



IJKA SHIDOKAN CUP OHRID, N. MACEDONIA 11 AUGUST 2024
CATEGORIES, GROUPS & RULES

- I. Category KOHAI KATA (9th -4th kyu)
- II. Category KATA (3rd kyu & above)
- III. Category ASAI HA KATO RYU KATA
- IV. Category KUMITE

KOHAI KATA rules =>Flags system Elimination/ Points system Finals

- I. KOHAI KATA (9th -4th Kyu)
 - Group K1 5-7 y.o
 - Group K2 8-9 y.o
 - Group K3 10-11 y.o
 - Group K4 12-13 y.o
 - Group K5 14-15 y.o
 - Group K6 16-17 y.o
 - Group K7 18+ y.o

K1 Elimination & Final Taikyoku Shodan & Heian Shodan

K2, K3, K4, K5, K6 & K7 Elimination Heian Shodan, Nidan & Sandan

Final (best 4) Heian 1-5 & Tekki Shodan

KATA rules =>Flags system Elimination/ Points system Finals

- II. KATA (3rd Kyu & above)
 - Group 1 8-9 y.o
 - Group 2 10-11 y.o
 - Group 3 12-13 y.o
 - Group 4 14-15 y.o
 - Group 5 16-17 y.o
 - Group 6 18+ y.o

1g, 2g, 3g Heian 1-5 elimination/ Final Bassai Dai, Jion, Enpi, Kanku Dai

4g, 5g, 6g Heian 1-5, Tekki Shodan elimination/ Final Tokui Kata

III. ASAIHA KATORYU KATA (3rd kyu & above)

Group 1. U16 y.o Junro Shodan Elimination/ Final Tokui kata

Group 2. 16+ y.o Junro Shodan & Nidan Elimination/ Final Tokui kata

IV. KUMITE rules

=> Sanbon Kumite (5-7 y.o)

=> Kihon Ippon kumite (8-9y.o)

- Jodan/ Chudan & Mae geri (right side attack only, in case of draw competitors change to left side attack)

=>Shobu Ippon jiyu kumite 6KYU & above (10y.o & above)

- aka/ shiro (original belt is on, aka puts red ribbon)

-2g, 3g, 4g 1minute 30' shobu ippon

-5g, 6g, 2minutes shobu ippon

=>Compulsory equipment

- Mouth guard
- White Hand gloves (2cm thick)
- Karate-do spirit
- Controlled and clean technique
- Karate-do manners etiquette

*in case of large number of competitors, kumite group will be divided in two, using weight criteria.

**in case of insufficient number of competitors, two groups will be merged in one .

Tournament fee

30€ (one, two or all disciplines- competitors choice)

*Payment: at the arrival, in the dojo before the start of the seminar or tournament for those that will participate at the competition only.

* Hotels mostly are fully booked at this time, but private accommodation is available. Let us know if assistance is needed concerning the accomodation.

Please check and fill in the registration form and send it back to our email

ijkamacedonia@gmail.com before the **deadline date 20th July 2024**