



Lietuvos Shotokan karatė federacija Lithuanian Shotokan karate federation

S. Raštikio st. 3, Kaunas, Lithuania LT-50144 tel: +370 686 55472
Kodas 190727192; Swedbank a/c LT527300010002246513,
LSKF is affiliated to: ESKA, WSKA, FSKA, WSKF and WKC

XXIX OPEN BALTIC STATES SHOTOKAN KARATE CHAMPIONSHIP



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

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

Date: Saturday, *17 February 2024*.

Rules: ESKA Shotokan:

Individual Kumite - shobu sanbon.

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

Categories:

KATA

Male:	Female:	<i>Kata list for eliminations:</i>
6-7 y.	6-7 y.	Taikyoku-1
8 - 9 y.	8 - 9 y.	Taikyoku-1, Heian-1,2
10 y - 11 y.	10 - 11 y.	Heian-1,2,3
12 y - 13 y.	12 - 13 y.	Heian-1,2,3,4
14-15 y.	14 - 15 y.	Heian- 1,2,3,4,5
16-17 y.	16 - 17 y.	Heian- 2,3,4,5, Tekki - 1
18-20 y,	18-20 y,	Heian- 2,3,4,5, Tekki - 1

KUMITE

Male:	Female:	<i>Time limit</i>
8 y.(-32 kg,+32 kg), 9 y.(-34 kg,+34 kg),	8-9 y. (open),	1,5 min
10-11 y.(-40 kg), 10 y.(+40 kg), 11 y.(+40 kg),	10-11 y. (-35 kg, +35 kg),	1,5 min
12-13 y.(-50 kg),12 y.(+50 kg), 13 y.(+50 kg),	12-13 y. (-40 kg, +40 kg),	1,5 min
14-15 y.(-60 kg), 14 y.(+60 kg), 15 y.(+60 kg),	14-15 y. (open),	2,0 min
16-17 y.(-70 kg), 16 y.(+70 kg), 17 y.(+70 kg),	16-17 y. (open),	2,0 min
18-20 y. (open),	18-20 y. (open),	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: 17 February 2024 Saturday

9.30 – 10.00 - Meeting (judges, chief coaches).	13.30 – 14.45 – Break.
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.)	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 XXIX 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 3rd places (Kata & Kumite).

Entry Fee:

30 € - for one Category **45 €**- for two Cat., **60 €** - for three Cat., **75 €** - for four Cat .

Deadline for Application Forms **13 February 2024 y**, to: e-mail: a.valuntonis@yahoo.com

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

Accommodation:

Hotel 2* „PERVAZA“ Smelynes str. 112, LT-35113 Panevėžys, Lietuva

INFORMATION: Detailed Schedule will be clarified before the competition.

President of Lithuanian shotokan karate federation	Alfonas Valuntonis	Tel. +370 686 55 472
Chairman of Registration	Kazimieras Bartkevičius	Tel. +370 698 25 736
Chief referee	Dainius Libnickas	Tel. +370 610 64 512