



Lietuvos Shotokan karatė federacija Lithuanian Shotokan karate federation

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Kodas 190727192; Swedbank a.s LT527300010002246513, b.s. LT697300010002232530

Narystė tarptautinėse organizacijose – ESKA, WSKA, FSKA, WSKF, WKC

VIII OPEN LITHUANIAN SHOTOKAN KARATE CHAMPIONSHIP FOR SENJORS

Organizers of championship: Lithuanian Shotokan Karate Federation, Karate club “ALFA”.

Place: Lithuania Panevėžys Žvaigždžių g. 26. “Ažuolo” school sport hale (karate club “Alfa”)

Date: 2017 y. March 18 d.

Judges: Chief judge will be very grateful for any help by qualified referees.

Rules: Kata: point system (2 rounds tokui kata). Kumite: Shobu Ippon

Match area: Two tatami 7x7 m.

Categories: Male & Female

| Group | Age | Beginners 9-7 kiu | Adnavce 6-4 kiu | Masters 3-1 kiu, dan |
|--------|-------------------------|---|--|---|
| 1. | 25-29 y. | X | ----- | ----- |
| 2. | 30-34 y. | X | X | ----- |
| 3. | 35-39 y. | X | X | X |
| 4. | 40-44 y. | X | X | X |
| 5. | 45-49 y. | X | X | X |
| 6. | 50-54 y. | X | X | X |
| 7. | 55-59 y. | X | X | X |
| 8. | 60-64 y. | X | X | X |
| 9. | 65-70 y. | X | X | X |
| Kata: | Eliminations | Tokui kata | Tokui kata | Tokui kata |
| | Final | Tokui kata | Tokui kata | Tokui kata |
| Kumite | Eliminations, Finals | Shobu ippon 1,5min shobu nippon 2 min. | Shobu ippon 1,5 min shobu nippon 2 min. | Shobu ippon 1,5min shobu nippon 2 min. |

Note: If in category less than 3 competitors, they will join with other category

Additional Category - OPEN KATA for alls participants

Additional Category - OPEN KUMITE for alls participants

Protections: Gumshields, gloves (WKF red, blue), groin guards (men) and chest protectors (women) shin-foot protections (WKF red, blue) or white.

Entry Forms. You can download entry forms from our web site: www.shotokan.lt

Entry forms will be sent before **17 of March 2017 y.** *e-mail:* a.valuntonis@shotokan.lt

Entry fee. For one category (kata or kumite) 15 €, for 2 categories (kata +kumite) 25 €, for 3 category (kata+ kumite +open) 35 €

Schedule:

9.45 – 10.00 – Open ceremony
10.00 –11.00 – kata competitions
11.00 –13.00 – kumite competitions
13.00 –13.30 – Awards ceremony
14.00 –16.00 – Sayonara

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Chief judge

Alfonsas Valuntonis

Chief secretary

Kazimieras Bartkevičius



Oss !!!