

IV SEITOKAI CHALLENGE



29.AUGUST.2015

HELSINKI



ALL AGES & STYLES

SEITOKAI DOJO

PYYKKIPOIKA

HERTTONIEMI

KUMITE

WWW.SEITOKAI.EU

KATA

040 364 7540

SEITOKAI KARATE-DO SHOTOKAN has the great pleasure of inviting you to the “*IV SEITOKAI Challenge*”, an event that has been growing every year in number of participants and in level!

This year the Challenge will have more categories, and 2 competition areas with Tatami.

The competition will have the following Categories:

CATEGORIES

- KIDS FEMALE----- -10 year old ----- PYYKIPOIKA KUMITE / KATA
- KIDS MALE----- -10 year old ----- PYYKIPOIKA KUMITE / KATA
- JUNIORS FEMALE ----- 11-13 year old ----- KUMITE / KATA
- JUNIORS MALE ----- 11-13 year old ----- KUMITE / KATA
- YOUTH FEMALE ----- 14-16 year old ----- KUMITE / KATA
- YOUTH MALE ----- 14-16 year old ----- KUMITE / KATA
- SENIORS FEMALE ----- +17 year old ----- KUMITE / KATA
- SENIORS MALE ----- +17 year old ----- KUMITE / KATA
- OPEN KATA ----- +14 year old; **MALE AND FEMALE TOGETHER**
- OPEN TEAM KATA ----- +14 year old; **MALE AND FEMALE TOGETHER**
- OPEN KUMITE MALE----- +14 year old
- OPEN KUMITE FEMALE - +14 year old

NOTE: The organization will allow participants younger than 11 years old to compete in the “Junior Kumite” category, if their coaches/parents give their permission.

KUMITE RULES

KIDS PYYKKIPOIKA KUMITE (-10 year old): Adapted kumite, with pegs. The competitors must try to get the pegs attached to the opponent's gi. The pegs on the frontal side give Waza-ari and the ones on the back give Ippon. 1 Ippon or 2 Waza-ari to win.

IPPON-SHOBU (1 Ippon or 2 Waza-ari to win)

1. Scores are as follows:

VOCABULARY	TECHNICAL CRITERIA
Waza-Ari (½ point) is awarded for:	1. Any Tsuki or Uchi delivered to a scoring area with: Good form, good attitude, strong vigor, zanshin, proper timing, and correct distancing. 2. Any Chudan Geri under the same requisites.
Ippon (1 point) is awarded for:	1. Any Jodan Geri under the same requisites. 2. Clean and controlled Nage-Waza (throwing techniques) followed by a finishing strike.

Attacks are limited to the following areas:

- a) Head
- b) Face
- c) Neck (not to the throat)
- d) Abdomen
- e) Chest
- f) Back
- g) Side

2. Victory:

The result of a bout is determined by:

- a) 1x Ippon,
- b) 2x Waza-ari
- c) obtaining a decision (HANTEI),
- d) HANSOKU (disqualification from the bout)
- e) SHIKKAKU (disqualification from the tournament)
- f) KIKEN (forfeit)

No individual bout can be declared a tie.

3. Protective Gear and Belts:

The organization recommends the WKF models for:

- Gloves (Red and Blue)
- Shin-and-Step (Red and Blue)
- Chest protector (NOT MANDATORY)
- Groin Protector
- Mouth Guard

All competitors will be required to have 1 blue belt and 1 red belt.

4. Prohibited Behavior:

- Techniques which make excessive contact, having regard to the scoring area attacked, and techniques which make contact with the throat.
- Clear strikes to the arms or legs, groin, joints, or instep.
- Dangerous/uncontrolled throwing techniques.
- Feigning, or exaggerating injury.
- Exit from the competition area (JOGAI) not caused by the opponent.
- Self-endangerment by indulging in behavior, which exposes the contestant to injury by the opponent, or failing to take adequate measures for self-protection, (MUBOBI).
- Avoiding combat as a means of preventing the opponent having the opportunity to score.
- Passivity – not attempting to engage in combat.
- Clinching, wrestling, pushing, seizing or standing chest to chest, without attempting a throw or other technique.
- Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
- Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behavior towards the Refereeing officials, or other breaches of etiquette.

5. Warnings and Penalties:

- a) Private warning: **Atenai** (without a penalty). Attributed for the first instance of a minor infraction, including the first “JOGAI”.
- b) Official warning: **Chui**. Attributed for the second and third instance of a minor infraction, including any following “JOGAI”. 2 “CHUI” gives “WAZA-ARI” to the opponent.
- c) Disqualification: **Hansoku** (directly attributed for uncontrolled behavior or attributed in the sequence of 2 previous “CHUI”).

SHIKKAKU: This is a disqualification from the actual tournament, competition, or match. In order to decide SHIKKAKU, all the Referees must be consulted. SHIKKAKU may be invoked when a contestant fails to obey the orders of the Referee, acts maliciously, or commits an act which harms the prestige and honor of Karate-do, or when other actions are considered to violate the rules and spirit of the tournament.

6. Kumite Vocabulary:

- a) Bow to the Referees / opponent: “REI”
- b) Start: “SHOBU HAJIME!”
- c) Stop: “YAME”
- d) Return to initial positions: “MOTO NO ICHI”
- e) Referring to blue belt: “**AO**”
- f) Referring to red belt: “**AKA**”
- g) Awarding 1/2 point: “**AO / AKA**, (name of technique), WAZA-ARI”
- h) Awarding 1 point: “**AO / AKA**, (name of technique), IPPON”
- i) Awarding a penalty: “**AO / AKA**, ATENAI / CHUI / HANSOKU / SHIKKAKU”
- j) No points: “TORIMASEN”
- k) Out of the fighting area: “JOGAI”
- l) Resume the fight: “TSUZUKETE HAJIME”
- m) Announcing the winner: “ **AO / AKA**, NO KACHI”

7. Referees:

The organization welcomes and thanks all referees that volunteer to help during the event. There will be snacks and drinks offered to all referees.

KATA RULES

1. Criteria for Decision:

- a) All styles of Kata are welcomed.
- b) Contestants may repeat the same Kata.
- c) The Kata must be performed with competence, and must demonstrate a clear understanding of the traditional principles it contains. In assessing the performance of a contestant the Judges will look for:
 - A realistic demonstration of the Kata meaning.
 - Good timing, rhythm, speed, balance, and focus of power (KIME).
 - Correct and proper use of breathing as an aid to KIME.
 - Correct focus of attention (CHAKUGAN) and concentration (YOI).
 - Correct stances (DACHI) with proper tension in the legs, and feet flat on the floor.
 - Proper tension in the abdomen (HARA) and no ups and downs of the hips when moving.
 - Correct form (KIHON) of the style being demonstrated.
- d) A contestant who comes to a halt during the performance of the Kata, or who performs a Kata different than the one he announced will be disqualified.
- e) A contestant who performs an ineligible Kata will be disqualified.
- f) In Team Kata, Bunkai will not be required during the finals.

2. Operation of Matches:

1. At the start of each bout and in answer to their names, the two contestants, one wearing a red belt (**AKA**), and the other wearing a blue belt (**AO**), will line up at the match area perimeter facing the Kata Judge. Following a bow to the Judging Panel, and a bow between the 2 competitors, **AO** will then step back out of the Match Area. After moving to the starting position and a clear announcement of the name of the Kata that is to be performed, **AKA** will begin by himself, without the need of any command from the Judges. On completion of the Kata, **AKA** will leave the area to await the performance of **AO**. After **AO**'s Kata has been completed both will return to the match area perimeter and await the decision (by flags) from the Panel.
2. If a contestant is disqualified the Chief Judge will cross and uncross the flags (as in the Kumite TORIMASEN signal).
3. After completion of both Kata, the contestants will stand side by side on the perimeter. The Chief Judge will call for a decision (HANTEI) and blow a two-tone blast on the whistle whereupon the Judges will cast their votes.

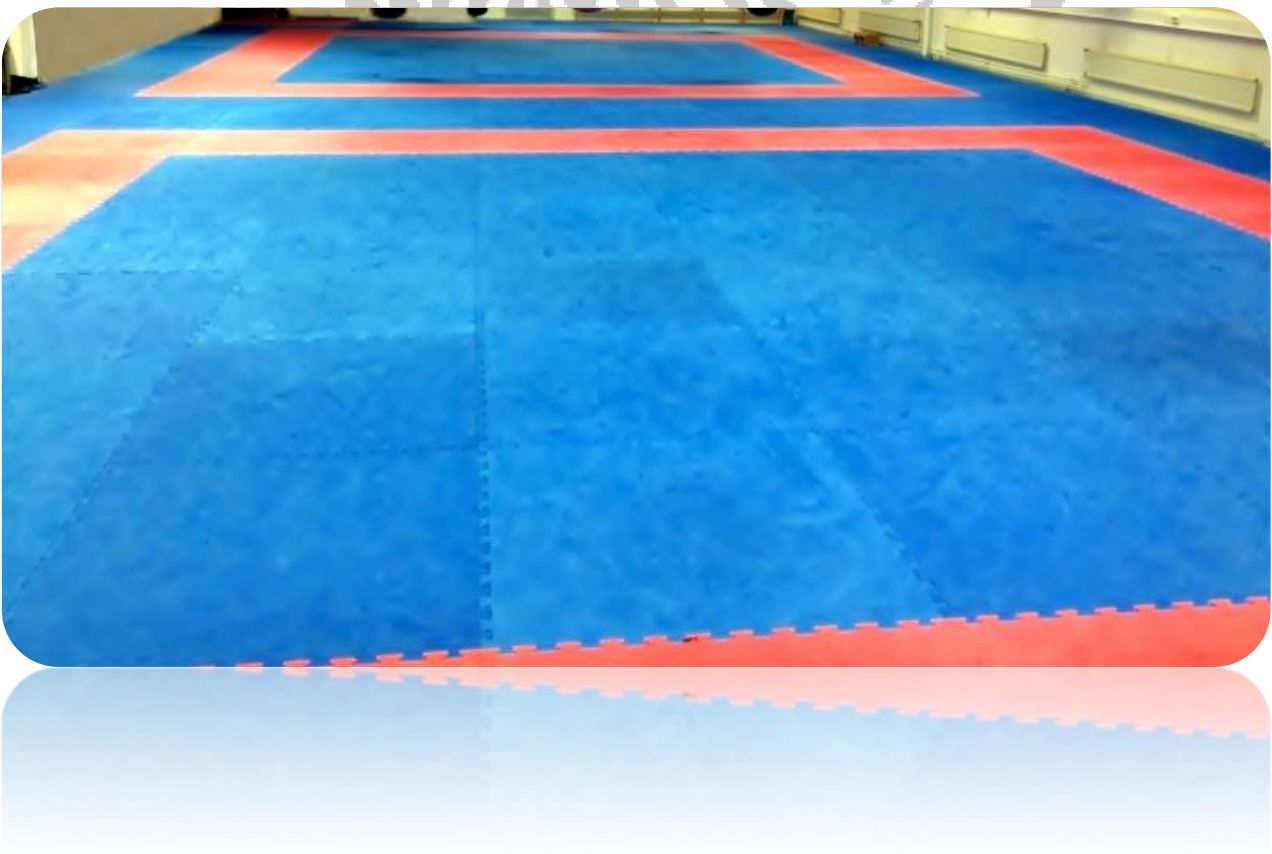
4. The decision will be for **AKA** or **AO**. No ties are permitted. The competitor who receives the majority of votes will be declared the winner by the Judges.
5. The competitors will bow to each other, then to the Judging Panel, and leave the area.

3. Referees:

The organization welcomes and thanks all referees that volunteer to help during the event. Snacks and drinks will be offered to all referees.

TATAMI – COMPETITION AREA

There will be 2 competing areas, with tatami.



EXPECTED SCHEDULE (may change, according to the number of competitors)

13:00 – REGISTRATIONS (please bring KaratePass for markings)

TATAMI 1

13:30 – KATA KIDS MALE(-10 y.o.)
14:00 – KATA KIDS FEMALE (-10 y.o.)
14:30 – PYYKKIPOIKA KUMITE MALE (-10 y.o.)
15:00 – PYYKKIPOIKA KUMITE FEMALE (-10 y.o.)
15:30 – KATA YOUTH MALE (14-16 y.o.)
16:00 – KATA YOUTH FEMALE (14-16 y.o.)
16:30 – KATA JUNIORS MALE (11-13 y.o.)
17:00 – KATA JUNIORS FEMALE (11-13 y.o.)

TATAMI 2

13:30 – KUMITE YOUTH MALE (14-16 y.o.)
14:00 – KUMITE YOUTH FEMALE (14-16 y.o.)
14:30 – KUMITE SENIORS MALE (+17)
15:00 – KUMITE SENIORS FEMALE (+17)
15:30 – KUMITE JUNIORS MALE (11-13 y.o.)
16:00 – KUMITE JUNIORS FEMALE (11-13 y.o.)
16:30 – KATA SENIORS MALE (+17 y.o.)
17:00 – KATA SENIORS FEMALE (+17 y.o.)
17:30 – OPEN KATA (male & female, +14 y.o.)
18:00 – OPEN TEAM KATA (male & female, +14 y.o.)
18:30 – OPEN KUMITE FEMALE (+14 y.o.)
19:00 – OPEN KUMITE MALE (+14 y.o.)

REGISTRATIONS ON THE DAY OF THE EVENT:

25€ (1 category or several. **Same price**)

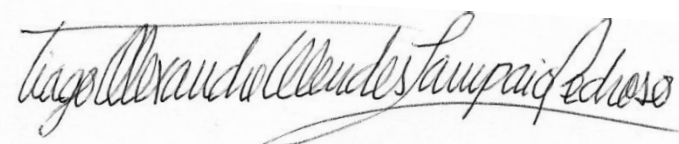
PLEASE ALSO SEND AN EMAIL TO PRE-REGISTER, WITH:

- **NAME, AGE, GRADE, DOJO AND CATEGORIE(S) OF PARTICIPATION**

Venue: SEITOKAI Hombu Dojo – Mekaanikonkatu 3b, 00810 Herttoniemi, HKI.
1 km from Siilitie Metro Station, BUS 79.

More info: **040 364 7540** ; info@seitokai.eu ; www.seitokai.eu

REPRESENTING SEITOKAI, I EXTEND TO ALL
OF YOU MY WARM WELCOME.



TIAGO PEDROSO

3.DAN KARATE-DO SHOTOKAN

2.DAN KARATE-DO SHOTOKAI

