

SWISS – OPEN 2019

KUMITE – FIGHTING TIME

Kumite - Adults / Seniors Men (year of birth: 2000 or older)

	First Round	First Extention	Weight Contol The lighter competitor wins	Tameshiwari	Last Extention
Swiss-Open	3 Minutes	2 Minutes	Light- Middle – Heavy weight 5 kilo difference Super Heavy weight 10 kilo difference	Equal number of broken boards	2 Minutes
	3 Minutes	2 Minutes	Light- Middle – Heavy weight 5 kilo Super Heavy weight 10 kilo difference	More broken boards	

Tameshiwari: last 4 competitor all categories

Each contestant must break a minimum of 2 boards in all categories with each of four different techniques:

SEIKEN (Forefist), SHUTO (Knife hand), HIJI (Elbow), SOKUTO (Knife foot)

Kumite - Adults / Seniors Women (year of birth: 2000 or older)

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

PROTECTOR:

Adults Men

Mouth protection	Groin Protection	Taping
Optional	Must	* not allowed

Adults Women

Mouth protection	Chest protection (Solar plexus must be free)	Groin Protection	Shin – instep Protection	Taping
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.