



21st World ITKF Traditional Karate Championship



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

21st INTERNATIONAL TRADITIONAL KARATE CHAMPIONSHIP

Cadets, Juniors, Youths, Seniors, Veterans, Para karate
KRANJSKA GORA – SLOVENIA – 15th to 20th of November 2022

Dear karatekas,

Curitiba, Ljubljana, 30th 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. 21st 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 th to 20 th 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, Juniors and Para karate athletes can participate if they hold 1st 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 (available also at the event) 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 an 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	Time	Location
17th of October	Online registration opens		
10th of November	Online registration closes		
Monday 14th of November	Arrival		
Tuesday 15th of November	Technical Committee Meeting	09:00-11:00	Hotel Kompas
	Masters and Judges Course – part 1	14:30-17:30	Hotel Kompas
	ITKF Strategy workshop - part 1	18:00-19:30	Hotel Kompas
	Tournament Committee meeting (all countries representatives)	19:30-20:30	Hotel Kompas
	National team's accreditations	18:00-21:00	Hotel Kompas
Wednesday 16th of November	Masters and Judges Course – part 2	09:00-12:00	Hotel Kompas
	Masters and Judges Course – part 2	14:30-17:30	Hotel Kompas
	ITKF Regional Organizations meetings	18:00-18:45	Hotel Kompas
	ITKF Directors meeting	18:45-19:15	Hotel Kompas
	ITKF General Meeting	19:30-20:30	Hotel Kompas
	ITKF member organizations representatives' dinner	20:30-22:00	Ramada Resort
	National team's accreditations	18:00-21:00	Hotel Kompas
21 st ITKF WC – Official Draw*	21:00-21:30	Hotel Kompas	
Thursday 17th of November	2 nd ITKF Europe Traditional karate Open Cup	09:00-18:00	Vitranc Sport Hall
	ITKF Strategy workshop - part 2	12:00-13:30	Hotel Kompas
	Medical Judges meeting	19:00-20:00	Hotel Kompas
	National team's accreditations	18:00-21:00	Hotel Kompas
Friday 18th of November	21 st ITKF WC – Eliminations	09:00-18:00	Vitranc Sport Hall
	21 st ITKF WC - Opening ceremony	18:00-19:30	Vitranc Sport Hall
Saturday 19th of November	21 st ITKF WC – Eliminations	09:00-19:00	Vitranc Sport Hall
Sunday 20th of November	21 st ITKF WC - Finals	09:00-17:00	Vitranc Sport Hall
	21 st ITKF WC - Closing ceremony	17:00-18:00	Vitranc Sport Hall
	Sayonara Party**	20:00-02:00	Hotel Kompas
Monday 21st of November	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.

** 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"> • Heian/ <i>Pinan</i> 2, 3, 4, 5; • Tekki / <i>Naihanchi</i> Shodan; • Bassai / <i>Passai</i> - Dai; • Jion; • Jitte; • Enpi / <i>Wanshu</i>; • Kanku / <i>Kuchanku</i> - Dai.
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"> • Heian / <i>Pinan</i> 2, 3, 4, 5; • Tekki / <i>Naihanchi</i> Shodan; • Bassai / <i>Passai</i> - Dai; • Jion; • Jitte; • Enpi / <i>Wanshu</i>; • Kanku / <i>Kuchanku</i> - Dai; • Hangetsu / <i>Seishan</i>; • Gankaku / <i>Chinto</i>.
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	1 (3+1)	
38. Team Kumite Women	1 (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

TOC of the 21st ITKF World Championship will be delighted if your national team will also join our initiative and include competitors with disabilities, who will participate and compete in the Para karate disciplines.

Participants will be able to compete in four different disciplines:

1. Kihon,
2. Kata,
3. Kata team and
4. Kihon Ippon Kumite.

and five different 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.

In order for the organization to run smoothly and to provide everything necessary for participants with disabilities, we would need as soon as possible (even before the official dates for registration) the information about their number, type of disability and their special needs. Let us inform you that the official hotels of the event provide the highest possible standards and have extensive experience serving such clients.

We kindly ask you to provide us with the information about Para karate practitioners and relevant contact person from your country. We will individually contact this person in order to receive more detailed information. Don't hesitate to ask any questions about Para karate since we would like to support your para karatekas as good as possible. The member of TOC for Para karate and your main Para karate contact is:

Sensei Bojan Marinček

Mail: bojan.marincek@sztk-zveza.si

Viber, WhatsApp +386 41 688 120

In addition to the competition, we would like to organize a demonstrational event during World Championship in Slovenia, where Para karate practitioners from all over the world would promote karate and martial arts in general by demonstrating various skills they may have mastered, such as performing forms with weapons, saber, tonfa, bo, sai or other type of performance. We would kindly like to ask you whether your national athletes with disabilities would be willing to perform in such event. If so, we would need relevant information from you to prepare for such event.

We encourage you to actively support our initiative, and provide competitors in Para karate competition and participants in the above-mentioned promotional event.

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

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

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



4. COMPETITION RULES

This World Championship will be held **in compliance with ITKF COMPETITION RULES**. In addition, Para karate rules are presented below. 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
Master and Judges Course	50€	Per individual

6. COMPETITION VENUE

Competition will take place in Vitranc sport hall, situated within few minutes' walk from major official hotels.

Address:
Vitranc sport hall
Kolodvorska ulica 1
Kranjska Gora
Slovenia





7. ACCOMODATION

You will be hosted by Slovenia's top touristic destination – Kranjska Gora. We have provided the prime accommodations for the great prices, all within few minutes of walk from the main 21st ITKF WC 2022 venue.

All accommodation arrangements will be handled by our partner Hit Alpinea Kranjska Gora, renowned Slovenian hotel chain. All booking request should be sent on ITKF22@hit-alpinea.si.

In addition, participants staying in the official hotels will have free entrance to any of the official hotels swimming pools, great discount on sauna and massage and free Sayonara party entrance.

TOC has arranged special conditions for all participants and their guests for extended stay in the official hotels (sightseeing of Slovenia will be offered at that period).

General conditions

- All rates valid for a period 11th of November – 22nd of November 2022;
- Applicable rates in EUR (€), VAT included;
- Prices do not include tourist tax (1,90€ under 18 years, 3€ for 18 and older)
- Breakfast and dinner (self-service) are included in all arrangements;
- Additional lunch surcharge: 12€;
- Special dietary requirements should be communicated to the hotels in advance during the reservation;
- Payments: 100% in advance 7 days before arrival, payment of other costs at check-out;
- Extras of mini-bar and other costs are not included.

Accommodations	Category	Price per person 1/1	Price per person 2/1	Price per person 3/1	Price per person 4/1	Price per person 5/1
Hotel Kompas	4*	75,00€	55,00€	53,00€	51,00€	NA
Ramada Hotel & Suites	4*	75,00€	55,00€	53,00€	51,00€	NA
Ramada Resort	4*	75,00€	55,00€	53,00€	51,00€	NA
Vitranc Apartments	3*	NA	NA	46,00€	44,00€	42,00€

Accommodations	Distance to venue	Time to venue by car	Time to venue by foot
Hotel Kompas	500m	2 min	5 min
Ramada Hotel & Suites	300m	2 min	3 min
Ramada Resort	400m	2 min	4 min
Vitranc Apartments	400m	2 min	4 min



Hotel Kompas



The largest hotel in Kranjska Gora

Kompas is the biggest hotel in Kranjska Gora. It is the perfect starting point for discovering the alpine fairytale in all seasons. The Kompas hotel lies right at the foot of the ski slopes, surrounded by a vast hotel garden and green meadows. Experience the rich culinary offer and enjoy relaxing in the wellness center with a pool, a massage salon and comprehensive care, and enjoy the sun at the pool terrace. We are the best at organizing congresses and similar events.

The hotel offers comfortable, modern rooms. Each room is equipped with shower, Wi-Fi, digital TV, phone line, safe deposit box and a hair-dryer. The hotel is close both to the center of the town and to the ski slopes.

Kompas Relaxation Centre

The center for perfect relaxation and regeneration of harmony between the body and mind. Rays of sun will gently caress you on the terrace of the swimming pool. Take a swim in the indoor pool and have fun with your children in the kid's pool with a water slide. Two saunas for sauna lovers: Finnish with hot and dry air and Turkish steam bath that will open your pores and clear your respiratory system.



Ramada Hotel & Suites



Ramada Hotel & Suites is a remarkable architectural element of Kranjska Gora. The comfortably furnished rooms offering a view of the mountains and the beautiful surroundings make it a perfect place especially for guests expecting the best comfort from their holidays.

Ramada Hotel & Suites has aesthetically perfected and comfortable rooms. The rooms have French beds. Additional beds can be added upon request. They all have a shower/WC, cable TV, phone, Wi-Fi, mini bar and a safe. Most rooms have a balcony.

Ramada Resort



Ramada Resort is located right next to the ski slope, at the foot of the ski paradise. Its nicely furnished rooms with a view over the beautiful alpine world will make your holidays comfortable and picturesque. Swimming in the glazed water park in the middle of the ski slope is an unforgettable experience, especially in the winter. Try out the unique offer of wellness services. The hotel is only a hundred meters away from the center of Kranjska Gora.

Rooms provide everything you need for a relaxed stay –free Wi-Fi, shower/WC, cable TV and radio, mini bar and a direct phone line. Hotel beds can also be separate.



Vitranc Apartments



Three-star apartments offer a kitchen, dining room, living room, bathroom, balcony and a bedroom with two or three beds. Two additional beds upon request. All apartments are equipped with free Wi-Fi, cable TV, refrigerator, microwave and phone.

The apartments also offer wellness services as part of the joint offer of the Hit Alpeina Kranjska Gora chain. Due to the vicinity of all the facilities, you can quickly and easily pass from one to the other. Ramada Resort and hotel Kompas are all located in immediate vicinity of the apartments.

The Vitranc Apartments all have a kitchen on disposal. All meals included in package will be served in nearby Ramada Resort or Kompas Hotel restaurants.





8. TRAVEL

You have two main options to come to Kranjska Gora: by car or by airplane.



TRAVELING BY CAR:

Kranjska Gora is located in the heart of the Slovenian Alps, but still only 25 kilometers from the main highway. With all the navigation applications it should not be a problem to find a way. From wherever you will come, once you are on A2 highway, take the “Jesenice west” exit, direction Kranjska Gora, and you will be shortly at your destination.

TRAVELING BY PLANE:

The closest airport to Kranjska Gora is the main Slovenian international airport – Ljubljana Airport (LJU) - officially: Ljubljana Jože Pučnik Airport. As it is 70km from Kranjska Gora, we have organized official transportation from and to Ljubljana airport by busses or coaches.

To book your transportation from the airport to your designated hotel in Kranjska Gora, use the following contact information of our transportation partner:

Vandrovc d.o.o.

Podkoren 53, 4280 Kranjska Gora, Slovenia

GSM: +386 31 378 978

info@vandrovc.si – preferred contact channel – state code “ITKF” for special price

www.vandrovc.si

and provide the following details:

On arrival: date of arrival, flight number, time of arrival, number of passengers, name of your hotel.

On departure: date of departure, flight number, time of departure, number of passengers, name of your hotel.

ITKF price for Ljubljana Jože Pučnik Airport: **13,00€/person EACH direction**

If arriving to other airports, please, contact them over email – different prices apply.



9. 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.

Categories and other conditions for 2nd ITKF Europe Traditional karate Cup are announced in the separate document/invitation.

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 from 17th October to 10th of November 2022. **Member organizations should create an account, enter members of your delegation and register them to one, two or three events.** All the instructions are in the separate file.



All of the events fee payments should be done prior to the event. Payment details are provided on the registration platform. Payment amounts will be calculated by the registration application. All payments should be executed in full **latest on 10th of November 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 the participating Member Organization countries must present TOC with their national anthem in digital format.

In case of covid-19 restrictions organizers will provide appropriate protocols and testing facilities for official tests. All of the related costs are the responsibility of the Member Organization or of the individual participant.

THE TRADITION CONTINUES!!!

Tournament Organizing Committee