



BULGARIAN FEDERATION SHOTOKAN KARATE DO

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International Japan Karate Do Association - Bulgaria



Have the honor to invite you to

XVI International Shotokan Karate Tournament "Shiseikan" 1-3 November 2019, Sofia

And



Technical Seminar with Sadashige Kato Sensei, 9 dan, chief instructor of IJKA – 1-2 November, Central railway station sports hall

Organizing Committee:

Alexander Slavkov - President of Bulgarian Federation Shotokan Karate-Do

Lachezar Nenov – Vice-president and Chief instructor of Bulgarian Federation Shotokan Karate-Do +359888215498 e-mail: ijka.nenov@gmail.com

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Dimitar Tomov

Software development and organization of the tournament

- **一期一会 Ichi go ichi e!** / One time, one meeting /! Meetings never repeat in our lives so let's fully enjoy this one. We are going to have a unique event in its essence, as it is the annual international Shotokan tournament "Shiseikan". A place where the past meets the future. The past in the form of the knowledge we all study and develop, the present, which defines our future and the future of Karate as we will pass it to our followers. In the spirit of the traditions handed down to us by the father of modern Karate - Gichin Funakoshi, which provide that the personal development is achieved by overcoming the ego, the organizing committee of the upcoming tournament aims at organizing an event in the spirit of Budo. A fight in which all participants will be winners: Both winners and losers will learn by exploring their strengths and weaknesses and finding out what they need to improve in the future.
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- **First! Seek perfection of character!**
- *(Hitotsu! Jinkaku kansei ni tsutomuru koto)*
- We will return from the sport to Budo. Real samurai in spirit will meet in the shiajo's fights, because the purpose of Karate-Do is not the victory over the enemy but the victory over ourselves. And if one fighter has defeated himself, overcoming his fears, restraints, prejudices, even if he does not defeat the opponent, leaving the tatami, he will be able to say with dignity to himself: I have seen my omissions and what I have to work on. I took a step forward ... tomorrow I will be better than today.
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- **First! Respect others!**
- *(Hitotsu! Reigi o omonzuru koto)*
- Let's turn inward and end the sports pursuit of medals. Let's stop feeding the ego and build a hard, noble character of warriors! As the ancient people say, "It is a double win if you are able to control yourself after the victory." Everybody must have respect to those who have lost and act with modesty and restraint. Let's make this day a celebration for all of us. Everyone who takes part in this tournament is doing it out of love for Karate. Let's all check where we are on the Way and have respect not only for those who are ahead of us but also for those who follow us. Let's not forget where we started from.
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- **First! Refrain from violent behavior!**
- *(Hitotsu! Kekki no yu o imashimuru koto.)*
- Based on the above :
 - There will be no medals at the tournament
 - There will not be a podium
 - The award ceremony is made immediately at the shiajo. Everyone receives a diploma.
 - There is no tolerance of attitude against Budo's ethics
 - Every applause and support for each participant is tolerated, even if he is from another team or opponent at the time. Show Nobility of Character!

- Each fight ends with a restrained attitude towards the opponent / karate begins and ends with a bow /
- The behavior on Shiajo is the same as the behavior on the battlefield!
- Karate is art! Express yourself through your Karate!

Karate is based on Bushido (the warrior-samurai path). Bushido's goal is to help the warrior master himself, understand his own consciousness and the surrounding world through his life experience and by developing strength, self-control and wisdom. Sincerity, honesty, kindness, devotion and honor, supplemented by a warlike spirit, are the very essence of Bushido and the seed from which the philosophy of Karate-Do originates. In Karate the body, consciousness and spirit evolve in harmony, and no physical force can be compared to the power of this trinity. The result is the achievement of ease of action, confidence, combined with modesty, openness and peace; in other words, the overall development of the personality.

Let this message reach all the participants in the tournament: Coaches, Athletes, Parents, and Team Supporters. Osu!

Karate seminar 1-2 November – sport hall Central Railway station, Sofia

Schedule:

Seminar – Sports Hall Central Railway Station - Sofia

Friday, 1 November – seminar

19.00 – 19.30 – Registration and payment

19.30 – 20.45 – Training (all grades)

20.45 - 21.30 – Training (brown and black belts only)

Saturday, 2 November – seminar and Dan examination

11.00 – 12.15 – Training (all grades)

12.15 – 13.00 – Training (brown and black belts only)

13.00 – 14.00 – Dan examination

16.00 – 17.15 – Training (all grades)

17.15 – 18.00 – Training (brown and black belts only)

Information and dead lines:

Technical seminar 1-2 November

Seminar fee for brown and black belts is 100BGN for both days or 40BGN per training.

9kyu- 4kyu 80BGN for both days or 30BGN per training

Final date for registration forms: 26th October (e-mail: ijka.nenov@gmail.com)

Participants without registration pay additional 10% of the fee.

Spectators fee – 50BGN (for all trainings)

Place of the seminar: Central Railway Station Sports Hall, Sofia (the entrance is near the 1st railway track [click here to see on the map](#))

All cash payments to be done before the beginning of the event. The team leader is responsible for the registration and payment of his Dojo.

Video capture of the technical seminar is not allowed!

XVI International Shotokan Karate Do Tournament "Shiseikan", 3 November

Place of the tournament – Sikonko Sports Hall (near metro station Lulin [see the Map](#))

Awards: No medals! Diplomas for all participants and 1st, 2nd and 3rd place

Competition fee:

Individual entry fee (all events included): 30BGN (15 Euro)

Kata team: 30 BGN (15 Euro) per team

By submitting their entry, the contestants declare that they have a doctor's license to compete (pre-competition medical assessment) and a valid insurance.

Final date for registration forms: 26th October (e-mail ijka.nenov@gmail.com)

Schedule:

Sunday, 3 November – International Tournament – [Sikonko Sports Hall, Sofia](#)

9.00 – 9.30 Registration and payment. Checking weight of competitors for kumite will be done before the start of each category (tolerance 1kg). During registration please fill the exact weight of the competitor, not the category.

9.30 – Technical Meeting (for all coaches, referees and officials)

10.15ч. – beginning of the tournament

XVI International Shotokan Karate Do Tournament „SHISEIKAN“

Competition for Kohai grades (9th – 4th Kyu)

RULES AND CATEGORIES

Kata rules: Elimination rounds by flag system (kohaku hoshiki). The competitors in each category will compete in elimination round down to 8 competitors (two competitors at the same time, AKA / SHIRO). Kata chosen by referee.

Final round by point system (tensu hoshiki), the 8 competitors will perform Tokui kata (their choice from the approved list), top 3 scorers will decide 1st, 2nd and 3rd place.

No limit of participation. In case of large number of participants in any category they may be divided into further categories by grade. These new categories will be announced at the event. In the event of insufficient number of competitors, the organizer may unify or close categories.

IJKA Asai Ryu & Kato Ryu Kata:

Eliminations on the point system (tensu hoshiki). Competitors in each category will compete in one elimination round until 8 contestants remain. Free choice (Tokui kata) in each round from the list of eligible Kata according to the rank of the participant. In a tie, they can repeat the kata. In the event of a large or insufficient number of competitors, the organizer may reveal new categories, join or close categories.

Categories for 9th to 7th kyu can choose from: Junro Shodan, Junro Nidan and Zenkutsu dachi no kata.

Categories for 6th to 4th kyu can choose from: Junro Shodan, Junro Nidan, Junro Sandan and Zenkutsu dachi no kata.

KATA INDIVIDUAL

The categories may be further divided in the case where there is a large number of participants. Example:

1. a - Boys 9 kyu
1. b - Boys 8 kyu
1. c - Boys 7 kyu

CHILDREN (6 – 7 years)

AM: Boys 9 – 7 kyu

AF: Girls 9 – 7 kyu

CHILDREN (8 – 9 years)

1. Boys 9 – 7 kyu 2. Boys 6 – 4 kyu 3. Girls 9 – 7 kyu 4. Girls 6 – 4 kyu

CHILDREN (10 – 11 years)

5. Boys 9 – 7 kyu 6. Boys 6 – 4 kyu 7. Girls 9 – 7 kyu 8. Girls 6 – 4 kyu

MINICADETS (12 – 13 years)

9. Male 9 – 7 kyu 10. Male 6 – 4 kyu 11. Female 9 – 7 kyu 12. Female 6 – 4 kyu

CADETS (14 – 15 years)

13. Male 9 – 7 kyu 14. Male 6 – 4 kyu 15. Female 9 – 7 kyu 16. Female 6 – 4 kyu

JUNIORS (16 – 17 years)

17. Male 9 – 7 kyu 18. Male 6 – 4 kyu 19. Female 9 – 7 kyu 20. Female 6 – 4 kyu

YOUTHS/SENIORS/VETERANS (over 18 years)

21. Male 9 – 7 kyu 22. Male 6 – 4 kyu 23. Female 9 – 7 kyu 24. Female 6 – 4 kyu

Categories for 9th to 7th kyu: Elimination round – Shitei kata: **Taikyoku Shodan and Heian Shodan**

Final round (top 8 competitors) – Tokui kata:

Choice from **Taikyoku Shodan, Heian Shodan, Heian Nidan and Heian Sandan**

(In the case of a draw, competitors may perform the same kata).

Categories for 6th to 4th kyu: Elimination round – Shitei kata: **Heian Shodan, Heian Nidan, Heian Sandan**

Final round (top 8 competitors) – Tokui kata: Choice from **all Heian kata plus Tekki Shodan**. In the case of draw, competitors must perform a different kata to the one performed in the previous round.

KATA TEAMS

All rounds by point system (Tensu hoshiki). Elimination rounds – Tokui kata; All Heian Kata + Tekki Shodan.

Final round (4 teams) – different Tokui kata.

In the case of a draw, they can repeat kata. No limit of participation.

KATA TEAMS CHILDREN (7 – 11 years, 9 – 3 kyu)

KOHAI Kata team boys **KOHAI** Kata team girls **KOHAI** Kata team mixed

KATA TEAMS CADETS (12 – 15 years, only 9 – 4 kyu)

KOHAI Kata team male **KOHAI** Kata team female **KOHAI** Kata team mixed

Cadet team Kohai may include one competitor from children category (8-11 years old), but not brown belt.

Kumite rules: Sanbon (three-step) **kumite** will be judged by the flag system. Tori attacks jodan oi-zuki + chudan oi-zuki + mae geri, Uke blocks jodan age uke + chudan soto uke + gedan barai + counter attack chudan gyaku tsuki. Detailed description and criteria for judgement of Sanbon kumite can be found in SKDUN Rulebook, Addition (2013) page 50. The most up-to-date Rulebook is available here: <http://www.skdun.org/competition-rules/rule-book/>

Jiyu kumite – Ippon Shobu (2 waza-ari or 1 Ippon)

Duration of the match is specified for each age group. No limit of participation. The categories may be further divided in case there is a large number of participants. The new categories would be announced on the day.

KUMITE INDIVIDUAL

The categories may be further divided in the case where there is a large number of participants. Example:

31.a - Boys 9 kyu: -35 kg / +35 kg

31.b - Boys 8 kyu: -40 kg / +40 kg

31.c - Boys 7 kyu: open

In the event of insufficient number of competitors, the organizer may unify and close categories. When closing down categories, the coaches will be notified days before the race. IN THE APPLICATION, PLEASE FILL THE COMPETITORS PRESENT WEIGHT IN KILOGRAMS, AND NOT THE CATEGORY (tolerance 1kg). Please fill the weight also for Sanbon kumite and for Open. If enough number of participants, they will be divided by weight too.

CHILDREN (6 – 7 years) SANBON KUMITE

AKM. Boys 9 – 4 kyu

AKF. Girls 9 – 4 kyu

CHILDREN (8 – 9 years) SANBON KUMITE or JIYU KUMITE

31. Boys 9 – 7 kyu

32. Girls 9 – 7 kyu

33. Boys 6 – 4 kyu

34. Girls 6 – 4

kyu 35. Boys 9 – 4 kyu Jiyu Kumite

36. Girls 9 – 4 kyu Jiyu Kumite

The JIYU KUMITE categories may be further divided by grade and weight.

Competitors may choose to participate only in one of the events: Sanbon Kumite OR Jiyu Kumite.

CHILDREN (10 – 11 years) SANBON KUMITE or JIYU KUMITE

37. Boys 9 – 7 kyu

38. Girls 9 – 7 kyu

39. Boys 6 – 4 kyu

40. Girls 6 – 4

kyu 41. Boys 9 – 4 kyu Jiyu Kumite

42. Girls 9 – 4 kyu Jiyu Kumite

The JIYU KUMITE categories may be further divided by grade and weight.

Competitors may choose to participate only in one of the events: Sanbon Kumite OR Jiyu Kumite.

MINICADETS (12 – 13 years) JIYU KUMITE – 1 minute 30 seconds

43. Male -40 kg

44. Male -45 kg

45. Male -53 kg

46. Male 53+ kg

47. Female -45 kg

48. Female 45+ kg

CADETS (14 – 15 years) JIYU KUMITE – 1 minute 30 seconds

49. Male -60 kg

50. Male 60+ kg

51. Female -50 kg

52. Female 50+

kg

JUNIORS (16 – 17 years) JIYU KUMITE – 2 minutes

53. Male -65 kg

54. Male 65+ kg

55. Female open

SENIORS (over 18 years) JIYU KUMITE – 2 minutes

56. Male -75 kg

57. Male 75+ kg

58. Female open

XVI International Shotokan Karate Do Tournament "Shiseikan"

Brown and Black belts only (3rd Kyu and above)

RULES AND CATEGORIES

Shotokan Kata rules:

No limit of participation:

Elimination rounds by flag system (Kohaku hoshiki).

The competitors in each category will compete in the elimination rounds down to 8 competitors (two competitors at the same time, AKA / SHIRO).

Round 1: Shitei Kata (HEIAN 1-5 and TEKKI SHODAN) until 16 athletes remain.

Round 2: Sentei Kata (BASSAI DAI and JION for the Brown Belts) (BASSAI DAI, JION, KANKU DAI and ENPI for the Black Belts), while 8 contestants remain.

Semi-final and Final rounds by points system (Tensu hoshiki).

In semi-finals, these 8 competitors will perform Tokui kata (their choice from the approved list).
 Finals: The 4 competitors with the highest scores will perform a different Tokui kata in the final round (for 1st, 2nd and 3rd place).

In the case of a draw in the semi-final and final rounds, competitors must perform a different kata to the ones performed in all previous rounds.

For choice of Tokui kata see the approved kata list appropriate to the competitors range (it can be found in the [SKDUN rule book](#)).

KATA INDIVIDUAL

<ol style="list-style-type: none"> 1. CHILDREN (10 – 11 years) boys 2. CHILDREN (10 – 11 years) girls 3. MINICADETS (12 – 13 years) boys 4. MINICADETS (12 – 13 years) girls 5. CADETS (14 – 15 years) Male 6. CADETS (14 – 15 years) Female 7. JUNIORS (16 – 17 years) Male 8. JUNIORS (16 – 17 years) Female 9. YOUTHS (18 – 20 years) Male 10. YOUTHS (18 – 20 years) Female 11. SENIORS (21 – 39 years) Male 12. SENIORS (21 – 39 years) Female 13. VETERANS (40 + years) Male 14. VETERANS (40 + years) Female 	
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IJKA Asai Ryu & Kato Ryu Kata: Eliminations on the point system (tensu hoshiki). Competitors in each category will compete in one elimination round until 8 contestants remain. Free choice (Tokui kata) in each round from the list of eligible Kata according to the rank of the participant. In a tie, they can not repeat the kata played in a previous round. In the event of a large or insufficient number of competitors, the organizer may reveal new categories, join or close categories.

3rd to 1st kyu competitors can choose from: Junro 1-5, Zenkutsu dachi no kata, Kiba dachi no kata and Kokutsu dachi no kata.

1st dan competitors can choose from: Junro 1-5, Zenkutsu dachi no kata, Kiba dachi no kata, Kokutsu dachi no kata, Jooko Issei, Kibaken Shodan, Kibaken Nidan, Shotei, Kakuyoku Shodan, Roshu, Sensho, Jurokuho, Rantai.

2nd dan and above competitors can choose from: Junro 1-5, Zenkutsu dachi no kata, Kiba dachi no kata, Kokutsu dachi no kata, Jooko 1-5, Kibaken 1-6, Shotei, Kakuyoku Shodan, Roshu, Sensho, Jurokuho, Rantai, Meikyo 2-3, Hachimon, Rakuyo, Suishu, Kashu, Fushu, Bo no kata.

KATA TEAMS

Kata teams may include ONE 4thkyu. All rounds by point system (Tensu hoshiki). Note; if a 4th kyu is used then the team can only perform Shitei kata in all rounds.

Elimination rounds – Tokui kata; Final round (4 teams) – different Tokui kata

In the case of a draw, teams must perform a different kata to the ones performed in previous rounds.

Limit of participation: No limit for the number of teams per club or country.

The Tokui kata must be selected from the approved list and be appropriate for the lowest grade in the team.

For choice of Tokui kata see the approved kata list and competitors range SKDUN Rulebook:

<http://www.skdun.org/competition-rules/rule-book/>

CADET TEAMS (Minicadets + Cadets) (12 – 15 years)

CADET MALE

CADET FEMALE

CADET MIXED

Cadet team may include one competitor from children category (10-11 years old)

JUNIOR TEAMS (Juniors + Youths) (16 – 20 years)

JUNIOR MALE

JUNIOR FEMALE

JUNIOR MIXED

Junior team may include one competitor from cadet category (12-15 years old)

SENIORS TEAMS (Over 21 years)

SENIOR MALE

SENIOR FEMALE

SENIOR MIXED

Senior team may include one competitor from junior category (16-20 years old)

VETERANS TEAMS (Over 40 years)

VETERAN MALE

VETERAN FEMALE

VETERAN MIXED

Veterans team may include ONLY one competitor from seniors but over 30 years old

Kumite rules: Ippon Shobu (2 waza-ari or 1 Ippon) for all categories, except seniors individual kumite finals – Sanbon Shobu. Duration of the match is specified for each age group.

KUMITE INDIVIDUAL

CHILDREN (10 – 11 years) 1 minute 30 seconds

26. Boys -32 kg 27. Boys -40 kg 28. Boys +40 kg 29. Girls -35 kg 30. Girls 35+ kg

MINICADETS (12 – 13 years) 1 minute 30 seconds

31. Male -43 kg 32. Male -53 kg 33. Male +53 kg 34. Female -50 kg 35. Female +50kg

CADETS (14 – 15 years) 2 minutes

36. Male -57 kg 37. Male -67 kg 38. Male +67 kg

39. Female -53 kg 40. Female +53 kg

JUNIORS (16 – 17 years) 2 minutes

41. Male -63 kg 42. Male -73 kg 43. Male +73 kg

44. Female -57 kg 45. Female +57 kg

YOUTHS (18 – 20 years) 2 minutes

46. Male -70 kg 47. Male -78 kg 48. Male +78 kg

49. Female -58 kg 50. Female +58 kg

SENIORS (over 21 years) 2 minutes (final match 3 minutes)

51. Male -70 kg 52. Male -80 kg 53. Male +80 kg

54. Female -58 kg 55. Female +58 kg

56. VETERANS OPEN Male (40 + years) 2 minutes

57. VETERANS OPEN Female (40 + years) 2 minutes

In case of insufficient number of competitors, it is possible to merge categories or split additional categories with a large number of competitors. **Please fill in the exact kilograms of the competitors** rather than their category.

Veterans may be divided into two weight categories if there are sufficient competitors. Veterans can also participate in Seniors events.

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