



**ITKF**



**21<sup>st</sup> World ITKF  
Traditional Karate  
Championship**

SLOVENSKA ZVEZA TRADICIONALNEGA KARATEJA

空手

**SZTK**

SLOVENIAN TRADITIONAL KARATE FEDERATION

**Kranjska Gora  
SLOVENIA**

**2022  
NOVEMBER  
15 - 20**



INTERNATIONAL TRADITIONAL KARATE FEDERATION ITKF  
and  
SLOVENIAN TRADITIONAL KARATE FEDERATION SZTK

## INVITE

all ITKF Member Organizations  
to the

### **21<sup>st</sup> INTERNATIONAL TRADITIONAL KARATE CHAMPIONSHIP**

Cadets, Juniors, Youths, Seniors, Veterans  
**KRANJSKA GORA – SLOVENIA – 15<sup>th</sup> to 20<sup>th</sup> of November 2022**

Dear karatekas,

Curitiba, Ljubljana, 30<sup>th</sup> of April 2022

The period from the last ITKF World Championship in 2019 was a turbulent one. The Covid-19 crisis has heavily impacted traditional karate as a contact martial art on the level of individual practitioners, clubs, national federations, regional organizations, and ITKF as a global traditional karate organization. Limited training opportunities, travels, gatherings, and illness reduced the intensity of our focus on mastering the balance of body and mind through the art of traditional karate.

But this period also gave us an opportunity to rethink and regroup, to become even stronger as individuals and as an organization, when the opportunity arises. And the first opportunity is already here. 21<sup>st</sup> ITKF World Championship in traditional karate in Slovenia will not only be a championship where one can see the best of the best in traditional karate, it will also be the opportunity to meet with old friends, create new ones, and learn from each other's experiences on our path to Mastery.

We warmly invite you all and hope to see delegations from all ITKF Member organizations at this World Championship to participate in the creation of an even stronger ITKF.

**THE TRADITION CONTINUES!**

ITKF Chairman

Gilberto Gaertner

SZTK Tournament Organizing  
Committee Chairman

Roman Pavlovič



## OFFICIAL INFORMATION

### GENERAL INFORMATION

Sanctioned by:	International Traditional Karate Federation ITKF
Hosted by:	Slovenian Traditional Karate Federation SZTK
Place:	Kranjska Gora, Slovenia
Venue:	Vitranc sport hall, Kolodvorska ulica 1, Kranjska Gora GPS: 46° 29' 6,45" N, 13° 47' 7,72" E Google code: FQPP+36 Kranjska Gora
Date:	15 <sup>th</sup> to 20 <sup>th</sup> of November 2022

### 1. PARTICIPANTS (athletes, coaches, judges)

All ATHLETES must be selected by the ITKF Member Organizations and fulfill the following requirements:

1. They must be citizens of the represented country.
2. They must be registered to competition categories in accordance with their age and sex.
3. **They must have ITKF registered black belt (Sho Dan or higher).** In the categories Cadets and Juniors athletes can participate if they hold 1<sup>st</sup> Kyu.
4. They must know, fully understand and be able to compete in accordance with the ITKF competition rules.
5. All KUMITE, KO-GO and FUKU-GO athletes are obliged to wear the official ITKF KUMITE GLOVES in accordance with ITKF rules. For hygienic reasons gloves cannot be shared between athletes. Mouth (tooth) guards and groin protector for men are also mandatory. Breast-protection for women is optional, but highly recommended safety equipment.
6. They must belong to an ITKF Member Organization which has paid all dues to the ITKF, including membership fee for the year 2022.
7. They must present Medical Release and International Health Insurance to Medical Emergencies.
8. They must have his/her own international traveling insurance and also personal accident insurance issued by their respective National Federations.

All COACHES must be selected by the ITKF Member Organizations. **Only Coaches registered with ITKF will be allowed to officially represent and coach** athletes during the competition.

**All official JUDGES at this event shall be ITKF Registered and Qualified Judges** who have participated in and completed the Judges Standardization Course at the tournament site and have been selected and delegated by the ITKF Technical Committee.



## 2. PROGRAM

Date	Activity
<b>10<sup>th</sup> of October</b>	Online registration opens
<b>10<sup>th</sup> of November</b>	Online registration closes
<b>Monday, 14<sup>th</sup> of November</b>	Arrival
<b>Tuesday, 15<sup>th</sup> of November</b>	Judges Standardization Course – part 1
	ITKF Master Course – part 1
	Board of Directors Meeting
	Technical Committee Meeting
	National team's accreditations
<b>Wednesday, 16<sup>th</sup> of November</b>	Judges Standardization Course – part 2
	ITKF Master Course - part 2
	ITKF Regional Organizations meetings
	ITKF General Meeting
	National team's accreditations
	21 <sup>st</sup> ITKF WC – Official Draw*
<b>Thursday, 17<sup>th</sup> of November</b>	2 <sup>nd</sup> ITKF Europe Traditional karate Cup – open**
<b>Friday, 18<sup>th</sup> of November</b>	21 <sup>st</sup> ITKF WC – Eliminations/Opening ceremony
<b>Saturday, 19<sup>th</sup> of November</b>	21 <sup>st</sup> ITKF WC – Eliminations
<b>Sunday, 20<sup>th</sup> of November</b>	21 <sup>st</sup> ITKF WC - Finals
	Sayonara Party***
<b>Monday, 21<sup>st</sup> of November</b>	Departure

\* Official Coaches of the National teams are responsible to attend the drawing to verify that the names and categories of their athletes are correct. No changes or additional inclusion of competitors will be accepted after the drawing.

\*\* Categories and other info for 2<sup>nd</sup> ITKF Europe Traditional karate Cup will be announced soon.

\*\*\* Free for all of the participants staying in the official hotels.



### 3. COMPETITION CATEGORIES

#### OFFICIAL ITKF CATEGORIES

##### A. CADETS (14 – 15 years old / born in 2008 and 2007)

Categories	No. of participants or teams per country	Other instructions
1. Individual Kata Men	3	Kata <ul style="list-style-type: none"> <li>• Heian/ <i>Pinan</i> 2, 3, 4, 5;</li> <li>• Tekki / <i>Naihanchi</i> Shodan;</li> <li>• Bassai / <i>Passai</i> - Dai;</li> <li>• Jion;</li> <li>• Jitte;</li> <li>• Enpi / <i>Wanshu</i>;</li> <li>• Kanku / <i>Kuchanku</i> - Dai.</li> </ul>
2. Individual Kata Women	3	
3. Fuku-Go Men	3	Ko-Go Kumite
4. Fuku-Go Women	3	Ko-Go Kumite
5. Team Kata Men	1 (3)	No Bunkai
6. Team Kata Women	1 (3)	No Bunkai

##### B. JUNIORS (16 – 17 years old / born in 2006 and 2005)

Categories	No. of participants or teams per country	Other instructions
7. Individual Kata Men	3	Kata <ul style="list-style-type: none"> <li>• Heian / <i>Pinan</i> 2, 3, 4, 5;</li> <li>• Tekki / <i>Naihanchi</i> Shodan;</li> <li>• Bassai / <i>Passai</i> - Dai;</li> <li>• Jion;</li> <li>• Jitte;</li> <li>• Enpi / <i>Wanshu</i>;</li> <li>• Kanku / <i>Kuchanku</i> - Dai;</li> <li>• Hangetsu / <i>Seishan</i>;</li> <li>• Gankaku / <i>Chinto</i>.</li> </ul>
8. Individual Kata Women	3	
9. Fuku-Go Men	3	Ko-go Kumite / final Kumite
10. Fuku-Go Women	3	Ko-go Kumite / final Kumite
11. Team Kata Men	1 (3)	No Bunkai
12. Team Kata Women	1 (3)	No Bunkai
13. Individual Ko-Go Men	3	Semifinal and final Kumite
14. Individual Ko-Go Women	3	Semifinal and final Kumite



C. YOUTH (18 – 21 years old / born in 2004 to 2001)

Categories	No. of participants or teams per country	Other instructions
15. Individual Kata Men	3	
16. Individual Kata Women	3	
17. Fuku-Go Men	3	
18. Fuku-Go Women	3	
19. Team Kata Men	1 (3)	
20. Team Kata Women	1 (3)	
21. En-Bu Men	1 (2)	
22. En-Bu Mixed	1 (2)	
23. Individual Ko-Go Men	3	
24. Individual Ko-Go Women	3	
25. Individual Kumite Men	3	
26. Individual Kumite Women	3	

D. SENIORS (22 – 49 years old / born in 2000 to 1973)

Categories	No. of participants or teams per country	Other instructions
27. Individual Kata Men	3	
28. Individual Kata Women	3	
29. Fuku-Go Men	3	
30. Fuku-Go Women	3	
31. Team Kata Men	1 (3)	
32. Team Kata Women	1 (3)	
33. En-Bu Men	1 (2)	
34. En-Bu Mixed	1 (2)	
35. Individual Kumite Men	3	
36. Individual Kumite Women	3	
37. Team Kumite Men	3 (3+1)	
38. Team Kumite Women	3 (3+1)	

E. VETERANS (50 years and older / born in 1972 and before)

Categories	No. of participants or teams per country	Other instructions
39. Individual Kata Men	3	
40. Individual Kata Women	3	
41. Fuku-Go Men	3	Ko-go Kumite / final Kumite
42. Fuku-Go Women	3	Ko-go Kumite / final Kumite



### ADDITIONAL CATEGORIES: PARA-KARATE

In para-karate athletes are divided into five disability categories:

1. blind and partially sighted,
2. wheelchair users,
3. persons with intellectual disabilities,
4. persons with reduced mobility,
5. deaf or hearing loss.

If there are less than 3 registered athletes per para-karate category, TOC could merge categories by age and/or disability category. It will be done in coordination with their coaches and support personnel.

Before the competition there will be a part of Judges Standardization Course focused on para-karate judging.

#### F. CADETS, JUNIORS and YOUTH (14-21 years / born in 2008 to 2001)

Categories	No. of participants or teams per country	Other instructions
<b>43. Individual Kihon Men</b>	3	Rules in section 4
<b>44. Individual Kihon Women</b>	3	
<b>45. Individual Kata Men</b>	3	Kata <ul style="list-style-type: none"> <li>• Heian/ <i>Pinan</i> 1, 2, 3, 4, 5;</li> <li>• Tekki / <i>Naihanchi</i> Shodan;</li> <li>• Bassai / <i>Passai</i> - Dai;</li> <li>• Jion;</li> <li>• Jitte;</li> <li>• Enpi / <i>Wanshu</i>;</li> <li>• Kanku / <i>Kuchanku</i> - Dai.</li> </ul>
<b>46. Individual Kata Women</b>	3	
<b>47. Team Kata Men</b>	1 (3)	No Bunkai
<b>48. Team Kata Women</b>	1 (3)	No Bunkai
<b>49. Kihon Ippon Kumite Men</b>	3	Rules in section 4
<b>50. Kihon Ippon Kumite Women</b>	3	

#### G. SENIORS and VETERANS (22 years and older / born in 2000 and before)

Categories	No. of participants or teams per country	Other instructions
<b>51. Individual Kihon Men</b>	3	Rules in section 4
<b>52. Individual Kihon Women</b>	3	
<b>53. Individual Kata Men</b>	3	
<b>54. Individual Kata Women</b>	3	
<b>55. Team Kata Men</b>	1 (3)	No Bunkai
<b>56. Team Kata Women</b>	1 (3)	No Bunkai
<b>57. Kihon Ippon Kumite Men</b>	3	Rules in section 4
<b>58. Kihon Ippon Kumite Women</b>	3	



#### 4. COMPETITION RULES

This World Championship will be held **in compliance with ITKF COMPETITION RULES**.  
If there are less than 3 registered athletes per category, TOC could merge categories by age.

##### PARA-KARATE RULES

###### ***KIHON***

Two competitors (AKA - SHIRO) compete on the tatami in parallel at the same time, facing Sushin. After HAJIME they perform the following techniques (no MATE):

- Gedan Barai left foot front (+ KIAI),
- Oi Tsuki Jodan (5x front + KIAI),
- Age Uke (5x back + KIAI),
- Mae Geri Chudan (5x front + KIAI),
- Gedan Barai (5x back) + Gyaku Tsuki Chudan (right hand, stationary + KIAI)!

At the end, the competitors wait at the final positions, and the judges evaluate them with flags.

###### ***KIHON IPPON KUMITE***

Two competitors (AKA - SHIRO) compete on the tatami facing each other. After introductory greeting they get closer to a proper distance.

Each of them (first AKA) performs the following attacking techniques:

- Oi Tsuki Jodan,
- Oi Tsuki Chudan,
- Mae Geri Chudan.

At the same time SHIRO performs corresponding defense techniques.

The attacker from the "hachiji dachi" position steps with his right foot back into the "zenkutsu dachi" and performs the "gedan barai" technique with a strong Kiai. He clearly announces offensive technique that will follow. The opponent remains in the "hachiji dachi" position, and the defense is carried out by moving the right leg back, implementing the defense techniques immediately followed by an effective counterattack with the "gyaku tsuki" technique and strong kiai.

The defender uses: "age uke", "soto uke", "gedan barai", "jodan uke" (awase uke). When blocking the "mae geri" technique, the defender should correct the direction of the defense with short slip (yoriashi) to the right at a 45° angle.

At the end of the individual action, the opponents go back in the "hachiji dachi" position, after which the attacker continues to perform the next technique. After AKA finishes all attacking techniques, SHIRO repeats the same procedure as an attacker.

At the end, the competitors wait at the initial positions, and the judges evaluate them with flags.





## 5. PARTICIPATION FEES

CATEGORIES	Fee	Explanation
Individual	45€	Per category
Team EN-BU	60€	Per team
Team KATA	75€	Per team
Team KUMITE	75€	Per team
Judges Standardization Course	60€	Per individual
ITKF Master Course	50€	Per individual

## 6. OTHER INFORMATION

**An official communication channel with all of the ITKF Member organizations will be WhatsApp (ITKF Global group).** If any of the Member organizations could not use it (technical or legal reasons), it should inform the ITKF. In that case we will organize an alternative channel for them.

All official accommodation and travel information will be provided at latest by **31<sup>st</sup> of May 2022**.

All meetings and formal activities will take place at [Hotel Kompas](#), main official hotel of the event.

All competitions will take place at [Vitranc sport hall](#), in walking distance from all of the official hotels.

Registration of the athletes, coaches and officials will be on-line through the official events page. Platform for the registration will be opened at **latest on 10<sup>th</sup> of October 2022**.

All of the World Championship fee payments to the host should be done prior to the event. Payment details will be provided at **latest on 10<sup>th</sup> of October 2022**.

All of the DAN registration, Coaches registration and Judges registration procedures and payments should be done as soon as possible directly to ITKF.

All countries must present national anthem in digital format and two national flags (150cm x 75cm).

In case of Corona restrictions organizers will provide testing facilities for official tests. All of the costs of the official tests are the responsibility of the Member Organization or of the individual participant.

**THE TRADITION CONTINUES!!!**

**Tournament Organizing Committee**