



Swiss-Shinkyokushin-Association
SSKA

Member of WKO+EKO



Country Representative / Branch Chief

Shihan

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17th SWISS – OPEN **Adults-Championship 2024**

Date:

Sunday, 27. April

Location:

Sports hall Eichli, Stans

Competition:

Kumite + Kata

Registration:

Friday, 26. April from 3pm at Honbu - Dojo Oberdorf
Saturday, 27. April, Sports hall Eichli, Stans

Kumite - Adults (year of birth: 2006 or older)

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

KUMITE – REGULATIONS

Kumite - Adults / Seniors Men (year of birth: 2006 or older)

	First Round	First Extention	Weight Contol The lighter competitor wins	Last Extention
Swiss-Open	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: 2006 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 Open 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.



Kata: Men and Women (year of birth: 2006 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 – 3 place, Cup, medallion and certificate (two 3 place)
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 March 26th at the latest.

**Account: Nidwaldner Kantonbank Stans, Shinkyokushin
IBAN: CH7300779014053015610
SWIFT: NIKACH22**

Insurance:

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

Application form:

**before the 26th of March 2024
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