

The logo for ITKF (International Traditional Karate Federation) features the letters 'ITKF' in a bold, white, sans-serif font with a blue outline. The letter 'K' is stylized with a white arrow pointing upwards and to the right, passing through the center of the letter.

Traditional Karate

EUROPE



2nd  
ITKF Europe  
Traditional  
Karate Open  
Cup 2022

November 17



## Invitation

Slovenian Traditional Karate Federation SZTK together with ITKF Europe is proudly inviting our karate friends to

### 2<sup>nd</sup> ITKF Europe Traditional Karate Open Cup 2022

We'll gather on this international competition on Thursday, November 17<sup>th</sup> 2022 in Kranjska Gora, Slovenia.

**Address:**

Vitranc sport hall  
Kolodvorska ulica 1  
Kranjska Gora  
Slovenia

**GPS:**

46° 29' 6,45" N  
13° 47' 7,72" E



## COMPETITION SCHEDULE

08.00 – Sports hall opening, teams accreditation  
08.15 – Referee meeting  
08.30 – Heads of teams meeting  
08.45 – Competition opening ceremony  
09:00 – Start of competition  
13.00 – Lunch break  
13.30 – Competition  
18.00 – End of competition

## REGISTRATION OF COMPETITORS

Registrations of competitors will be carried through the online registration portal. Links and registration credentials will be given shortly. **Final deadline for registration is November 10, 2022 before 22.00 CET.**

## PARTICIPATION FEES

Category	Fee
Starting fee per Individual	40 €

Participation fees should be paid by each team before November 11, 2022. Individual competitor can apply to all available categories applicable for age and kyu/dan level, including team competition.

## REFEREES NOMINATION

Referees shall be nominated by ITKF Europe Judges Committee President, sensei Eligio Contarelli, who will also be the Head referee.



## COMPETITION CATEGORIES (Male/Female)

KYU DAN	Age				
	10-11 Years	12-13 Years	14-15 Years	16-17 Years	18-20 Years
4 & 3 KYU	KIHON KIK KATA (T1, H 1-5) KATA TEAM (T1, H1-5)	KIHON KIK KATA (H1-5) KATA TEAM (H1-5)	JIK KO-GO KUMITE KATA (H1-5, B, J) KATA TEAM (H1-5, B, J)		
2 & 1 KYU		JIK KO-GO KUMITE KATA (H1-5) KATA TEAM (H1-5)	JIK KO-GO KUMITE KATA (H1-5, B, J) KATA TEAM (H1-5, B, J)	KO-GO KUMITE JIYU KUMITE KATA (H1-5, B, J, K, E) KATA TEAM (H1-5, B, J, K, E)	KO-GO KUMITE JIYU KUMITE KATA KATA TEAM
DAN			KO-GO KUMITE JIYU KUMITE KATA (H1-5, B, J, K, E) KATA TEAM (H1-5, B, J, K, E)	KO-GO KUMITE JIYU KUMITE KATA KATA TEAM	KO-GO KUMITE JIYU KUMITE KATA KATA TEAM

### LEGEND:

KIK - Kihon Ippon Kumite

JIK - Jiyu Ippon Kumite

T1 - Taikyoku Shodan

H1-5 - Heian Shodan - Godan E -Empi

B - Bassai Dai

J - Jion

K -Kankudai

**Note 1:** If the number of applications per category will be lower than 4, organizers have the right to merge categories based on sex, age or kyu/dan.

**Note 2:** Due to requests and practicality Kata teams could be mixed (male/female), composed from different age and kyu/dan level athletes. General rule is that the team, if not 100% by competition categories above, will be in a category of the oldest member and the category of the highest kyu/dan member. Gender mixed teams will compete in male categories.

**Note 3:** Competitors choose their own kata from the list, mandatory different kata in finals.

The poster features a dark background with a faint image of a karateka in a gi. At the top, the ITKF logo is displayed in blue and white, with 'Traditional Karate' and 'EUROPE' written below it. A map of Europe is also visible. In the center, there is a red vertical banner with the white Japanese characters '空手' (Karate) and 'SZTK' below them. On either side of the banner, the text 'SLOVENSKA ZVEZA TRADICIONALNEGA KARATEJA' and 'SLOVENIAN TRADITIONAL KARATE FEDERATION' is written vertically. At the bottom right, the text '2nd ITKF Europe Traditional Karate Open Cup 2022' and 'November 17' is prominently displayed.

## ATHLETES WITH SPECIAL NEEDS (Male/Female)

Competition will also be organized for athletes with disabilities/ special needs in the following categories (male/female): **KATA Individual, Kihon (elements), Kihon Ippon Kumite (KIK)**. ITKF rules will apply with minor adjustments for evaluating performance.

## COMPETITION RULES

Competition will be conducted under ITKF rules with some exceptions and additions, as follows.

DISCIPLINE	COMPETITION RULES	
<b>KATA</b>	Individual	ITKF rules. Competition will be conducted in 2 rounds: <ul style="list-style-type: none"> <li>• Round 1: any kata from the list</li> <li>• Round 2 = finals: 8 best competitors, different kata</li> </ul>
	Team	ITKF rules. Competition will be conducted in 2 rounds: <ul style="list-style-type: none"> <li>• Round 1: any kata from the list</li> <li>• Round 2 = finals: 8 best teams, different kata</li> <li>• NO BUNKAI</li> </ul>
<b>KUMITE</b>	Kihon (elements)	Two competitors are competing simultaneously in parallel by showing the following karate techniques. Start: competitor moves on sign Hajime by the judge from Hachiji Dachi with his left leg forward into Zenkutsu Dachi and performs Gedan Barai (with a strong KIAI). He then shows Oi Tsuki Jodan (5x forward), Age Uke (5x backward), Mae Geri Chudan (5x forward), Gedan Barai (5x backward), followed by Gyaku Tsuki Chudan (KIAI). Elements are performed without Mawate, every fifth element - KIAI!
	Kihon Ippon Kumite (KIK)	Attacker should announce and execute: <ul style="list-style-type: none"> <li>• Oi Tsuki Jodan</li> <li>• Oi Tsuki Chudan</li> <li>• Mae Geri Chudan</li> </ul> After 3 attacks the other competitor is attacking. Defender performs block and counter attack Gyaku Tsuki Chudan. Only Go-No-Sen technique is allowed.



DISCIPLINE	COMPETITION RULES
Jiyu Ippon Kumite (JIK)	<p>Attacker should announce and execute:</p> <ul style="list-style-type: none"> <li>• Oi Tsuki Jodan</li> <li>• Oi Tsuki Chudan</li> <li>• Mae Geri Chudan</li> <li>• Kekomi Geri Chudan</li> <li>• Mawashi Geri Jodan or Chudan (announce)</li> </ul> <p>After 5 attacks the other competitor is attacking. Defender performs block and counter attack Gyaku Tsuki Chudan. Only Go-No-Sen technique is allowed.</p>
Ko-Go Kumite	<p>Each competitor has 3 attacks (from one up to max 4 techniques), executed within 10 seconds, and 3 defences, when roles reverse. Other rules from ITKF Jiyu Kumite. Mouth protectors and gloves are mandatory, groin and chest protectors are highly recommended.</p>
Jiyu Kumite	<p>ITKF rules. Mouth protectors and gloves are mandatory, groin and chest protectors are highly recommended.</p>

## FORMAL COMPLAINTS

Formal complaints on competition procedures are possible at the Main Competition Desk on official complaint form available during the category. The competition Main Referee will rule on the complaint and his decision will be final. Once the winners for the category are announced and medals are awarded, official complaints will no longer be accepted.

