



10TH TSKUK  
OPEN SHOTOKAN CHAMPIONSHIPS

Sunday 7th July 2019

Junior / Cadet Registration 8.00 am - 9.00 am Start

Adult Registration 2.00 pm - 3.00 pm Start

SPORTSPARK - UNIVERSITY OF EAST ANGLIA,  
NORWICH RESEARCH PARK, NORWICH, NORFOLK, NR4 7TJ



**TSKUK**  
Traditional Shotokan Karate UK

Please return this form to your club administrator by **SUNDAY 23rd JUNE**

NAME: \_\_\_\_\_

GRADE: KYU \_\_\_\_\_ DAN \_\_\_\_\_ AGE: \_\_\_\_\_ HEIGHT: Under 5ft  5ft & Over  please tick

4 events £40.00    3 events £35.00    2 events £25.00    1 event £15.00

Total entry payments £ \_\_\_\_\_ Cash/Cheque (payable to TSKUK)

TEAM KATA 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

TEAM KUMITE 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

PLEASE SELECT EVENTS BELOW : Categories maybe merged or cancelled in cases of insufficient entries

**INDIVIDUAL KATA**

Under 11 years		11-14 years		Cadets 15-17 years		Adults 18 + years	
1	9-7 kyu Mixed	5	9-7 kyu Mixed	11	9-7 kyu Female	19	9-7 kyu Female
2	6-4 kyu Mixed	6	6-4 kyu Mixed	12	9-7 kyu Male	20	9-7 kyu Male
3	3-1 kyu Mixed	7	3-1 kyu Female	13	6-4 kyu Female	21	6-4 kyu Female
4	Black belt Mixed	8	3-1 kyu Male	14	6-4 kyu Male	22	6-4 kyu Male
		9	Black Belt Female	15	3-1 kyu Female	23	3-1 kyu Female
		10	Black Belt Male	16	3-1 kyu Male	24	3-1 kyu Male
				17	Black Belt Female	25	Black Belt Female
				18	Black Belt Male	26	Black Belt Male

**INDIVIDUAL KUMITE**

Under 11 years		11-14 years Under 5ft		11-14 years 5ft & Over		Cadet 15-17 years	
27	9-7 kyu Female	35	9-7 kyu Female	43	9-7 kyu Female	51	9-7 kyu Female
28	9-7 kyu Male	36	9-7 kyu Male	44	9-7 kyu Male	52	9-7 kyu Male
29	6-4 kyu Female	37	6-4 kyu Female	45	6-4 kyu Female	53	6-4 kyu Female
30	6-4 kyu Male	38	6-4 kyu Male	46	6-4 kyu Male	54	6-4 kyu Male
31	3-1 kyu Female	39	3-1 kyu Female	47	3-1 kyu Female	55	3-1 kyu Female
32	3-1 kyu Male	40	3-1 kyu Male	48	3-1 kyu Male	56	3-1 kyu Male
33	Black Belt Female	41	Black Belt Female	49	Black Belt Female	57	Black Belt Female
34	Black Belt Male	42	Black Belt Male	50	Black Belt Male	58	Black Belt Male

**Adult 18 years +**

59	9-7 kyu Female	61	6-4 kyu Female	63	3-1 kyu Female	65	Black Belt Female
60	9-7 kyu Male	62	6-4 kyu Male	64	3-1 kyu Male	66	Black Belt Male

**TEAM EVENTS**

Team Kata		Team Kumite Under 15 years		Team Kumite Cadet 15-17 years	
67	9-4 kyu U15 yrs	72	U5ft Female any grade	76	Female any grade
68	3-1 kyu U15 yrs	73	U5ft Male any grade	77	Male any grade
69	Black Belt U15 yrs	74	5ft & Over Female any grade	<b>Team Kumite Adult 18 years +</b>	
70	Cadet 15-17 yrs any grade	75	5ft & Over Male any grade	78	Female any grade
71	Adults 18+ yrs any grade			79	Male any grade

## **INDIVIDUAL KATA**

Elimination kata will be Heian & Tekki Shodan through to the finals. The finals will be kata of competitors choice.

This event will use a flag system (3-5 judges) for elimination rounds and the final will be competitors choice using scorecards, judges will select Heian kata's or Tekki Shodan.

You will be scored on form, power, transition and the ability to return to your start point at the end of the kata (enbusen).

## **TEAM KATA**

Teams can be single or mixed gender. Just one kata is needed for eliminations and final. Teams are allowed to include one competitor only from a lower grade or age category. Competitors are only allowed to compete in one team kata category.

## **INDIVIDUAL KUMITE**

The result of a bout is determined by either competitor scoring Ippon (full point) or 2 Waza-ari (half points), or a majority score at the end of the bout.

A result may also be obtained via disqualification or renunciation.

To score Ippon a contestant must show good form, correct attitude, vigorous applications, zanshin (focus), proper timing and correct distance.

Waza-ari is given for a technique almost as good as that needed to score Ippon. Although its value is equal to half an Ippon, it is not half an Ippon in terms of technique - more like 90% of the technique needed to score an Ippon.

Utmost control in all techniques must be exercised against your opponent.

### Forbidden Techniques

Attacks to the groin or neck, attacks to the face with nukite (spear hand strike), or any other open hand technique excluding haito (ridge hand strike).

Repeated direct attacks to arm or legs or any attacks to the hip, knee or instep.

Techniques which make excessive contact or which cannot be controlled (stamp kick, etc).

Grabbing, pushing or wrestling with the opponent.

Repeated exits from the fighting area (Jogi) or feigning injury.

**NOTE:** Any competitor who behaves discourteously towards any member of the refereeing panel may be disqualified immediately. Spectators who cannot behave themselves in a manner appropriate for a TSKUK karate tournament will be ejected from the arena with no refund of fees paid.

### Penalties

Keikoku (warning) may be imposed for minor infractions of the rules as seen fit by the referee.

Hansoku (warning leading to disqualification) may be imposed for major or repeated minor infractions of the rules as seen fit by the referee.

Mubobi (defencelessness) may be imposed whereby the competitor puts themselves in a position of self-danger. (Examples could be turning away at the point of an attack, dropping the head down at the point of attack etc).

Shikkaku (expulsion) may be imposed for gross infractions of the rules with the opponent being awarded the bout. Competitors receiving Shikkaku may take no further part in the tournament.

### Protective equipment

White PU Hand mitts and gum shields are compulsory. Groin protectors (males only) and chest guards (female only) are advised. Shin pads, body armour and head guards are NOT permitted.

In principle, the duration of each bout will be 1½ minutes with 2 minutes for the finals.

### System

Kumite will use a main and mirror (1 judge / 1 mirror judge) or flag system (4 judges and 1 referee) for all events right through to the finals.

The events will run to an immediate conclusion with all the finals commencing straight after the elimination rounds.

### Team Kumite

Teams are made up from 3 competitors of the same gender. Teams are allowed to include one competitor only from a lower grade or height category. Competitors are only allowed to compete in one team kumite category.