

# **“SPANISH CHAMPIONSHIP KYOKUSHIN-KAN 2023”**

## **“IX OPEN NINTAI CUP”**

**Organised by : Nintai Dojo.**

**Cooperate: Kyokushin-Kan Spain, Ajuntament of Sant Feliu de Llobregat, Fujimae, Tu Dojo de Karate and Kumite Technology.**

**DAY:** Friday 1st and Saturday 2nd of December 2023.

**PLACE:** Palau Municipal d'Esports Juan Carlos Navarro.

**ADDRESS:** Rambla Marquesa Castellbell s/n, Sant Feliu de Llobregat, Barcelona.

### **SCHEDULE OF FRIDAY:**

- 17.30 h. Arrival of Kata competitors and the public (free tickets).
- 18.00 h. Meeting of referees and coaches of the participating Dojos.
- 18.15 h. Official parade and presentation of the championship.
- 18.30 h. Start of Kata competition.

### **SCHEDULE OF SATURDAY:**

- 08.30 h. Arrival of Kumite competitors and the public (free tickets).
- 08.45 h. Meeting of referees.
- 09.00 h. Start of Kumite participation from 4 to 7 years old.
- 10.00 h. Start of Kumite participation from 8 to 17 years old in non-competitive category.
- 11.15 h. Meeting of referees and coaches of the participating Dojos.
- 11.30 h. Start of Kumite competition from 8 to 13 años.
- 14.00 h. Lunch break.
- 15.30 h. Arrival of Kumite competitors and the public (free tickets).
- 15.45 h. Meeting of referees and coaches of the participating Dojos.
- 16.00h. Start of Kumite competition 14-15, 16-17, Under 21, Senior and Máster.

### **WEIGHING:**

- Competitors from non-competitive categories do not have to weigh themselves.
- Competitors up to 13 years old (included) will be weighed at the beginning of their category, and those who do not give the corresponding weight will be eliminated.
- Friday from 17.30 h. to 20.30 h. weighing for competitors 14 years and older. .
- Saturday from 09.00 h. to 14.00 h. weighing for competitors 14 years and older.

## **PARKING:**

Next to the pavilion there is a large and free car park where we can park our vehicles (Rambla Marquesa Castellbell, 35, 08980 Sant Feliu de Llobregat, Barcelona).

## **ACCOMMODATION:**

Hotel HLG CityPark Sant Just (located close to the pavilion). Available for the competitors and their companions. Those who are interested send an email to this mail address [eventos@cityparkhoteles.es](mailto:eventos@cityparkhoteles.es) with the reference "IX Open Nintai Cup". These are the prices specials That may benefit:

- **Double room rate + breakfast 35€/person/night.**
- **Triple room rate + breakfast 33€/person/night.**
- **Single room rate + breakfast 59€/person/night.**
- **Dinner Supplement 17€/Person/night.**
- **Lunch and Dinner Supplement 34€/Person/night.**

## **INSCRIPTIONS:**

- The fee is 20€ for participating in 1 modality, 30€ for participating in 2 modalities, 40€ for participating in 3 modalities and 50€ for participating in 4 modalities.
- Deadline for registrations is 28th of October.
- Registrations must be sent in the official format attached to this informative notice, along with signed authorizations, to the address [kyokushindojonintai@hotmail.com](mailto:kyokushindojonintai@hotmail.com) , registrations will not be accepted outside the deadline.
- The payment of the inscriptions will be made at the time of registration by bank transfer to the following account number: ES3700810051690001519353 (IBAN), BSABESBB (SWIFT/BIC), Indicating the name of the club making the deposit. Benefited account: "Dojo Nintai".
- The competitor will not be considered as registered until the payment of the registration fee has been made.
- In this link <https://kan.kumitetechnology.com/en/> you can check the list of registered participants and follow the elimination rounds.
- The referees interested in participating in the championship must be previously registered together with the competitors' registrations.

## **RULES OF THE KATA AND KATA BO CHAMPIONSHIP:**

- The championship is "open" to all Kyokushin Organizations. It will be allowed to perform Kata following the form of all internationally recognised Kyokushin Organizations.
- The competition area will consist of 6 tatamis and a warm-up area.
- The competitor will wear white Karate-gi with the corresponding Kyokushin Kanji.
- The tatami will be composed of 5 judges.
- The competition system will be by elimination (flags).
- In the rounds prior to the semifinals, 1 kata will be performed at the choice of the competitor from the first list (It is possible to repeat the kata).
- In the semifinals and final, 1 kata will be performed at the choice of the competitor from the first or second list (it is not possible to repeat the kata from the Semifinals or from previous rounds).
- Aka will be the first participant to perform the kata and Shiro will be the second.
- The first 3 classified will receive a trophy.
- In the team category, all team members will receive a trophy if they are among the top 3 finishers.
- The categories will be differentiated by level, age and gender.
- In the team Kata category they will be mixed and the teams can be of 3 or 4 participants.

### **INDIVIDUAL KATA LIST:**

#### **8-9 years old -7<sup>o</sup> kyu (Beginners) and from 7<sup>o</sup> Kyu:**

**Kata elimination rounds:** Taikyoku Sono Ichi, Ni, San and Pinan Sono Ichi .

**Kata Semifinals and Final:** Pinan Sono Ni and San.

#### **10-11 years old -6 Kyu (Beginners) and from 6<sup>o</sup> Kyu:**

**Kata elimination rounds:** Taikyoku Sono San, Pinan Sono Ichi, Ni and San.

**Kata Semifinals and Final:** Pinan Sono Yon and Pinan Sono Go.

#### **12-13 years old -5 Kyu (Beginners) and from 5<sup>o</sup> Kyu:**

**Kata elimination rounds:** Pinan Sono Ichi, Ni, San, Yon and Go.

**Kata Semifinals and Final:** Gekisai-Dai, Gekisai-Sho, Tsuki no Kata, Yantsu and Saiha.

#### **14-15 years old, 16-17 years old, Senior 18+, Máster 35+/45+/55+ (-4Kyu (Beginners) and from 4<sup>o</sup>Kyu):**

**Kata elimination rounds :**Pinan Sono Ichi, Ni, San, Yon and Go, Gekisai-Dai, Gekisai-Sho, Tsuki no Kata, Yantsu and Saiha.

**Kata Semifinals and Final:** Seienchin, Garyu, Seipai, Kanku and Sushi-ho.

## **TEAM KATA LIST:**

### **8-13 years old Mixed -6Kyu (Iniciados) y 6º Kyu en adelante:**

**Kata elimination rounds:** Taikyoku Sono San, Pinan Sono Ichi, Ni and San.

**Kata Semifinals and Final:** Pinan Sono Yon and Pinan Sono Go.

### **14-17 years old Mixed -4 Kyu (Iniciados) y 4º Kyu en adelante:**

**Kata elimination rounds :**Pinan Sono Ichi, Ni, San, Yon and Go, Gekisai-Dai, Gekisai-Sho, Tsuki no Kata, Yantsu and Saiha.

**Kata Semifinals and Final:** Seienchin, Garyu, Seipai, Kanku and Sushi-ho.

### **Senior 18+ years old Mixed -4 Kyu (Iniciados) y 4º Kyu en adelante:**

**Kata elimination rounds :**Pinan Sono Ichi, Ni, San, Yon and Go, Gekisai-Dai, Gekisai-Sho, Tsuki no Kata, Yantsu and Saiha.

**Kata Semifinals and Final:** Seienchin, Garyu, Seipai, Kanku and Sushi-ho.

## **KATA BO LIST:**

### **Kata Bo 16+ years old Mixed:**

**Kata elimination rounds :** Oshiro No Kon and Sushi No Kon .

**Kata Semifinals and Final:** Ryubi no Ko

## **RULES OF THE KUMITE NOT COMPETITIVE:**

- The competition area will consist of 6 tatamis and a warm-up area.
- Competitors will be grouped from 3 people, differentiated by age and approximate weight.
- Everyone will have 2 no-decision matches.
- Competitors must go to the corresponding tatami and that will match the color of the previously delivered bracelets. respecting the established schedules.
- The figure of the "Coach" will not exist.
- Everyone will receive a Championship trophy at the end of their performance.
- The competitor will wear white Karate-gi with the corresponding Kyokushin Kanji.
- The competitors will be returned to the “**Pick up area**” and there the collaborators of each club can deliver them to their families.
- Competitors must have Control in all their techniques and the referee will ensure the correct development of the fight and that there is fluidity in the techniques.
- The contact will be “soft” Not being so, he will be expelled from the tournament..

## **RULES OF THE KUMTE COMPETITION**

- All participants must go through the "Weighing Control" and must present their identity document or Passport. Those registered who do not meet these requirements will not be able to participate in the championship and the registration fee will not be refunded.
- The competition area will consist of 6 tatamis and a warm-up area.
- The competition system will be by elimination differentiated by gender, age and weight.
- It is the responsibility of each coach to know when his competitor has to intervene.
- If the competitor is not on his tatami ready with all his protections at the moment of his participation, one minute will be allowed for his incorporation, otherwise he will be eliminated from the competition.
- The competitor will wear white Karate-gi with the Kyokushin Kanji.
- Only the competitors who are to participate in that moment and their coach will be allowed to stay in the competition area.
- There will be only one coach per competitor and his performance must be exemplary, otherwise he will be expelled from the competition area.
- The tatami will be composed of 5 referees.

### **PERMITTED TECHNIQUES:**

#### **8-9 to 12-13 years old Categories:**

- Gedan leg techniques: Maximum control, (like a Jodan mawashi).
- Chudan leg techniques: with full contact.
- Arm techniques: with full contact.
- Jodan leg techniques: contact with maximum control (Waza-ari).

#### **14-15, 16-17 years old, 18+ (Beginners), -21 (Beginners) and Máster 35+/45+ Categories:**

- Gedan and Chudan leg techniques with full contact.
- Arm techniques with full contact.
- Jodan leg techniques: contact with maximum control (Waza-ari).

#### **Under-21 and Senior 18+ Categories:**

- Full contact techniques at all heights.

## **PROHIBITED TECHNIQUES:**

### **8-9 to 12-13 years old categories:**

- Jodan leg techniques direct to the face (kakato, Mae, Iza, etc...).
- Direct or circular techniques to any joint.
- Strikes to the genitals and to the spine.
- The blows with the hand or elbow to the face.
- Circular leg techniques "Jodan" without control.
- Pushing or grabbing.
- Striking the opponent when he is on the ground.

### **14-15, 16-17 years old, 18+ (Beginners), -21 (Beginners) and Máster 35+/45+ Categories:**

- Jodan leg techniques direct to the face (kakato, Mae, Iza, etc...).
- Direct or circular techniques to any joint.
- Strikes to the genitals and to the spine.
- The blows with the hand or elbow to the face.
- Circular leg techniques "Jodan" without control.
- Pushing or grabbing.
- Striking the opponent when he is on the ground.

### **Under-21 and Senior 18+ Categories:**

- Direct or circular techniques to any joint.
- Strikes to the genitals.
- The blows with the hand or elbow to the face.
- The somersault (frontflip, front roll-kick where you fall with your body to the ground) technique in all its forms (Kaiten Geri).
- Strikes to the spine.
- Pushing or grabbing.
- Striking the opponent when he is on the ground.

## **KUMITE DURATION:**

### **Not competitive Category:**

- 1 minute at running time.

### **8-9 to 12-13 years old categories:**

- 1 minute and a half at running time. In the case of Ikiwake, 1 minute Encho-sen.

### **14-15 to 16-17 years old, 18+ (Beginners), -21 (Beginners) and Máster 35+/45+ Categories:**

- 2 minutes in running time, in case of Ikiwake, 1 minute extension, in case of a tie they will go to Weight and if there is no difference in weight (3 kg.), they will perform 1 minute of Encho-sen.

### **Under-21 and Senior Absolute 18+ Categories:**

- 2 minutes at running time, in case of Ikiwake, 2 minutes extension, in case of a tie they will go to Weight and if there is no difference in weight (3 kg.), they will perform Encho-sen of 2 minutes. Semifinals and Finals first bout is 3 minutes Extension and Encho-sen will continue to be of 2 minutes.

## **KUMITE CATEGORIES:**

- 8-9 years old beginners and experts Male: -30, -40, -40, +40
- 8-9 years old beginners and experts Female: -30, -40, +40
- 10-11 years old beginners and experts Male: -35, -40, -45, +45
- 10-11 years old beginners and experts Female: -35, -45, +45
- 12-13 years old beginners and experts Male: -40, -50, -60, +60
- 12-13 years old beginners and experts Female: -45, -55, +55
- 14-15 years old beginners and experts Male: -50, -60, -70, +70
- 14-15 years old beginners and experts Female: -50, -60, +60
  
- 16-17 years old beginners and experts Male: -55, -65, -75, +75
- 16-17 years old beginners and experts Female: -55, -65, +65
- -21 years old beginners and experts Male: -65, -75, -85, +85
- -21 years old beginners and experts Female: -55, -65, +65
- 18+ beginners and experts Male: -70, -80, -90, +90
- 18+ beginners and experts Female: -55, -65, +65
- Máster 35+ and 45+ beginners and experts Male: -70, -80, -90, +90
- Máster 35+ beginners and experts Female: -55, -65, +65

## PROTECTIONS:

	<u>HELMET</u>	<u>GLOVES</u>	<u>SHINGUARDS</u>	<u>CHESTGUARDS</u>	<u>CROTCH PROTECTIONS (MALE)</u>	<u>BREAST PROTECTIONS (FEMALE)</u>
4 to 7	mandatory	mandatory	mandatory	X	X	X
8 to 15	mandatory	mandatory	mandatory	mandatory	mandatory	optional
16 to 17	mandatory	mandatory	mandatory	X	mandatory	mandatory
+18, -21 Beginners and Máster	mandatory	mandatory	mandatory	X	mandatory	mandatory
Under 21	mandatory	X	X	X	mandatory	x
Under 21 female	mandatory	x	mandatory	x	x	mandatory
Senior 18+	optional	X	X	X	mandatory	x
Senior 18+ female	optional	x	mandatory	x	x	mandatory



\*It is the responsibility of each competitor to wear their protective gear at the start of their bout.

For any questions or doubts, please write to [kyokushindojonintai@hotmail.com](mailto:kyokushindojonintai@hotmail.com) or call +34 630.224.809

A handwritten signature in black ink and a red circular logo with a white center and Chinese characters around the perimeter.

Sensei David Sánchez  
 Technical Director of Dojo Nintai  
 Branch Chief of Kyokushin-Kan Spain