



XIX International Shotokan/WKF karate tournament "TIGER WAY"

Regulation

PLACE: Lithuanian Criminal Police Bureau sport hall, Griunvaldo g. 16 Kaunas, Lithuania.

DATE: Sunday 12 of November 2023 y.

CONTEST RULES: WSKA and WKF.

ORGANIZER Lithuanian Shotokan Karate federation,

KATA: eliminations – flag system, finals (4 competitors, Tokui kata) score system,

KUMITE: Shobu ippon, WKF up to 6 points difference,

PROTECTIONS:

SHOTOKAN: gumshields, white gloves – compulsory, groin guards (male) and chest protectors (female) – allowed.

WKF - gumshields, blue/red gloves & foot protectors – compulsory, groin guards (male) and chest protectors (female, male) – allowed.

INSURANCE: Each contestant must have insurance. **For injuries and accidents during the competition, the organizers are not responsible and do not pay any compensations.**

JUDGES: Chief judge A. Valuntonis will be very grateful for any help by qualified referees.

ENTRY FEE: one category – 25 €; two categories – 40 €, three categories – 55 €.

APPLICATION FORMS: must be sent before **8 of November 2023 y.**

by e-mail a.valuntonis@yahoo.com

Electronic version of application forms you can find on web site: www.shotokan.lt.

Notes:

- If in category are registered 3 or less sportsman, they can be added to another category.
- Award ceremony will be at the end of the category. In all categories two third places.
- Weigh-in before the category starts

TIME SCHEDULE:

9:15 – 9:45	Judge, coach meeting
10:00 – 14:00	6 - 7 y., 8 - 9 y., 10 - 11 y. Shotokan kata, kumite eliminations and awards.
10:00 – 14:00	U14 (12 – 13 m.) WKF kumite – eliminations, finals and award ceremony.
14:00 – 15:00	Break time
15:00 – 17:30	12-13 m., 14-15 m., 16-17 m. Shotokan kata, kumite eliminations and awards.
15:00 – 17:30	U10 (8 – 9 m.) and U12 (10 – 11 m.) WKF kumite – eliminations and final

More detailed schedule after application forms are sent

Male competitions categories

Age	Kiu	Shotokan Kata	Shotokan kumite	WKF kumite
6 – 7 y.	All kiu	Taikyoku-1, 2	Shobu Ippon (1 min.)	–
8 y.	10-9 kiu	Taikyoku-1, 2, Heian-1	Shobu Ippon (1 min.)	U10 (8 – 9 m.) –32 kg, +32 kg
	8> kiu	Taikyoku-1, Heian-1, 2	Shobu Ippon (1 min.)	
9 y.	9-8 kiu	Taikyoku-1, Heian-1, 2	Shobu Ippon (1,5 min.)	U12 (10 – 11 m.) –35 kg, –42 kg, +42 kg
	7> kiu	Heian-1, 2, 3, 4	Shobu Ippon (1,5 min.)	
10 y.	9-8 kiu	Taikyoku-1, Heian-1, 2	Shobu Ippon (1,5 min.)	U14 (12 – 13 m.) –40 kg, –45 kg, –52 kg, +52 kg
	7> kiu	Heian-1, 2, 3, 4	Shobu Ippon (1,5 min.)	
11 y.	9-8 kiu	Taikyoku-1, Heian-1, 2	Shobu Ippon (1,5 min.)	–
	7> kiu	Heian-1, 2, 3, 4	Shobu Ippon (1,5 min.)	
12 – 13 y.	9-8kiu	Taikyoku- 1, Heian-1,2	Shobu Ippon (1,5 min.)	–
	7>kiu	Heian-1, 2, 3, 4	Shobu Ippon (1,5 min.)	
14 – 15 y.	9-7 kiu	Taikyoku-1, Heian-1, 2,3	Shobu Ippon (2 min.)	–
	6 > kiu	Heian-1, 2, 3, 4, 5	Shobu Ippon (2 min.)	
16 – 17 y.	9-7 kiu	Taikyoku-1, Heian-1, 2, 3	Shobu Ippon (2 min.)	–
	6> kiu	Heian-1, 2, 3, 4, 5	Shobu Ippon (2 min.)	

Female competitions categories

Age	Kiu	Shotokan Kata	Shotokan kumite	WKF kumite
6 – 7 y.	All kiu	Taikyoku-1, 2	Shobu Ippon (1 min.)	–
8 – 9 y.	10-9 kiu	Taikyoku-1, 2, Heian-1	Shobu Ippon (1 min.)	U10 (8 – 9 m.) –30 kg, +30 kg
	8> kiu	Taikyoku-1, Heian-1, 2	Shobu Ippon (1 min.)	
10 – 11 y.	9-8 kiu	Taikyoku-1, Heian-1, 2	Shobu Ippon (1,5 min.)	U12 (10 – 11 m.) –35 kg, +35 kg
	7> kiu	Heian-1, 2, 3, 4	Shobu Ippon (1,5 min.)	
12 – 13 y.	9-8 kiu	Taikyoku-1, Heian-1,2	Shobu Ippon (1,5 min.)	U14 (12 – 13 m.) –45 kg, +45 kg
	7>kiu	Heian-1, 2, 3, 4	Shobu Ippon (1,5 min.)	
14 – 15 y.	9-7 kiu	Taikyoku-1, Heian-1, 2,3	Shobu Ippon (2 min.)	–
	6> kiu	Heian-1, 2, 3, 4, 5	Shobu Ippon (2 min.)	
16 – 17 y.	9-7 kiu	Taikyoku-1, Heian-1, 2, 3	Shobu Ippon (2 min.)	–
	6> kiu	Heian-1, 2, 3, 4, 5	Shobu Ippon (2 min.)	

LSKF president

A.Valuntonis

OSS !!!