

BRITISH KARATE-DO CHOJINKAI

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34th ANNUAL - CUMBRIA OPEN **KARATE CHAMPIONSHIPS** **SUNDAY 13th JUNE 2010 – PENRITH LEISURE CENTRE**

Please find enclosed entry forms for the 34th Annual Cumbria Open Karate Championships that are to be held on **Sunday 13th June 2010** at our **NEW VENUE – PENRITH LEISURE CENTRE**. The event is only open to Clubs and Associations who are members of WKF/BKF recognised National Governing Bodies.

IMPORTANT: In the Kumite events, the current WKF rules are to be used for scoring and bout operation, however, not all Rule changes are to be implemented, so please read the "Rules of the Day" sheet and if you have any queries, telephone me on 016974 73239 or Email chojinkai@ukonline.co.uk.

Boys and Girls 6 to 15 years – All Grades
Registration from 9am : Start at 10am with Kata events.
Kumite will start when the majority of Kata is completed.

Cadets 16/17 years and Seniors 18 years plus – All Grades
Registration from 2pm : Expected Start at 3pm with Kata events.
Competitors should be ready to start from 2pm, in the event of being ahead of schedule.
Kumite will start when the majority of Kata is completed.

Each Club/Association entry is requested to provide at least one official – Referee, Judge or Table Official. Refreshments and Buffet lunch will be provided.
A fee will be paid to National & International Qualified Officials.

Closing date for entries is Saturday 5th June. **No entries on the day.**

Spectator tickets are available on the door, Adults £7, Children £4, under 6 free, Family (4) £18.

PLEASE RETURN THE RELEVANT PAGES from 1 to 5 - **PAGE 1 MUST BE FULLY COMPLETED**

Yours in Karate

Doug James

Doug James 8th Dan WKF
Organiser/Chief Referee

DIRECTIONS: Exit 40, M6 Motorway, follow A66 sign Scotch Corner/Brough along bypass. At next roundabout, take first exit signed Penrith A6 Town Centre. Pass B&Q and Garage on left, then at mini roundabout bare left into Leisure Centre – Post Code CA11 9ES – Telephone 01768 863450

CHOJINKAI KARATE - CUMBRIA OPEN

RULES OF THE DAY -PART 1

Repercharge

The repercharge system will **not be operated** for Kata or Kumite and the draw will be seeded, taking club name, rank and experience (when known) into consideration. Medals will be Awarded for 1st, 2nd and Joint 3rd places.

Kata

1. Perform individual Kata of “free choice” during elimination and finals (Assocn. variations are permitted).
2. In the **junior grade event only**, 9th and 7th Kyu section, **one Kata can be repeated indefinitely**. Also in this **junior grade event only**, both contestants (Red and Blue), will perform their round and final **Kata on the area simultaneously**.
3. In the **Intermediate grade event** 6th and 4th Kyu, **a Kata can be repeated, but not consecutively**
4. In the **Senior grade** 3rd Kyu and Above event. **a different Kata must be performed in each round. a Kata cannot be repeated**
5. The panel will consist of **3 judges**, each having flags denoting AKA and AO (Red and Blue) .
6. The judges will use **W.K.F. “Criteria for Decision”** as guidelines for bout winners.
7. The **Boys and Girls Pairs & Team Kata** can be made up of 2/3 Boys or 2/3 Girls or mixed sex - **No Bunkai required**. **A Kata can be repeated, but not consecutively in the 9th to 4th event.**
In the **Senior grade Brown/Black event, a different Kata must be performed in each round.**

Kumite

Operation of Matches

1. **Three person team matches/plus one reserve.**
2. **Automatic Hikiwake** in the event of a drawn team bout, **however in an Individual bout, if Hikiwake is given, then Sai Shiai is fought for a duration of 1 minute.** (30 seconds for the 15 years & under events) **All previous scores & penalties are deleted from the scoreboard, highest score wins or decision by Hantei.**
3. **When a team** has two bout victories, or it is impossible for the opponents team to win, that team is declared the winner.
4. In the Team event, when Kiken, Hansoku or Shikkaku is given, the opponent will **receive 8 points and the offenders score reduced to zero.** (6 points for the 15 years & under events)
5. The referee panel will comprise of one referee and one mirror judge **using WKF rules for scoring, prohibited behaviour and operation of matches.** (Two or Three judges may be used using flag signals to assist the referee).
6. **All bouts will be 1½ minute duration and two minutes for finals.**
7. **6 or 8 metre square matted areas** will be used.
8. No Limits on the number of events or categories entered per club, **provided they are eligible for the category.**
9. **Categories may be changed** at the discretion of the organiser, **if insufficient entries are received.**
10. **No protest is permitted with regard to referee panel decisions, however in the event of queries, only the official coach may approach the control table, competitors and spectators must go via their coach for information.**

PROTECTIVE EQUIPMENT and UNIFORM

1. **Gum shields are compulsory.**
2. **W.K.F. approved Red & Blue hand mitts or similar such designs, are compulsory.**
3. **WKF Foot/Instep Protection are optional, however, if they are worn they have to be the WKF Approved Style and have to match either the Red or Blue belt colour.**
4. **WKF Face Masks and Body Protectors are optional for under 16 year old competitors.**
5. **Contestants should wear their own Red and Blue belts, I.D. should be discreetly appended.**
6. **Boxes and shin pads** are allowed, however, **if worn must be plain White.**
7. **Under 16 years may wear plain white Elasticated Shin/Instep protectors.**
8. **The contestants must be appropriately dressed.** Uniform must be clean and fit properly.

CHOJINKAI KARATE - CUMBRIA OPEN
RULES OF THE DAY - PART 2
KUMITE SCORING

1. There will be a **three scoring system** in operation in line with the current W.K.F. rules.
2. **IPPON (1 point) NIHON (2 points) SANBON (3 points)**
3. There will be **no limit on the amount of points** awarded within the allotted time.
4. If there becomes a **differential of 8 points, (6 points for 15 years and under)**, the match will be ended.
5. **IPPON** is awarded for Chudan or Jodan Zuki & Uchi
6. **NIHON** is awarded for Chudan Kicks
7. **SANBON** is awarded for – Jodan kicks & any scoring techniques delivered on a thrown or fallen opponent.
8. The score awarded should fit the criteria as stated in the W.K.F. Rules. **Referees will use discretion when adjudicating junior grade and junior age competitors.**
9. When assessing **Jodan Scores**, the distance allowed is 2 to 5cm from the target for **18 years & above**.
(NB. It is not compulsory to “Light Touch” the target to score).
10. **For 17 years & under**, the distance allowed is up to 10cm

PROHIBITED BEHAVIOUR

There are two categories of prohibited behaviour, Category 1 and Category 2

CATEGORY 1

1. **Techniques which make excessive contact** with regard to the scoring area attacked and techniques which make contact with the throat – **the throat must NOT be touched.**
- 1a. **HEAD/FACE/NECK CONTACT – 15 years and under – NO TOUCH IS ALLOWED.**
All hand and foot techniques to the head, face and neck must have absolute control.
Should the Glove or Foot Touch the target, however slight, the Referee Panel will award a penalty.
- 1b. **HEAD/FACE/NECK CONTACT – 16 & 17 years – “ONLY Light Touch with Kick Techniques”**
N.B. No impact is allowed to the head with kick techniques – Must be light controlled “touch” only
NO TOUCH IS ALLOWED WITH HAND TECHNIQUES, however slight, as 15 years and under
- 1c. **HEAD/FACE/NECK CONTACT – 18 years & above (Including Senior Team 16 yrs plus)**
“Light Touch ONLY with Hands and Feet“
N.B. No impact is allowed to the head with kick techniques – Must be light controlled “touch” only
- 1d. **BODY CONTACT – All Ages – must be controlled contact, with regard to the scoring area.**
- 1e. **The 10 Second Rule with regard to Contact will apply for all age groups – Referees will however, use discretion when adjudicating junior age competitors.**
2. **Attacks to the arms or legs, joints or instep.**
3. **Attacks to the face with open hand techniques**
4. **Dangerous or forbidden throwing techniques (actual or attempted).**

CATEGORY 2

1. **Feigning or exaggerating injury (in the first instance of slight exaggeration, Keikoku will be imposed)**
2. **Repeated exits from the area (JOGAI)**
3. **Self-endangerment by indulging in behaviour**, which exposes the competitor to injury by the opponent, or failing to take adequate measures for self-protection (MUBOBI)
This category 2 penalty is only invoked in the event of the opponent being hit or injured as a result of such an action.
4. **Avoiding combat** as a means of preventing the opponent having the opportunity to score. **If this occurs within the last 10 seconds of a bout, a minimum Keikoku penalty will be awarded against the offender.**
5. **Clinching (inc chest/chest), wrestling, pushing, or seizing** without attempting a throw or other technique.
6. **Techniques which by their nature cannot be controlled** for the safety of the opponent and dangerous and uncontrolled attacks.
7. **Attacks with head, knees or elbows.**
8. **Talking to or goading the opponent**, failing to obey the orders of the referee, discourteous behaviour towards the refereeing officials, or other breeches of etiquette.

The Chief Referee’s decision regarding the operation of the rules is final

Please make sure that you read these rules carefully so as to avoid any misunderstanding on the day.

Doug James 8th Dan WKF - Organiser/Chief Referee

Tel:016974 73239/0797 9922800 or Email: chojinkai@ukonline.co.uk

