



FIJLKAM FRIULI VG REGIONAL COMMITTEE

President M° Roberto Ruberti

International Activities Coordinator M° Aldegisto Sodero Tel/fax 0039-(0)432-402293

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SUNDAY 25 APRIL 2010



“11° UDINE KARATE TROPHY”

**INTERNATIONAL KARATE TOURNAMENT INDIVIDUAL KUMITE/KATA
AND TEAMS KATA WKF SENIORS (OVER 16) MALE/FEMALE**

AGE CATEGORIES:

**ESORDIENTI”A”(fijlkam), ESORDIENTI”B”(fijlkam), WKF CADETS, WKF JUNIORS, WKF SENIORS,
competition area n°6 tatami**

LOCALITY: UDINE In the area **RIZZI;**

SPORT HALL: “ANGELO G. GIUMANINI”

“Via delle Scienze” n°100, nearby Udine University Scientific Pole

PROGRAM

KATA: SUNDAY 25 (a.m.)

h 8.00 – 9.00 registration competitors all age categories: h 9.00 beginning kata competitions with younger age categories

KUMITE: SUNDAY 25 (p.m.)

h 12.00-13.00 registration and weight check : BEGINNERS”A” , BEGINNERS”B”

WKF CADETS; h13.30 beginning kumite competitions ;

h 14.00-15.00 registration and weight check : WKF JUNIORS, WKF SENIORS;

h 15.30 beginning kumite competitions .

Info: www.fijlkam-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, gadgets;

ENTRY FEE: 15 € for each category and for each speciality (individual)
20 € for each kata team

KATA CODES MALE/FEMALE CATEGORIES

MALE				FEMALE			
CODE	BELT LEVEL	BORN	CATEGORY	CODE	BELT LEVEL	BORN	CATEGORY
M1	yellow-orange	from 01/01/97 31/12/998	BEGINNERS "A" 12-13	F1	yellow-orange	from 01/01/97 to 31/12/998	BEGINNERS "A" 12-13
M2	green-blue			F2	green-blue		
M3	brown - black			F3	brown - black		
M4	yellow-orange	from 26/04/96 to 31/12/96	BEGINNERS "B"	F4	yellow-orange	from 26/04/96 to 31/12/96	BEGINNERS "B"
M5	green-blue			F5	green-blue		
M6	brown - black			F6	brown - black		
M7	yellow-orange	from 26/04/94 to 25/04/96	WKF CADETS 14-15	F7	yellow-orange	from 26/04/94 to 25/04/96	WKF CADETS 14-15
M8	green-blue			F8	green-blue		
M9	brown - black			F9	brown - black		
M10	yellow-orange	from 26/04/92 to 25/04/94	WKF JUNIORS 16-17	F10	yellow-orange	from 26/04/92 to 25/04/94	WKF JUNIORS 16-17
M11	green-blue			F11	green-blue		
M12	brown - black			F12	brown - black		
M13	yellow-orange	born the 25/04/92 and before	WKF SENIORS +16	F13	yellow-orange	born the 25/04/92 and before	WKF SENIORS +16
M14	green-blue			F14	green-blue		
M15	brown - black			F15	brown - black		

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

KATA RULES

M1, F1, M4, F4, M7, F7, M10,F10:	<p>heian, pinan or WKF kata list;</p> <p>each competitor can repeat the same kata at each round;</p> <p>in the last round of the repechage matches and in final the competitors must perform a kata different from the previous ones</p>
M2, F2, M5, F5, M8, F8, M11,F11:	<p>(heian, pinan, wkf list): each competitor can repeat the same kata;</p> <p>in the last round of the repechage matches and in final the competitors must perform a kata different from the previous ones</p>
M3, F3:	<p>FIJLKAM RULES:</p> <ul style="list-style-type: none"> - TOKUI KATA from WKF kata list; NO SHITEI KATA; Each round different kata. - ITALIAN COMPETITORS must perform a "free composition kata" in the semi-final, in the last round of the recovery matches, in the final. - FOREIGN COMPETITORS, 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:	<p>WKF RULES: (SHITEI KATA) ; each round different kata;</p>

KUMITE CODES MALE/FEMALE CATEGORIES

male				female					
code	born	KG	category	code	born	KG	category		
A1	from 01/01/97 to 31/12/998	from 40 to 45	BEGINNERS "A" 12-13	A8	from 01/01/97 to 31/12/998	from 37 to 42	BEGINNERS "A" 12-13		
A2		-50		A9		-47			
A3		-55		A10		-53			
A4		-61		A11		-60			
A5		-68		A12		-68			
A6		-75							
A7		-83							
B1	from 26/04/96 to 31/12/96	from 45 to 50	BEGINNERS "B" 12-13	B8	from 26/04/96 to 31/12/96	from 40 to 45	BEGINNERS "B" 12-13		
B2		-56		B9		-50			
B3		-63		B10		-56			

B4		-70		B11		-62	
B5		-77		B12		-70	
B6		-84					
B7		-92					
C1	from 26/04/94 to 25/04/96	-52	WKF CADETS 14-15	C6	from 26/04/94 to 25/04/96	-47	WKF CADETS 14-15
C2		-57		C7		-54	
C3		-63		C8		+54	
C4		-70					
C5		+70					
J1	from 26/04/92 to 25/04/94	-55	WKF JUNIORS 16-17	J6	from 26/04/92 to 25/04/94	-48	WKF JUNIORS 16-17
J2		-61		J7		-53	
J3		-68		J8		-59	
J4		-76		J9		+59	
J5		+76					
S1	born the 25/04/92 and before	-60	WKF SENIORS +18	S6	born the 25/04/92 and before	-50	WKF SENIORS +18
S2		-67		S7		-55	
S3		-75		S8		-61	
S4		-84		S9		-68	
S5		+84		S10		+68	

KUMITE RULES

ESORDIENTI "A": [FIJKAM RULES](#)

BEGINNERS "B": [FIJKAM RULES](#) (like WKF CADETS 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! 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 than tuesday 20 april 2010

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

www.fijklkam-karate-fvg.it

FIJLKAM KARATE - REGIONAL COMMITTEE FRIULI V.G.

Presidente M° Roberto Ruberti

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11° UDINE KARATE TROPHY

ENTRY FORM - 25 APRIL 2010

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

n.	surname and name	code	Kata=Ka Kumte=Ku	Weight Kg	M / F Male-Female	AGE CATEGORIES					birthday dd/mm/yy
						BEGINNERS "A" born from 01/01/97 to 31/12/98	BEGINNERS "B" born from 26/04/96 to 31/12/96	WKF CADETS born from 26/04/94 to 25/04/96	WKF JUNIORS born from 26/04/92 to 25/04/94	WKF SENIORS born the 25/04/92 and before	
0						12-13	BEFORE 14	14-15	16-17	+18 KU +16KA	
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SEND PLEASE ENTRY FORM NOT LATER THAN tuesday 20 APRIL 2010
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

HOTELS WITH AGREEMENT UPON THE PRICES IN UDINE CITY

These prices are only for karate. Therefore when you call the hotel communicate that you are in the karate organization and that you have these prices

NAME HOTELS - INFO	ADDRESS	ROOMS TYPOLOGY	PRICES ONE ROOM	NUMBER AVAILABLE ROOMS
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 double triple quadruple with breakfast "buffet"	€ 49 € 70 € 89 € 105	n°20 n°5 n°3
HOTEL S. GIORGIO info@hotelsgiorgioudine.it www.hotelsangiorgioudine.it	Piazzale Cella 33100 UDINE Tel. +39(0)432-505577 Fax +39(0)432-506110	single double triple Quadruple with breakfast "buffet"	€ 60 € 90 € 110 € 135	
HOTEL 2 PALME www.pagineutili.it/alleduepalme	Viale L. Da Vinci, 5 33100 DINE Tel. +39(0)432-481807 Fax +39 (0)432480213	single double triple quadruple with breakfast "buffet"	€ 45 € 65 € 85 € 90	
HOTEL PRINCIPE *** info@principe-hotel.it	Viale Europa Unita, 51 33100UDINE Tel. +39(0)432-506000 Fax +39(0)432-502221	Single double triple with breakfast	€ 57 € 80 € 99	
HOTEL CRISTALLO *** Web-page: www.cristallohotel.com	Piazzale d'Annunzio.43 33100 UDINE Tel. +39 (0)432 501919 Fax +39 (0)432 501673	single double triple with breakfast	€ 60,00 € 82,00 € 93,00	
Express by Holiday Inn Udine Nord Director: Giorgio d'Angelo Sales executive luca.saccenti@metha.com www.hiexpress.com/udinenorth	Via Alpe Adria, 10 33010 Tavagnacco – UD Tel :+39 (0)432 570666 Mob:+39 393 9348470 Fax:+39 (0)432 575929	single double triple reach breakfast	€ 37.00 € 50.00 € 69.00	n°25 n°10
HOTEL LE CROSERE Mr. Isaia Info@albergoallescrosere.it TEL 0432 – 800107 www.albergoallescrosere.it	26 rooms Total 75 persons	Single Double Triple Quadruple ½ Pension full board	34€ 50 € 66€ 66€ €35 €44	n°7 n°15 n°4

Classes, Age and Weight - The competition will take place on n 6 Tatamis

INDIVIDUAL KUMITE and KATA - MALE and FEMALE

1. **BEGINNERS "A"**(12/13 years old)

Beginners "A" FIJLKAM RULES

Kumite weight classes:

Male

Female

Born between January 1, 1997 and December 31, 1998

kg from 40 to -45, -50, -55, -61, -68, -75, -83

kg from 37 to -42, -47, -53, -60, -68

2. **BEGINNERS "B"** (/YEARS) **Born between 26/04/96, 31 December 1996**
Beginners "B" FIJLKAM RULES (the same rules of WKF CADETS category)
Kumite weight classes: Male kg from 45 to -50, -56, -63, -70, -77, -84, -92
Female kg from 40 to -45, -50, -56, -62, -70
3. **WKF CADETS** (14/15 years old) **Born between April 26th, 1994 and April 25th 1996**
KATA: W.K.F. Rules with following variations: **Kata: "Tokui Kata". The Kata must be different in every round.**
Kumite weight classes: Male kg -52, -57, -63, -70, +70
Female kg -47, -54, +54
4. **WKF JUNIORS** (16/17 years old) **Born between April 26th, 1992 and April 25th, 1994**
KATA: W.K.F. Rules with following variations: **Kata: "Tokui Kata". The Kata must be different in every round.**
Kumite weight classes: Male kg -55, -61, -68, -76, +76
Female kg -48, -53, -59, +59
5. **WKF SENIORS** (+ 18 years old for Kumite); **kumite: born until April 25th, 1992 and precedents**
(+ 16 years old for Kata) **Kata born until April 25th, 1994**
KATA: W.K.F. Rules with following variations: **Kata: "Tokui Kata". The Kata must be different in every round.**
Kumite Weight classes: Male kg -60, -67, -75, -84, +84
Female kg -50, -55, -61, -68, +68

W.K.F. Rules

FIJLKAM "11° UDINE KARATE TROPHY" TOURNAMENT SYNTHESIS OF "KUMITE FIJLKAM RULES" FOR THE ESORDIENTI "A" CATEGORY

BEGINNER "A" CLASS RULES - KUMITE

The match will be carried out following the elimination system with a repechage on 10x10 m. canvas, made by rubber mats.

The athletes who won the 1st, 2nd and 3rd place the previous year, if competing in the same weight class, must be divided in different Groups, two in the odd one ("A") (the 1st and the 3rd of a Group different from his own), respectively with the number 5 and 7, two in the even one ("B") (the 2nd and the 3rd of a Group different from his own), respectively with the number 6 and 8. The goal of the proof is to show the completeness of the individual technical background through a tactical behaviour adequately learned in regard to his age.

In Kumite the aggressive dynamism must be symbolized by attacks and defences perfectly controlled and by a behaviour that has to be moderate (therefore intimidating shouts are strictly forbidden) and free from any further ostentation of aggressiveness.

The athletes have to give a demonstration of the following technical and tactical abilities:

- a) symmetry mastery (bilaterality of the main technical actions);
- b) method (organization, rationality creativity in the tactical behaviour during the attacks and the defences);
- c) control of the attacks and management of the energetic resources;
- d) time and space structuring (correct use of the distance and correct timing).

Therefore in Kumite the effectiveness and the degree of technical abilities, that is the capacity to elaborate creative, effective and controlled answers, are checked.

The heat last 80", at 60" a signal a word is given to communicate the fighting is coming to an end (Atoshi-Baraku).

The Central Referee gives the signal of the start (Shobu Hajime) and the end (Yame) of the fight and takes a part to stop the competition if the action gets sterile and confused or if it is necessary to prevent potentially dangerous situations.

Moreover, he takes a part to inflict sanctions in the case of violations of the Regulation (exits, dangerous actions, intentional lack or loss of control during the attacks, etc.).

ALLOWED ACTIONS:

It is allowed to strike **to the head, to the face and to the neck (Jodan) without contact:**

- back fist strike on the traverse plane (Uraken);
- round frontal kick on the traverse plane (Mawashigeri)
- round frontal reversed kick on the traverse plane (Uramawashigeri).

It is allowed to strike **to the chest (Chudan, zone protected by the body armour) with control :**

- Reverse hand punch (Gyakutsuki);
- round frontal kick on the traverse plane (Mawashigeri).

The techniques in the brackets are the only allowed.

FORBIDDEN BEHAVIOURS AND ACTIONS:

- assume an aggressive attitude;
- emit intimidating shouts;
- throw not allowed techniques or allowed techniques in forbidden zones of the body;
- carry out uncontrolled leg or arm techniques;
- carry out protection techniques.

Evaluations will be expressed by Judges according to the following parameters:

Legs Techniques (execution, symmetry)		Attack Tactics (organization, rationality and creativity in the behaviour during the attack)		Defence Tactics (organization, rationality and creativity in the behaviour during the defence)		Attacks Control		Arm Techniques (execution - symmetry)		Energetic Resources Management	
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										

The totality of the points goes, therefore, from a minimum of 6 to a maximum of 30.

PENALTIES:

For exiting from game area, for lacking or defect in techniques, for performing forbidden actions:

- Admonition - Chukoku (1 st exit - warning)	Minus 1 point;	- Sanction - Keikoku - (2 nd exit, control, dangerous and/or forbidden actions, mubobi)	Minus 2 points;
- Sanction - Hansoku Chui (3 rd exit, control, exit, control, dangerous and/or forbidden actions, mubobi)+	Minus 3 points;	- Sanction - Hansoku (4 th exit, control, dangerous and/or forbidden actions, mubobi)	Match Interruption

Penalties are applied according to the known modalities:

Category 1 for infractions with contact or potentially dangerous actions;

Category 2 for forbidden actions.

The two categories follows two different paths and cannot be assigned both to the same situation, except the case in which the action would cause harm to the opponent, seriously reducing (hansoku-chui) his winning capacity.

BEGINNER "A" CLASS RULES - KATA

The match will be carried out following the elimination system with a repechage on 10x10 m. canvas, made by rubber mats.

The athletes who won the 1st, 2nd and 3rd place the previous year, if competing in the same weight class, must be divided in different Groups, two in the odd one ("A") (the 1st and the 3rd of a Group different from his own), respectively with the number 5 and 7, two in the even one ("B") (the 2nd and the 3rd of a Group different from his own), respectively with the number 6 and 8.

Competition System: Heats: Federal Katas. If participant athletes are more than 64 at the 2nd turn, 1st turn Kata can be repeated. Semifinal, last turn of the Injury Times and Finals: Free composition Kata. **A CD/DVD containing the execution of Kata must be delivered to the President of the Jury at last 30 minutes before the beginning of the match, on pain of disqualification.**

In free composition Kata (to be executed just by the Athletes fighting for the 1st, 2nd and 3rd place - Semi-final, last turn of the repechage and Finals -) the movement is free and multiform and must be concentrated to a polyvalent motor dynamism where original gestures of the Martial Art, more recent techniques and acrobatic actions combines giving rise to a noble formal expression of specific connotations.

In the elaboration of the heat and in its execution the widest possibility is given to Technical Teachers and Athletes to express freely their creativity, **considering however that the only technical gestures that has to be "freely composed" are the karate's ones.**

Therefore not codified Kata parts will not be allowed.

From the heat must stand out the following capabilities and abilities:

- Creativity (originality in the composition of the Kata);
- Rhythm (general scannings, functional action-time scanning);
- Technique;
- Kime;
- Expressiveness.

The heat has a minimal length of 60" and a maxim one of 80"; every second more or less will be penalized with the loss of 0,10 points.

Kata must have the following requirements, on the pain of disqualification:

- 2 symmetric leg techniques (dx-sx) even if they're not consecutive on the sagyttal plan (Maegeri o Kakatogeri);
- 2 symmetric leg techniques (dx-sx) even if they're not consecutive on the traverse plan (Mawashigeri);
- 2 symmetric arm techniques (dx-sx) even if they're not consecutive on the sagyttal plan (Gyakutsuki);
- 2 symmetric arm techniques (dx-sx) even if they're not consecutive on the traverse plan (Uraken);
- 2 symmetric acrobatic phases (dx-sx) even if they're not consecutive (of modest commitment, in which a detaching of the feet from the floor is foreseen);
- blocks at different height and of different type.

The techniques in the brackets are mere examples.

To this base contents must be associated all the techniques that are considered functional to the exercise.

Guard positions are free.

Evaluations will be expressed by the Judges according with the following parameters:

FEDERAL KATA

Technique		Rhythm		Expressiveness		Kime	
Optimum	7	Optimum	6	Optimum	4	Optimum	3
Good	6	Good	5	Good	3	Discrete	2
Discrete	5	Discreet	4	Sufficient	2	Insufficient	1
Sufficient	4	Sufficient	3	Insufficient	1		
Mediocre	3	Insufficient	2				
Insufficient	2	Modest	1				
Modest	1						

The totality of the points goes, therefore, from a minimum of **4** to a maximum of **20**.

FREE COMPOSITION KATA

Technique		Creativity		Rhythm		Kime		Expressivity	
Optimum	5	Optimum	5	Optimum	4	Optimum	3	Optimum	3
Good	4	Good	4	Good	3	Discreet	2	Discreet	2
Discreet	3	Discreet	3	Sufficient	2	Insufficient	1	Insufficient	1
Sufficient	2	Sufficient	2	Insufficient	1				
Insufficient	1	Insufficient	1						

The totality of the points goes, therefore, from a minimum of **5** to a maximum of **20**.

P E N A L T I E S

Length of the kata (Free Composition): for every second more or every second less:	-0,10
Hesitation (brief loss of memory) during the execution:	- 1
Light loss of balance immediately corrected:	- 1
Plain loss of balance:	- 2
Exasperated and anti-physiological positions:	- 3
Heavy loss of balance or fall:	- 5
Interruption of the heat or no execution of a part of it:	defeat or minimal score
Declare a kata and execute another one:	defeat or minimal score
Exercise lacking in minimal contents:	defeat or minimal score

