



FIJKAM FRIULI VG REGIONAL COMMITTEE

President M° Roberto Ruberti

Secretar M° Aldegisto Sodero Tel/fax 0039-(0)432-402293

mob: 0039 - 339 2545586 e-mail aldegisto.sodero@tin.it:



ORGANIZES



SUNDAY 19 APRIL 2009

“10° UDINE KARATE TROPHY”

INTERNATIONAL INDIVIDUAL KUMITE/KATA TOURNAMENT

Age categories: esordienti”A”, cadets, juniors, seniors

ON N°6 TATAMI - NEW WKF CATEGORIES WILL BE APPLIED

SPORT HALL: “ANGELO G. GIUMANINI”- “Via delle Scienze” n°100

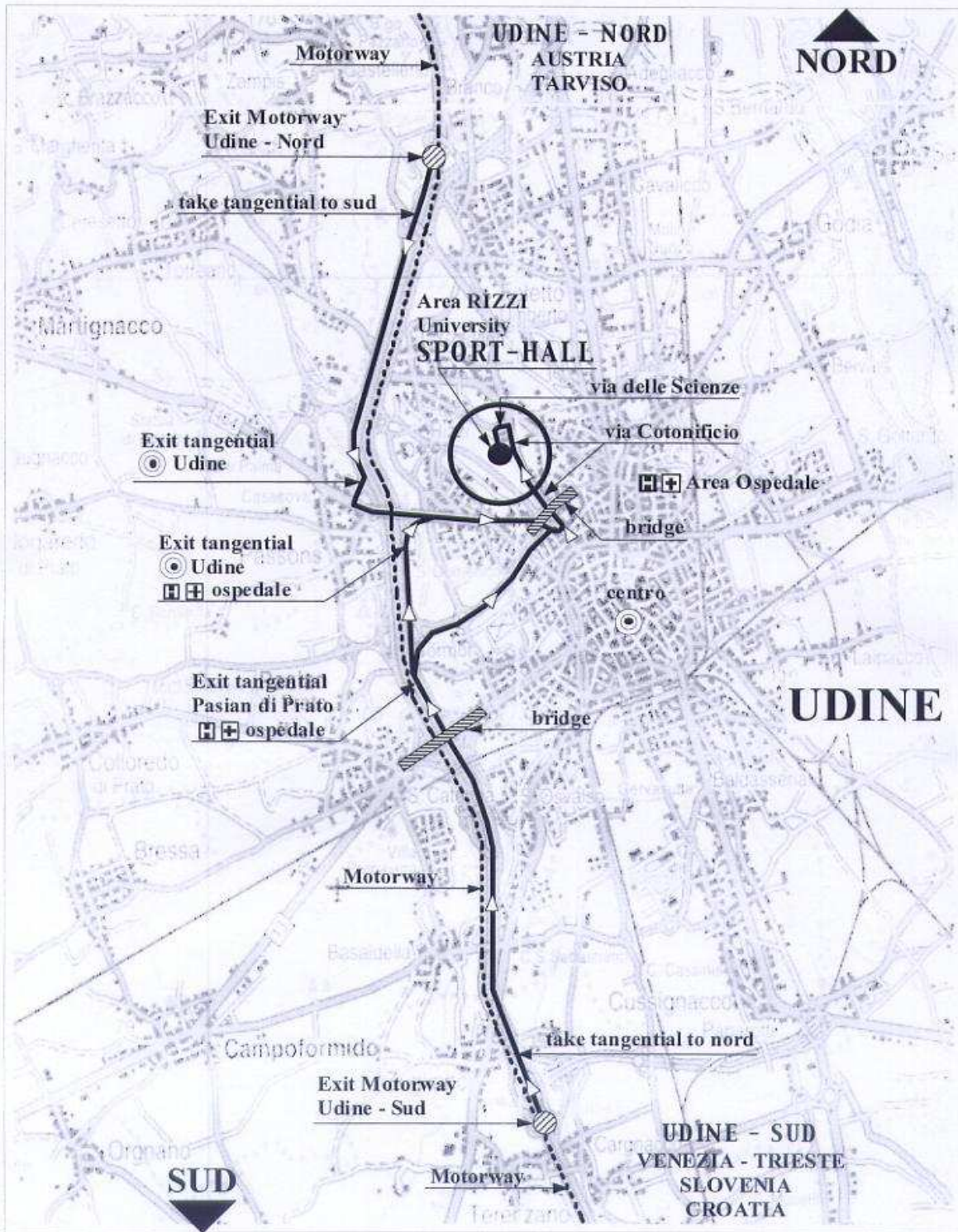
LOCALITY: “UDINE” in the area “Rizzi”; nearby Udine University Scientific Pole

PROGRAM

KATA: 8.00 – 9.00 CHECK COMPETITORS: 9.30 BEGINNING COMPETITIONS

**KUMITE: 12.00-13.00 CHECK COMPETITORS, WEIGHT; 14.00 BEGINNING
COMPETITIONS**

Info: www.fijklkam-karate-fvg.it



GENERAL CONDITIONS

All the informatios concerning each competitor are obtained from official documents such as identification cards, passports etc. All competitors enter this competition at their own risk and absolve the organizers of any claims which may arise however so caused.

REFEREES: EKF and WKF international referees and national judges are welcome

AWARDS: Trophies, medals, diplomas, gades;

ENTRY FEE: 15 € for each category and for each speciality

KATA CODES MALE/FEMALE CATEGORIES

MALE				FEMALE			
CODE	BELT LEVEL	BORN	CATEGORY	CODE	BELT LEVEL	BORN	CATEGORY
M1	yellow-orange	from 01/01/96 to 31/12/97	ESORDIENTI A 12-13	F1	yellow-orange	from 01/01/96 to 31/12/97	ESORDIENTI A 12-13
M2	green-blue			F2	green-blue		
M3	brown - black			F3	brown - black		
M4	yellow-orange	from 20/04/93 to 31/12/95	WKF CADETS 14-15	F4	yellow-orange	from 20/04/93 to 31/12/95	WKF CADETS 14-15
M5	green-blue			F5	green-blue		
M6	brown - black			F6	brown - black		
M7	yellow-orange	from 20/04/91 to 19/04/93	WKF JUNIORS 16-17	F7	yellow-orange	from 20/04/91 to 19/04/93	WKF JUNIORS 16-17
M8	green-blue			F8	green-blue		
M9	brown - black			F9	brown - black		
M10	yellow-orange	from 20/04/74 to 19/04/93	WKF SENIORS +16	F10	yellow-orange	from 20/04/74 to 19/04/93	WKF SENIORS +16
M11	green-blue			F11	green-blue		
M12	brown - black			F12	brown - black		

PAY ATTENTION: WKF JUNIORS CAN COMPETE ALSO IN WKF SENIORS:+16

KATA RULES

M1, F1, M4, F4, M7, F7, M10,F10:	(heian, pinan, wkf list): each round different kata
M2, F2, M5, F5, M8, F8, M11,F11:	(heian, pinan, wkf list): each round different kata
M3, F3:	FJLKAM RULES: - TOKUI KATA from WKF kata list; NO SHITEI KATA; Each round different 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, both in the semifinal, both in the last round of the repechage matches and in final.
M6, M9, M12, F6, F9, F12:	WKF RULES: (SHITEI KATA) ; each round different kata;

KUMITE CODES MALE/FEMALE CATEGORIES

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					
C1	from 20/04/93 to 31/12/95	KG -52	WKF CADETS 14-15	C8	From 20/04/93 to 31/12/95	KG- 47	CADETS 14-15
C2		KG -57		C9		KG- 54	
C3		KG -63		C10		KG +54	
C4		KG -70					
C5		KG+70					
C6		KG -70					
C7		KG+70					
J1	from 20/04/91 to 19/04/93	KG -55	WKF JUNIORS 16-17	J6	from 20/04/91 to 19/04/93	KG -48	WKF JUNIORS 16-17
J2		KG -61		J7		KG -53	
J3		KG-68		J8		KG-59	
J4		KG-76		J9		KG+59	
J5		KG+76					
S1	from 20/04/74 to 19/04/91	KG -60	WKF SENIORS +18	S6	from 20/04/74 to 19/04/91	KG -50	WKF SENIORS +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": [FIJKAM RULES](#)

WKF CADETS, WKF JUNIORES, WKF SENIORES: [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! THE WEIGHT CONTROL WILL BE MADE AT THE RATIFICATION OF ENTRIES

Attention: the number of competitors at the tournament is limited.

Send the entries , please, not later then tuesday 14 april 2009

**Aldegisto Sodero tel/Fax 0039-(0)432-402293 e-mail aldegisto.sodero@tin.it
www.fijklam-karate-fvg.it**

HOTELS WITH AGREEMENT UPON THE PRICES IN UDINE CITY

HOTEL RAMANDOLO info@hotelramandolo.it Director Mrs. Luigina	Via Forni di Sotto, 26 33100 UDINE Tel. +39 (0)432-470994 - 545915 Fax +39(0)432-479835	Single € 50 double € 73 triple € 90 quadruple € 105 with breakfast "buffet"
HOTEL S. GIORGIO info@hotelsgiorgioudine.it ***	Piazzale Cella 33100 UDINE Tel. +39(0)432-505577 Fax +39(0)432-506110	single € 60 double € 95 triple € 120 Quadruple € 140 with breakfast "buffet"
HOTEL 2 PALME www.pagineutili.it/alleduepalme	Viale L. Da Vinci, 5 33100UDINE Tel. +39(0)432-481807 Fax +39 (0)432480213	single € 45 double € 65 triple € 85 quadruple € 90 with breakfast "buffet"
HOTEL PRINCIPE *** info@principe-hotel.it	Viale Europa Unita, 51 33100UDINE Tel. +39(0)432-506000 Fax +39(0)432-502221	Single € 57 double € 80 triple € 99 with breakfast
HOTEL CRISTALLO *** Web-page: www.cristallohotel.com	Piazzale d'Annunzio.43 33100 UDINE Tel. +39 (0)432 501919 Fax +39 (0)432 501673	single € 62,00 double € 88,00 triple € 102,00 with breakfast
Express by Holiday Inn Udine Nord Director: Mister Luca Saccenti Sales executive luca.saccenti@metha.com www.hiexpress.com/udinorth Click here for map ecc	Via Alpe Adria, 10 33010 Tavagnacco – UD Tel :+39 (0)432 570666 Mob:+39 393 9348470 Fax:+39 (0)432 575929	single € 37.00 double € 50.00 triple € 69.00 reach breakfast

SPECIAL OFFER ORGANIZATION GETUR

Mrs. Elisa Franchi mob+++39 - 335-380998- Udine:tel. +39 (0)432 - 505759 / fax.+39(0)432 - 505828

Lignano S.:Tel. +++39 (0)431.409511 / Fax. ++39 (0)431- 409512 - lignano@getur.com - www.getur.com

Subject: accommodation offer for karate teams of "10° UDINE KARATE TROPHY" - week of 19 April 2009

GE.TUR. scarl would like to present its youth sports tourism resort located on the beach of **Lignano Sabbiadoro** a gem on the Adriatic Sea (a seatown at a distance of 70 km from Udine),. The resort can accommodate over 2800 persons and is located on the sea, featuring a large beach and modern and well-equipped sports facilities, all compliant with CONI – FIFA – CIO norms, and located in a splendid pine forest of 60 hectares.

TREATMENT	one person one night		one person one night		One person one night
BED AND BREAKFAST	Euro 20,00	HALF BOARD	Euro 23,00	FULL BOARD	Euro 28,00

At the confirmation we'll send you the voucher that you need for the Embassy or Consulat for the Visa support.
We remain at your complete disposal for further information, and please accept our best regards

FIJLKAM KARATE - REGIONAL COMMITTEE FRIULI V.G.

Presidente dr. Roberto Ruberti

Segretary Aldegisto Sodero: Tel./Fax 0039 – (0) 432- 402293 e-mail aldegisto.sodero@tin.it

mob 339-2545586 / 338-5030157 <http://www.fijklkam-karate-fvg.it>

10^oUDINE KARATE TROPHY

ENTRY FORM - 19 APRIL 2009

Club	
Country	
Tel./Fax	
e-mail	
Contact person	
Coaches	
Referees	

n.	Cognome e Nome Atleti	CODE	KATA=KA KUMTE=KU	WEIGHT KG	M / F MALE-FEMALE	AGE CATEGORIES				BIRTHDAY dd/mm/yy
						ESO ^o A ^o born from 01/01/96 to 31/12/97	CADETS born from 20/04/93 at 31/12/95	JUNIORS born From 20/04/91 to 19/04/93	SENIORS born from 20/04/74 to 19/04/91	
1						12-13	14-15	16-17	+18 KU +16KA	
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SEND PLEASE ENTRY FORM NOT LATER THAN SATURDAY 12 APRIL 2009
by e-mail aldegisto.sodero@tin.it or by Fax 0039 - (0) 432- 402293

The undersigned, _____ President of the above-said sporting-club, declares that the competitors, the technical teachers and the managers of this list, for the current year, are members of their National Karate Federation member of the World Karate Federation (W.K.F.) and EKF

I hereby confirm all above listed competitors are in good health, capable of participating on tournament and in order to the medical conditions. We will take full responsibility for possible injuries

The President

FIJLKAM “10° UDINE KARATE TROPHY” TOURNAMENT

SYNTHESIS OF “KUMITE FIJLKAM RULES” FOR THE (ESORDIENTI”A”)

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.

- a) Symmetric mastery (bilaterality of the principal techniques);
- b) Tactics: (organization, rationality, creativity, in the attack and defence phase behaviour);
- c) Attack control and energetic resources administration;
- d) 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 TECNICS (symmetric performance)		ATTACK TACTICS (organization, rationality, creativity, in the attack phase behaviour)		DEFENCE TACTICS (organization, rationality, creativity, in the defence phase behaviour)		ATTACKS CONTROL		ARMS TECNICS (symmetric performance)		energetic resources administration	
Optimum	9	Optimum	5	Optimum	5	Optimum	5	Optimum	3	Optimum	3
Good	8	Good	4	Good	4	Good	4	Discreet	2	Discreet	2
Discreet	7	Discreet	3	Discreet	3	Discreet	3	Insufficient	1	Insufficient	1
Sufficient	6	Sufficient	2	Sufficient	2	Sufficient	2				
Mediocre	5	Insufficient	1	Insufficient	1	Insufficient	1				
Insufficient	4										
Modest	3										
Scarce	2										
shoddy	1										

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

PENALTIES'

Penalties are awarded with the known modalities :

Category 1 : for contact or potentially dangerous infractions

Category 2 .for not allowed actions

-admonition – Chukoku (1 [^] exit - richiamo)	Minus 1 point	- Penalty - Keikoku - (2 [^] exit, control, dangerous actions e/o not allowed , mubobi)	Minus 2 points
- Penalty - Hansoku Chui (3 [^] exit, control, dangerous e/o not allowed actions, mubobi)	Minus 3 points	- Penalty - Hansoku (4 [^] exit, control, dangerous Actions e/o not allowed actions, mubobi) disqualification	Interruption and end of the bout



“10° UDINE KARATE TROPHY”

Sunday 19 april 2009 UDINE - SPORT HALL: "ANGELO GIUMANINI" V. DELLE SCIENZE N° 100

Weight and Age Classes 2009.

INDIVIDUAL KUMITE and KATA - MALE and FEMALE

1. ESORDIENTI "A" (12/13 years old) born from 1° january 1996 to 31 december 1997

KATA: FIJLKAM rules for ESORDIENTI "A":

- Toui KATA from the WKF kata list; No Shitei Kata;
- Each round different 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, both in the semifinal, both in the last round of the repechage matches and in final.

<u>KUMITE weight categories:</u>	Male	-45 kg, -50, -55, -61, -68, -75, -83.
	Female	-42 kg, -47, -53, -60, -68.

2. WKF CADETS (14/15 years old) born from 20 april 1993 to 31 december 1995

KATA: W.K.F. rules ("Shitei Kata"): (brown/black belts)

KUMITE weight categories:	Male	-52 kg, -57, -63, -70, +70.
	Female	-47 kg, -54, +54.

3. WKF JUNIORS (16/17 years old) born from 20 april 1991 to 19 april 1993

KATA: W.K.F. rules ("Shitei Kata"): (brown/black belts)

PAY ATTENTION: WKF JUNIORS CAN COMPETE ALSO IN WKF SENIORS:+16

KUMITE weight categories:	Male	-55 kg, -61, -68, -76, +76.
	Female	-48 kg, -53, -59, +59.

4. WKF SENIORS Kumite: (+ 18) ; born from 20 april 1974 to 20 april 1991

Kata : (+16); born from 20 april 1974 to 20 april 1993

KATA W.K.F. rules ("Shitei Kata"): (brown/black belts)

KUMITE weight categories:	Male	-60kg, -67, -75, -84, +84.
	Female	-50kg, -55, -61, -68, +68.