



Lietuvos Shotokan karatė federacija Lithuanian Shotokan karate federation

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Kodas 190727192; Swedbank a.s LT527300010002246513, b.s. LT697300010002232530

Narystė tarptautinėse organizacijose – ESKA, WSKA, FSKA, WSKF, WKC

VIII OPEN LITHUANIAN SHOTOKAN KARATĖ CHAMPIONSHIP FOR SENJORS

Organizers of championship: Lithuanian Shotokan Karate Federation, Karate club “ALFA”.

Place: Lithuania Panevėžys Žvaigždžių g. 26. “Ažuolo” school sport hale (karate club “Alfa”)

Date: 2017 y. March 18 d.

Judges: Chief judge will be very grateful for any help by qualified referees.

Rules: Kata: point system (2 rounds tokui kata). Kumite: Shobu Ippon

Match area: Two tatami 7x7 m.

Categories: Male & Female

Group	Age	Beginners 9-7 kiu	Adnavce 6-4 kiu	Masters 3-1 kiu, dan
1.	25-29 y.	X	-----	-----
2.	30-34 y.	X	X	-----
3.	35-39 y.	X	X	X
4.	40-44 y.	X	X	X
5.	45-49 y.	X	X	X
6.	50-54 y.	X	X	X
7.	55-59 y.	X	X	X
8.	60-64 y.	X	X	X
9.	65-70 y.	X	X	X
Kata:	Eliminations	Tokui kata	Tokui kata	Tokui kata
	Final	Tokui kata	Tokui kata	Tokui kata
Kumite	Eliminations, Finals	Shobu ippon 1,5min shobu nippon 2 min.	Shobu ippon 1,5 min shobu nippon 2 min.	Shobu ippon 1,5min shobu nippon 2 min.

Note: If in category less than 3 competitors, they will join with other category

Additional Category - OPEN KATA for all participants

Additional Category - OPEN KUMITE for all participants

Additional Category – SUMO (three weight categories). Please fill in your own weight in the entry form.

Protections: Gumshields, gloves (WKF red, blue), groin guards (men) and chest protectors (women) shin-foot protections (WKF red, blue) or white.

Entry Forms. You can download entry forms from our web site: www.shotokan.lt

Entry forms will be sent before **15 of March 2017** y. e-mail: a.valuntonis@shotokan.lt

Entry fee. For one category (kata or kumite) 15 €, for 2 categories (kata +kumite) 25 €, for 3 category (kata+ kumite +open) 35 €, sumo – 10 €

Schedule:

9.45 – 10.00 – Open ceremony
10.00 –11.00 – kata competitions
11.00 –13.00 – kumite competitions
13.00 –13.30 – Awards ceremony
14.00 –16.00 – Sayonara

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Chief judge
Alfonsas Valuntonis

Chief secretary
Kazimieras Bartkevičius



Oss !!!