



## POLSKI ZWIĄZEK KARATE

Komisja Karate Tradycyjnego i Fudokan  
01-355 Warszawa, ul. Konarskiego 4A  
e-mail: komisja@fudokan.pl, [www.fudokan.pl](http://www.fudokan.pl)

# "Torun Open 2020" Euro Cup

- 1. DATE:** October 31<sup>th</sup>, 2020 (Saturday)  
**2. PLACE:** Sports Hall the Arena Toruń, General Jozef Bem Street 73-98, 87-100 Toruń  
**3. ORGANIZERS:** Traditional and Fudokan Karate Commission of Polish Karate Federat. Academic Traditional Karate Club  
**4. SPONSORS:** WSiR Toruń  
**PARTNERS:** Zakład Masarski H.S. Romanowscy , ZM Toruń Maciej Lewandowski  
**5. PATRONAGE:** Polish Karate Federation  
**6. RULES:** Traditional and Fudokan Karate Commission  
**7. AGE GROUPS:**  
GROUP A 6 years and younger, born from 2014  
GROUP B 7-8 years, born in 2013-2012  
GROUP C 9-10 years, born in 2011-2010  
GROUP D 11-12-13 years, born in 2009-2008-2007  
GROUP E 14-15 years, born in 2006-2005  
GROUP F 16-18 years, born in 2004-2003-2002  
GROUP G from 19 years, born in 2001 and older  
**PROGRAM:**  
**9.00 – 11.00** official opening of the Euro Cup  
eliminations , finals of other competitions  
**8. COMPETITIONS:**

### **GROUP A** 6 years and younger, born from 2014

**A.Kata:** Taikyoku 1.

**B.Kihon:** - 4x:

1. →Oi-zuki
2. ←Age-uke
3. →Mae-gerichudan
4. ←Gedan-barai

**C.Kodachi**

Kata, Kihon, Kodachi: girls and boys together.

### **GROUP B** 7-8 years, born 2013-2012

**A.Kata:** Taikyoku 1. + Heian 1.-5.  
Final – tokui kata

**B.Kihon-Ippon-Kumite**

**C.Kumite classic contactless Shobu-Ippon**

**D.Semi-contact kumite**

Boys -30kg, + 30kg  
Girls -25kg, + 25kg

**E.Kodachi**

Girls and boys separately

<p><b>GROUP C</b> 9-10 years, born 2011-2010</p> <p><b>A.Kata:</b> Taikyoku 1. + Heian 1.-5. Final – tokui kata</p> <p><b>B.Kihon-Ippon-Kumite</b></p> <p><b>C.Kumite classic contactless Shobu-Ippon</b></p> <p><b>D.Semi-contact kumite</b>  <b>B</b> -40kg, +40kg  <b>G</b> -35kg, +35kg</p> <p><b>E.Kodachi</b>   <u>Girls and boys separately</u></p>	<p><b>GROUP D</b> 11-12-13 years, born 2009-2008-2007</p> <p><b>A.Kata:</b> Heian 1.-5. Bassai, Kanku, Jion, Enpi. Final – tokui kata</p> <p><b>B.Jiu-Ippon-Kumite</b> Fudokan Youth Kumite Rules</p> <p><b>C.Kumite classic contactless Shobu-Ippon</b></p> <p><b>D.Semi-contact kumite</b>  <b>B</b> -50kg, +50kg  <b>G</b>-45kg, +45kg</p> <p><b>E.Kodachi</b>   <u>Girls and boys separately</u></p>
<p><b>GROUP E</b> 14-15 years, born 2006 - 2005</p> <p><b>A.Kata:</b> tokui</p> <p><b>B.Kumite classic contactless Shobu-Ippon</b></p> <p><b>C.Semi-contact kumite</b>  <b>B</b> -60kg, +60kg  <b>G</b>-50kg, +50kg</p> <p><b>D.Kodachi</b></p>	<p><b>GROUP F</b> 16-18 years, born 2004 - 2003</p> <p><b>A.Kata:</b> tokui</p> <p><b>B.Kumite classic contactless Shobu-Ippon</b></p> <p><b>C.Kodachi</b></p>
<p><b>GROUP G</b> from 19 years, born 2002 and older</p> <p><b>A.Kata:</b> tokui</p> <p><b>B.Kumite classic Shobu-Ippon</b></p> <p><b>C.Kodachi</b></p>	<p><b>GROUP H – KATA MASTERS + 40 lat</b></p> <p><b>Kata:</b> tokui</p>

**REGULATIONS:**

1. The organizer reserves the possibility of joining or separating groups depending on the number of registered athletes.
2. Starting with the cup system with repassages will have a double III. place in each competition.
3. Group A: Kata, Kihon, Kodachi - boys and girls together.
4. Group B, C, D, E, F, G: all competitions broken down by gender.
5. KIHON in Group A: 1. →Oi-zuki, 2. ←Age-uke, 3. →Mae-gerichudan, 4. ←Gedan-barai.
6. INDIVIDUAL KATA in groups A, B, C, D two players simultaneously performs the same kata. Kata is dictated by the judge and will be adapted to the degree possessed by a less

advanced player. In the final (fight for the 1st place), the competitors perform the kata tokui separately.

7. INDIVIDUAL KATA in groups E, F, G –from semi-finals (8 persons) scoring system, athletes perform separately kata tokui, in the final they must present different kata than in the semi-final. In these competitions there will be a single medal for the III place.

8. KIHON-IPPON-KUMITE in groups B, C:

Attack1: Oi-Zuki-Jodan

Defense1: Age-Uke Gyaku-Zuki-Chudan

Attack2: Oi-Zuki-Chudan

Defense2: Soto-Uke Gyaku-Zuki-Chudan

Attack3: Mae-Geri-Chudan

Defense3: Gedan-BaraiGyaku-Zuki

In group C only in the final, in addition:

Attack4: Mawashi-Geri-JodanDefense4: Uchi-uke Gyaku-Zuki

9. KUMITE NON-CONTACT - teeth protectors, gloves (fist protectors), groin protectors, and a chest protector for girls are obligatory – **YOU MUST HAVE YOUR OWN PROTECTORS.**

10. KODACHI - fight with a short, soft sword made of sponge. The fight lasts up to 3 hits, maximum 90 seconds. The hits are accepted in any part of the opponent's body. Head gears are used. Depending on the age group, the battlefield may have 3x7 m up to 4x8 m.

11. In addition, general conditions shall be met:

- Adequate age: take ID or school ID card with photo.
- Current permission from a sport-medicine doctor.
- Insurance (individual or club's).
- Written permission of the parent / legal guardian to start in the competition.
- Making a start fee.
- Making proper registration of the athletes.
- Only the year of birth counts for a start in a given age category.

### COMPETITION FEES:

First competition .....	- 20, - Euro each
Second competition .....	- 20, - Euro each
Third competition .....	- 15, - Euro each
Fourth competition .....	- 15, - Euro each

### EXAMPLE:

One athlete competes in: Kata, Kumite classic, Kumite semi, Kodachi = 4 competitions = 20+20+15+15 = 110 Euro

Jarosław Mejer 7 Dan, Chairman Organizing Committee

