament with SKIEF rules with details mentioned below



<https://karate-skif.cz/wp-content/uploads/2019/03/SKIEF-Competition-Rules-2.1.pdf>

KATA

- at least 8th kyu
- repasage: kohaku system until final 2. All who lost with finalists go to new "repasage" draw again; two competitors who win repasage draw and 2 finalist go together to FINAL 4 for points; one third place
- in kata category consisting of 7 and less contestants, there will be a single round with points being awarded right away
- SKIF standardization is preferred

children (7-13 years)

- kohaku system: Heian Shodan – Godan selected by referee panel
- final – tokui kata: Heian Shodan – Godan, Tekki-Shodan, Bassai-dai, Jion, Kanku-dai and Empi

cadets (14-15 years)

- kohaku system: Heian Shodan – Godan or Tekki Shodan selected by referee panel
- final – tokui kata: Heian Shodan – Godan, Tekki-Shodan, Bassai-dai, Jion, Kanku-dai, Empi, Gankaku, Jitte, Bassai-sho and Kanku-sho

juniors (16-17 years)

- kohaku system: Heian Shodan – Godan or Tekki Shodan selected by referee panel
- final – tokui kata: all kata allowed (except Seienchin, Seipai, Gankaku-sho and Nijuhachi)

U20, seniors

- kohaku system: Bassai-dai, Jion, Kanku-dai or Empi selected by referee panel
- final – tokui kata: all kata allowed

Masters

- kohaku system: Bassai-dai, Jion
- final – tokui kata: all kata allowed

KATA TEAM

- kata team will be held for 2 rounds, semifinal and final by point system, if there are more than 8 teams. If there is 8 and less teams, there will be 1 round; if there is any draw in semifinal, teams must perform different kata; if there is a draw in final, teams can perform kata from semifinal; so 2 katas must be prepared in total
- children (7-13 years) – Heian Shodan – Godan
- juniors, seniors, masters – all kata allowed
- kata team mix (masters) – males, females and mixed teams together, U50 and 50+ together

RULES – KUMITE & TEAMS

Tournament with SKIEF rules with details mentioned below



KUMITE & KUMITE TEAM

- at least 6th kyu
- all categories – Ippon Han Shobu
- children and cadets (7-15 years) – match of 90 seconds
- juniors, U20, seniors, Masters – match 120 seconds
- Repasage: kohaku system until final; all who lost with finalists go to new "repasage" draw again; two competitors who win "repasage" draw are third. There are two 3rd places to win.
- team – 3+1 competitors
- protectors: Gum shield, Mitts (approved by SKIF) are compulsory (red and blue mitts are allowed); Groin and Chest (Girls) protectors are allowed, but Shin protectors are forbidden; Body protectors are allowed for children's and cadet's categories (7-15 years)

YAKUSOKU KUMITE INDIVIDUAL (children)

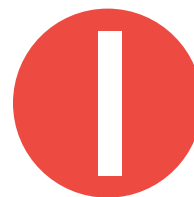
- system is same as in kumite. Individuals (not teams) are competing against each other in kohaku system with repasage
- **gohon kumite** – each competitor must do five attacks jodan oi-zuki and five attack chudan oi-zuki; each competitor must demonstrate one defending technique on each type of attack (so one defending technique five times)
- **sanbon kumite** – each competitor must do three attacks: jodan oi-zuki, chudan oi-zuki, chudan mae-geri; each competitor must demonstrate one defending technique on each attack
- **kihon ippon kumite, jiyu ippon kumite** – each competitor must do five attacks: jodan oi-zuki, chudan oi-zuki, chudan mae-geri, chudan yoko-geri-kekomi, jodan mawashi-geri; each competitor must demonstrate one defending technique on each attack; each competitor must demonstrate different defending techniques
- SKIF defending techniques are preferred

YAKUSOKU KUMITE TEAM (Masters)

- competition of pairs (2 competitors complete as one team)
- one club can have more yakusoku kumite teams
- yakusoku kumite for seniors and masters will be held according to Article 16, page 18-19 of SKIEF competition Rules 2.1:
<https://karate-skif.cz/wp-content/uploads/2019/03/SKIEF-Competition-Rules-2.1.pdf>
- one category mixed together, teams consisting of 2 competitors (male, female and mixed together)
- preliminary rounds – Kohaku system with repasage same as KATA – Kihon ippon kumite
- final 4 – point system – Jiyu ippon kumite

IMPORTANT INFORMATION

entry forms, entry fees



Entry forms:

till 24th April 2023 via e-mail info@spartak.cz

Entry fees:

10 EUR per individual category (kata, kumite, yakusoku kumite individual)

15 EUR per yakusoku kumite team

20 EUR per team category (kata team, kumite team)

It is possible to pay in cash during the registration on tournament or it is possible to pay in advance on bank account:

IBAN: Cz2320100000002600709258

SWIFT: FIOBCZPPXXX

Bank: Fio banka, a.s.

Adress: V Celnici 10, 117 21 Praha 1

Name account: SK Karate Spartak Hradec Kralove

All referees have accommodation in hotel Cernigov and meals during the tournament free of charge.

Protest fee:

20 EUR

in case of successfull protest the protest fee will be repaid

Transfers:

- there will be transfers between hotel Cernigov and sports hall (free of charge)
- we can arrange the transfer from Prague Airport to Hradec Kralove and back (for at least 3 persons). If you are interested to this possibility please send your order on info@spartak.cz (with date of arrival and departure, number of persons)

AWARDS

20th Grand Prix Hradec Kralove
29th - 30th April 2023



Individual categories

1 st place	cup, medal, diploma
2 nd place	medal, diploma
3 rd place	medal, diploma

Kata TEAM

1 st place	1x cup, 3x medal, 3x diploma
2 nd place	3x medal, 3x diploma
3 rd place	3x medal, 3x diploma

Kumite TEAM

1 st place	1x cup, 4x medal, 4x diploma
2 nd place	4x medal, 4x diploma
3 rd place	4x medal, 4x diploma

Medals from 17th GPHK.



ACCOMMODATION

official hotels



HOTEL ČERNIGOV *** (official hotel)

Address:

Riegrovo nám. 1494, 500 02 Hradec Králové

Booking:

by e-mail: fom.hchk@cpihotels.com or by phone number: +420 495 814 266

www.hotelcernigovhradeckralove.com

Free transfers from the official hotel to sports hall and back.

During booking process mention keyword "KARATE"

We can guarantee price mentioned above only with booking by e-mail or by phone with keyword KARATE (not by any web portals or booking systems)!

Other accommodation

HOTEL ALESSANDRIA ***

Address:

Třída SNP 733, 500 03 Hradec Králové

Booking:

by e-mail: recepce@alessandria.cz or by phone number: +420 495 777 111

www.alessandria.cz

EA HOTEL TEREZIÁNSKÝ DVŮR **** (official hotel)

Address:

Jana Koziny 336, 500 00 Hradec Králové

Booking:

by e-mail: terezianskydvur@eahotels.cz or by phone number: +420 495 505 111

www.hotelterezianskydvur.com