



**Swiss-Shinkyokushin-Association**  
**SSKA**

**Member of WKO+EKO**



**Country Representative / Branch Chief**

**Shihan**

**Peter Steinmann 7. Dan**

**Aawasserstrasse 10, CH- 6370 Oberdorf**

**Mobile: 0041/79/340`63`39**

[www.ikka.ch](http://www.ikka.ch) [www.shinkyokushin.ch](http://www.shinkyokushin.ch)

[shinkyokushin@kfnmail.ch](mailto:shinkyokushin@kfnmail.ch)



## **18<sup>th</sup> SWISS – OPEN** **Adults-Championship 2025**

**Date:**

**Saturday, 3th May**

**Location:**

**Sports hall Eichli, Stans**

**Competition:**

**Kumite + Kata**

**Registration:**

**Friday, 2th May from 3pm at Honbu - Dojo Oberdorf**

### **Kumite - Adults (year of birth: 2007 or older)**

<b>Weight classes men</b>		<b>Weight classes woman</b>	
<b>Light weight</b>	<b>- 60 kg</b>	<b>Light weight</b>	<b>- 50 kg</b>
<b>Middle weight</b>	<b>-60 - 70 kg</b>	<b>Middle weight</b>	<b>50 – 54 kg</b>
<b>Light heavyweight</b>	<b>70 – 80 kg</b>	<b>Light heavyweight</b>	<b>54 – 59 kg</b>
<b>Heavy weight</b>	<b>80 - 90 kg</b>	<b>Heavy weight</b>	<b>59 - 65 kg</b>
<b>Super Heavy weight</b>	<b>+ 90 kg and more</b>	<b>Super Heavy weight</b>	<b>+65 kg and more</b>
<b>Open weight</b>	<b>no weight limit</b>	<b>Open weight</b>	<b>no weight limit</b>

## KUMITE – REGULATIONS

### Kumite - Adults / Seniors Men (year of birth: 2007 or older)

	<b>First Round</b>	<b>First Extention</b>	<b>Weight Contol The lighter competitor wins</b>	<b>Last Extention</b>
<b>Swiss-Open</b>	3 Minutes	2 Minutes	Light- Middle – Heavy weight 5 kilo difference Super Heavy weight Open weight 10 kilo difference	2 Minutes

### Kumite - Adults / Seniors Women (year of birth: 2007 or older)

	<b>First Round</b>	<b>First Extention</b>	<b>Weight Contol The lighter competitor wins</b>	<b>Last Extention</b>
<b>Swiss-Open</b>	3 Minutes	2 Minutes	Light- Middle – Heavy weight 4 kilo difference Super Heavy weight Open weight 8 kilo difference	2 Minutes

## PROTECTOR:

### Adults Men

<b>Mouth protection</b>	<b>Groin Protection</b>	<b>Taping</b>
Optional	Must	* not allowed

### Adults Women

<b>Mouth protection</b>	<b>Chest protection (Solar plexus must be free)</b>	<b>Groin Protection</b>	<b>Shin – instep Protection</b>	<b>Taping</b>
Optional	Must	Optional	Must	* not allowed

\* Tape and bandages are prohibited unless the tournament doctor gives his written OK.  
Under the Dogi trousers, men and women must wear nothing but the above-mentioned protectors and underwear.



**Kata: Men and Women (year of birth: 2007 and older)**

## **ORGANIZATION OF KATA COMPETITION**

**Kata competition in the form of individual competition has a lady and a men's division.**

### **Class Adults**

**Kata competition takes place according to the same elimination system as in kumite. Before the draw, the four competitors with the best record will be seeded.**

**Competitors shall perform kata from the class the participant is participating in.**

### **Elimination rounds**

**Class A: Gekisai Dai, Gekisai Sho, Yantsu, Tsuki no kata, Saiha.**

### **Quarterfinal, Semifinal and Final**

**Class A: Seipai, Kanku, Seienchin, Sushiho, Garyu.**

### **Award:**

**Kumite: 1 – 4 place, Cup, medallion  
and certificate**

**Kata: 1. – 3. Place, Cup, medallion and certificate**

**Best Technique Men and Women**

**Best Spirit Men and Women**

**Fastest Knock Out Men or Women**

### **Referee:**

**Registration for referees is mandatory  
for all dojos and countries**

### **Starting-fee:**

**The entry fee is 50 Swiss francs, or euros**

### **Payment:**

**The entry fee must be paid to the following bank account by  
April 2th at the latest.**

**Account: Nidwaldner Kantonalbank Stans, Shinkyokushin**

**IBAN: CH7300779014053015610**

**SWIFT: NIKACH22**

### **Insurance:**

**Participants have to organize their own insurance.  
The Organizer rejects any responsibility.**

### **Application form:**

**before the 2<sup>th</sup> of April 2025**

**If there are not enough participants registered in the Kumite  
or Kata categories, the category will be cancelled**

### **Organisation:**

**IKKA International Shinkyokushin-Karate Academy Stans  
Member of Shinkyokushin Switzerland SSKA**

### **Director:**

**Shihan Peter Steinmann**