

Regional Committee Friuli Venezia Giulia – Karate Sector
President dr. Roberto Ruberti -

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DATE: From 25 to 29 August 2008, beginning h. 9.00 , **LOCALITY:** GRADO (FRIULI V.G., province GORIZIA) , **PLACE:** sport-hall in Città Giardino, Sacca dei Moreri, ZONE; there will be the stage:

" 23° INTERNATIONAL GRADO KARATE STAGE 2008"

"Kata e Kumite international karate Training Camp for trainers, referees and athletes, residential course directed by Prof. Pierluigi Aschieri, 8° DAN, member of WKF and EKF Technical Commission, technical director of all Italian National Teams, supported by qualified teams of federal national instructors and international referees. A high performance karate training methodology will take place, for instructors and competitors, both in kumite and kata.

STAGE ENTRANCE FEE €150; ONLY TECHNICAL SEMINAR €100; STAGE+ TECHNICAL SEMINAR €200; + IF THE STAGERS ARE YOUNGER THAN 12 YEARS 120 €
EVERY 10 STAGERS ONE FREE; FOREIGN STAGERS CAN PAY ON THEIR ARRIVAL AT THE STAGE

LOGISTIC INFORMATION

Hotel Argentina - Viale Italia, 21 Grado (GO) - tel. 0431- 81071 fax 0431- 83566 - argentinahotel@grado.it Sig.ra Michela
Hotel Touring & Villa D'Este - Viale Kennedy, 38 - tel. 0431 -80839 fax 0431- 84871 - info@hoteltouring-grado.it Sig. Francesco Baldo
Hotel San Remo - Viale Italia 5 – arch. Bredeon Daniele tel. 333 – 6696796 tel/fax 0431 80839 info@hotelsanremogrado.it

CAMPINGS IN THE VICINITY OF THE SPORT- HALL

Camping <Al Bosco> (at 300 mt from the karate sport hall):
<http://www.campingalbosco.it> tel: 0431 - 4380485 fax : 0431-81008
Camping "Villaggio Europa" -Loc. Punta Spin tel: 0431 – 80877 fax: 0431 82284
<http://www.camping.it/friuli/europa> e-mail: europa.grado@camping.it

"23°GRADO OPEN 2008"

INTERNATIONAL KUMITE/KATA KARATE TOURNAMENT

LOCALITY: GRADO (FRIULI V.G., province GORIZIA) , **PLACE:** Palasport di
Città Giardino, Sacca dei Moreri, ZONE

KUMITE: SATURDAY 30 AUGUST 2008

KATA: SUNDAY 31 AUGUST 2008

1. ESORDIENTI "A"(BEGINNERS) Kumite/kata from 01/01/95 to 31/12/96 (1. Fijlkam rules)

Kumite weight categories: Female -40kg -45kg -50kg -55kg -65kg
Male -40kg -45kg -50kg -55kg -60kg -65kg -70kg -80kg.

2. GIOVANI (YOUTHS) Kumite from 31/08/92 to 31/12/94 Kata from 1/9/92 to 31/12/94

Kumite weight categories Female -40kg -45kg -50kg -55kg -60kg -70kg
Male -40kg -45kg -50kg -55kg -60kg -65kg -70kg -75kg -85kg.

3. UNDER 18 (WKF CAD.) kumite from 31/08/90 to 30/08/92 kata from 01/09/90 to 31/08/92

Kumite weight categories Female -51kg -57kg +57kg
Male -55kg -60kg -65kg -70kg -75kg +75kg.

4. OVER 18 kumite from 31/08/73 to 30/08/90 kata from 1/09/73 to 31/08/90

Kumite weight categories Female -53kg -60kg +60kg
Male -60kg -65kg -70kg -75kg -80kg +80kg.

KUMITE/KATA RULES

1. fijlkam rules; 2.3.4. kumite WKF rules;
2.3.4. kata WKF rules with the following variations: no shitei kata - always tokui kata - no repetition katas

COMPETITION PROGRAM:

SATURDAY 30 AUGUST

**KUMITE: 7.30 – 8.30 CHECK COMPETITORS: DOCUMENTS AND WEIGHT CONTROL;
BEGINNING COMPETITION IN THIS ORDER: 9.00 BEGINNERS; 11.00 YOUTHS
14.00 UNDER 18; 16.00 OVER 18**

SUNDAY 31 AUGUST

**KATA: 7.30 – 8.30 CHECK COMPETITORS – DOCUMENTS
9.00 BEGINNING COMPETITION IN THIS ORDER: BEGINNERS – YOUTHS – UNDER 18 –
OVER 18**

**ATTENTION: THE CHECK OF COMPETITORS WILL BE EFFECTED DURING THE STAGE
TOO, THURSDAY 28 AND FRIDAY 29 AUGUST 2008**

COMPETITION "23° GRADO OPEN" APPLICATION FEE:

Over 18: 20 €; Youths, Under 18, Eso B: 15 € for each speciality Kumite/kata

Please send the "application forms" of "23° GRADO OPEN 2008" not later than Friday
15 august 2008

to ALDEGISTO SODERO Tel./Fax 0039-(0)432-402293
MOB 0039 - 339-2545586 0039 - 338-5030157

e-mail aldegisto.sodero@tin.it www.fijlkam-karate-fvg.it

SYNTHESIS OF “ITALIAN KUMITE WITH FIJLKAM RULES” FOR THE “ESOA” (BEGINNERS) CATEGORY

The purpose of this trial is to prove the completeness of the technical baggage in the ambit of a tactical behaviour with adequateness developed according to the age.

The competitors must demonstrate technical and tactical so articulated abilities.

- Symmetric mastery (bilaterality of the principal techniques);
- Tactics: (organization, rationality, creativity, in the attack and defence phase behaviour);
- Attack control and energetic resources administration;
- Space and time structuring; right use of distances and use of time ;

ALLOWED TECHNIQUES:

The following techniques to head, face, and neck, (jodan) are allowed without contact:

- Back punch on the transverse plane (uraken);
- Circular frontal kick on the transverse plane (mawashigeri);
- Circular frontal back kick on the transverse plane (uramawashigeri);

The following techniques to the thorax (chudan, protected zone) are allowed with control;

- Counter-lateral direct punch (gyakuzuki);
- Circular frontal Kick on the transverse plane (mawashigeri);

ATTENTION !

The techniques in the round brackets are the only ones allowed.

PROHIBITED TECHNIQUES AND BEHAVIOURS

- To assume aggressive attitudes;
- To utter intimidatory shouts;
- To perform not allowed techniques or to perform allowed techniques against not allowed parts of the body;
- To perform uncontrolled arm or leg techniques;
- To perform sweep or projection techniques;

DURATION OF THE BOUT:

1. The duration of the Kumite bout is set to 80 seconds;
2. The timing of the bout starts when the Referee gives the signal to start (Shobu Hajime) , and stops each time the referee calls “YAME”;
3. The referee intervenes all times he sees vain or confuse actions or potentially dangerous actions.
4. The referee, besides, intervenes with “yame” to impose category 1 or category 2 penalties.
5. The timekeeper shall give signals by a clearly audible gong, or buzzer, indicating “20 seconds to go” or “time up”. The “time up” signal marks the end of the bout.

SCORING AND DECISION CRITERIA

1. Score is never awarded to a competitor when he performs a technique according to the usual kumite karate competition criteria;
2. At the end of the round, the judges will decide, with “hantei”, who is the winner, taking into account the following “evaluation grid” criteria for their decisions:

Leg techniques: (symmetric execution) from 1 to 9 points

Tactics: (organization, rationality, creativity, the behaviour in attack and defence phases; from 1 to 5 points

Energetic resources administration from 1 to 5 points;

Attack control from 1 to 5 points;

Arms techniques (symmetric execution) from 1 to 3 points;

Therefore the total scoring may range from 6 to 30 points in the evaluation grid of the referee.