



# Lietuvos Shotokan karatė federacija

## Lithuanian Shotokan karate federation

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Kodas 190727192; Swedbank a/c LT527300010002246513,  
LSKF is affiliated to: ESKA, WSKA, FSKA, WSKF and WKC

## XXVIII OPEN BALTIC STATES SHOTOKAN KARATE CHAMPIONSHIP



**Organizers:** Lithuanian Shotokan Karate Federation, karate club "ALFA".

**Place:** Parko str. 12, Panevėžys, Lithuania "*Kalnapilis*" Sport Arena

**Date:** Sunday, 19 February 2023.

**Rules:** ESKA/WKC Shotokan:

**Individual Kumite - shobu sanbon.**

**Individual Kata eliminations by flag system, final by point system (tokui kata)**

### Categories:

#### KATA

#### Male:

6-7 y.  
8 - 9 y.  
10 y - 11 y.  
12 y - 13 y.

14-15 y.  
16-17 y.  
18-20 y,

#### Female:

6-7 y.  
8 - 9 y.  
10 - 11 y.  
12 - 13 y.

14 - 15 y.  
16 - 17 y.  
18-20 y,

#### Kata list for eliminations:

Taikyoku-1  
Taikyoku-1, Heian-1,2  
Heian-1,2,3  
Heian-1,2,3,4  
Heian- 1,2,3,4,5  
Heian- 2,3,4,5, Tekki - 1  
Heian- 2,3,4,5, Tekki - 1

#### KUMITE

#### Male:

8 y.(-32 kg,+32 kg), 9 y.(-34 kg,+34 kg),  
10-11 y.(-40 kg), 10 y.(+40 kg), 11 y.(+40 kg),  
12-13 y.(-50 kg),12 y.(+50 kg), 13 y.(+50 kg),  
14-15 y.(-60 kg), 14 y.(+60 kg), 15 y.(+60 kg),  
16-17 y.(-70 kg), 16 y.(+70 kg), 17 y.(+70 kg),  
18-20 y. (open),

#### Female:

8-9 y. (open),  
10-11 y. (-35 kg, +35 kg),  
12-13 y. (-40 kg, +40 kg),  
14-15 y. (open),  
16-17 y. (open),  
18-20 y. (open),

#### Time limit

1,5 min  
1,5 min  
1,5 min  
2,0 min  
2,0 min  
2,0 min

When less than 3 competitors in a category, they will be connected to another appropriate category.

Competitors in categories 8-13 y. old Kumite allowed participate ONLY in their own age categories, Kata in their own age and one upper ( by age) category.

Competitors in categories 14-17 y. old allowed participate Kata and Kumite in their own age and one upper ( by age) category.

## PROGRAMME: 19 February 2023 Sunday

9.30 – 10.00 - Meeting  
( judges, chief coaches).

10.00 – kata, kumite:

10.00 – (6-7 y.), 8-9 y.), (10-11 y.)

11.30 – (12-13 y.)

13.30 – Awards ceremony (8-13 y.)

13.30 – 14.45– Break.

14.45 – 15.00 - Opening ceremony.

15.00 – kata, kumite:

15.00 – (14-15 y.), (16-17 y.)

16.00 – (18-20 y.)

17.30 – Awards ceremony (14-20 y.)

**Judges:** Will be very grateful for any help offered by qualified referees.

**Weight control:** weighing will be executed (selectively) before the category of competition. An athlete who does not meet the weight requirements will be disqualified (or can be moved to another category after having paid a correction fee –10 €).

**Protection: compulsory** gumshields and white gloves-mitts, (ESKA standard), groin guards (men) and chest-protectors (women) are allowed.

Each contestant must have no existing injuries and be insured against accident: In case of injury, LSKF and all organizers do not take responsibility and will not be held liable for any compensation. It is Clubs Instructors responsibility to insure competitors prior competition. *It is therefore strongly recommended that all competitors be insured against accidents and injuries.*

**Results:** for 1st place – 5 points, 2nd place – 3 points, 3rd place – 1,5 points,

**For a team victory, the club will be awarded XXVIII Baltic Shotokan karate championship cup.** Note: points are calculated only at club, not Federation level.

**Awards:** Champions will be awarded with cup, medals and diplomas, prizeman – with medals and diplomas. Two 3<sup>rd</sup> places ( Kata & Kumite).

**Entry Fee:**

25 € - for one Category 45 €- for two Cat., 60 € - for three Cat., 75 € - for four Cat .

Deadline for Application Forms 15 February 2023 y, to: e-mail: [a.valuntonis@yahoo.com](mailto:a.valuntonis@yahoo.com)

You can download entry forms from our web site: [www.shotokan.lt](http://www.shotokan.lt)

**Accommodation:**

[Panevezys Hotels, Lithuania - Amazing Deals on 46 Hotels](http://www.hotelscombined.com/Save-on-Hotel)

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**INFORMATION:** Detailed information will be clarified before the competition.

**President of**

**Lithuanian karate federation**

Chairman of Registration

Chief referee

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