

Regional Committee Friuli Venezia Giulia – Karate Sector
President M° Roberto Ruberti -

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DATE: From 24 to 28 August 2009, beginning h. 9.00 , **LOCALITY:** GRADO
Città Giardino (FRIULI V.G., GO) , **PLACE:** sport-hall in, Sacca dei Moreri,
Zone, PIAZZALE AZZURRI D'ITALIA there will be the stage:

" 24° INTERNATIONAL GRADO KARATE STAGE 2009"

"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 in kata.

With the prestigious participation of
Professor Giuseppe Pellicone
FIJLKAM V. President Vicarious,
UFMK (Union Federations of Mediterranean Karate) President
V. President WKF

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-
876318 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

"24°GRADO OPEN 2009"

INTERNATIONAL KUMITE/KATA KARATE TOURNAMENT

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

KUMITE: SATURDAY 29 AUGUST 2009

KATA: SUNDAY 30 AUGUST 2009

KUMITE

1. ESORDIENTI "A"(BEGINNERS) from 01/01/96 to 31/12/97 (FIJLKAM RULES)

MALE				FEMALE			
code	born	KG	category	code	born	KG	category
E1	from 01/01/96 to 31/12/97	KG -45	ESORDIENTI A 12-13	E8	From 01/01/96 to 31/12/97	KG -42	ESORDIENTI A 12-13
E2		KG -50		E9		KG -47	
E3		KG -55		E10		KG -53	
E4		KG -61		E11		KG -60	
E5		KG -68		E12		KG -68	
E6		KG -75					
E7		KG -83					

2. CADETS from 30/08/93 to 31/12/95

MALE				FEMALE			
C1	from 30/08/93 to 31/12/95	KG -52	CADETS 14-15	C6	from 30/08/93 to 31/12/95	KG- 47	CADETS 14-15
C2		KG -57		C7		KG- 54	
C3		KG -63		C8		KG +54	
C4		KG -70					
C5		KG+70					

3. JUNIORES from 30/08/91 to 29/08/93

MALE				FEMALE			
J1	from 31/08/91 to 30/08/93	KG -55	JUNIORES 16-17	J6	from 31/08/91 to 30/08/93	KG -48	JUNIORES 16-17
J2		KG -61		J7		KG -53	
J3		KG-68		J8		KG-59	
J4		KG-76		J9		KG+59	
J5		KG+76					

4. SENIORES from 29/08/91 or before

MALE				FEMALE			
S1	Born 30/08/91 or before	KG -60	SENIORES + 18	S6	Born 30/08/91 or before	KG -50	SENIORES + 18
S2		KG -67		S7		KG -55	
S3		KG- 75		S8		KG -61	
S4		KG -84		S9		KG-68	
S5		KG+84		S10		KG+68	

KUMITE RULES

ESORDIENTI "A": FIJLKAM RULES

WKF CADETS, WKF JUNIORS, WKF SENIORS: WKF RULES

- The elimination system with repechage will be applied;
- In kumite there will be no subdivision of graduation ;The minimum graduation to compete in kumite is 1° kyu (brown belt);

ATTENTION FOR CADETS KUMITE

A face mask and a body protection according to the new WKF rules are compulsory.
Belts and protective equipment are not allocated by the organizers!

KATA

1. ESORDIENTI "A"(BEGINNERS) from 01/01/96 to 31/12/97 (FIJLKAM RULES)

2. CADETS from 31/08/93 to 31/12/95

3. JUNIORES from 31/08/91 to 30/08/93

4. SENIORES born 30/08/91 or BEFORE

KATA RULES ESORDIENTI "A" (BEGINNERS): FIJLKAM RULES:

- Tokui Kata from WKF kata list; No Shitei kata;
- Italian Athletes must perform a "free composition kata" in the semi-final, in the last round of the recovery matches, in the final;
- Foreign Athletes, instead, are allowed to perform a kata from the WKF Kata List (different from the previous ones) instead of the Free Composition Kata, in the semifinal in the last round of the recovery matches or in final.

KATA RULES: CADETS, JUNIORES, SENIORES: WKF RULES but with the following variations: no shitei kata – always tokui kata and no repetition katas

ENTRY FEE: 20 € for each category and for each speciality

COMPETITION PROGRAM

SATURDAY 29 AUGUST

KUMITE:

7.30 – 8.30 CHECK COMPETITORS(DOCUMENTS AND WEIGHT CONTROL): (ESORDIENTI "A") and CADETS

BEGINNING COMPETITION 9.00: ESORDIENTI "A"; 11.00 CADETS

12.00- 13.00 CHECK COMPETITORS(DOCUMENTS AND WEIGHT CONTROL):

BEGINNING COMPETITION 14.00: JUNIORS; 16.00 SENIORS

SUNDAY 30 AUGUST

KATA:

7.30 – 8. 30 CHECK COMPETITORS – DOCUMENTS

BEGINNING COMPETITION: 9.00 (ESORDIENTI "A"); CADETS; JUNIORES ; SENIORES.

ATTENTION: THE CHECK OF COMPETITORS WILL BE EFFECTED DURING THE STAGE TOO,
THURSDAY 27 AND FRIDAY 28 AUGUST 2008

COMPETITION "24° GRADO OPEN" APPLICATION FEE:

ESORDIENTI "A", CADETS, JUNIORES, SENIORES: 20 € for each speciality Kumite/kata



FEDERAZIONE ITALIANA JUDO
LOTTA KARATE ARTI MARZIALI

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 he 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.