

International IKA Poland GAMES



1. ORGANIZER

INTERNATIONAL KARATE ASSOCIATION POLAND

2. DATE

21.05.2023 (Sunday), 9am – Start of The Competition

3. PLACE

CENTRUM SPORTU RASZYN, SPORTOWA 30

4. CONTACT

KRZYSZTOF CHAŁUPKA – tel. 695 246 000, e-mail: biuro@gosoku-ryu.pl

5. FEES

- For taking part in only one competition - 20 eur
- For taking part in two competitions – 25 eur eur
- For taking part in three competitions – 35 eur
- Only Obstacle course – 5 eur
- Obstacle Course is free for anyone taking part in three competitions.



6. REGISTRATION

- Registration of Participants is done through an excel form on biuro@gosoku-ryu.pl
- Registration ends on 18.05.2023.
- **All fees should be paid to PKO BP 17 1020 1055 0000 9402 0503 3958 until 19.05.2023**
Only trainers and people authorized by legal guardians of participants are allowed to register said participants. Registering a participant requires the fee to be paid. No changes to participants list can be made after 18.05.2023.

7. ZASADY UCZESTNICTWA

- On Saturday 20.05.2023 a roster detailing each competition. It is going to be published both on www.gosokuryu.pl and IKA Poland's Facebook profile. The roster is going to be ordered from the youngest to the oldest participant.
- We kindly ask all participants, judges, staff and spectators to follow the latest guidelines regarding COVID-19 safety.

8. PRIZES

A. INDIVIDUAL

For places I-III – medals and diplomas



COMPETITIONS

3 MATS

A. KATA

- POINT SYSTEM; NOTES 6,0-8,0 WITH 0,1 PRECISION
- TWO ROUNDS (ELIMINATIONS, FINALS- 5 COMPETITORS),
- ELIMINATIONS AND FINALS – KATA CAN REPEATED UP TO 8 KYU,
- KATA: SHOTOKAN, WADO-RYU, SHITO-RYU, SHORIN-RYU, KYOKUSHIN, GOJU-RYU, GOSOKU-RYU,

KATA			
Nr	BOYS	Nr	GIRLS
1	BORN IN 2014 AND YOUNGER	10	BORN IN 2014 AND YOUNGER
2	BORN IN 2013	11	BORN IN 2013
3	BORN IN 2012	12	BORN IN 2012
4	BORN IN 2011	14	BORN IN 2011
5	BORN IN 2010	15	BORN IN 2010
6	BORN IN 2009	16	BORN IN 2009
7	BORN IN 2008-2007	17	BORN IN 2008-2007
8	BORN IN 2006-2005	18	BORN IN 2006-2005
9	BORN IN 2004+	19	BORN IN 2004+

KATA			
Nr	MEN	Nr	WOMEN
20	DO 40 LAT	22	DO 40 LAT
21	POWYŻEJ 40 LAT	23	POWYŻEJ 40 LAT

B. KUMITE FANTOM

- ROUND LENGTH: 15 SECONDS, FINALE 20 SECONDS



KUMITE FANTOM			
Nr	BOYS	Nr	GIRLS
24	BORN IN 2016 AND YOUNGER	29	BORN IN 2016 AND YOUNGER
25	BORN IN 2015	30	BORN IN 2015
26	BORN IN 2014	31	BORN IN 2014
27	BORN IN 2013	32	BORN IN 2013
28	BORN IN 2012	33	BORN IN 2012



C. KUMITE SANBON SHOBU

- SANBON SHOBU – 3 POINTS, (ALL AGE GROUPS – 3 POINTS),
- FIGHT DURATION: 2 MIN,
- HELMETS AND BODY PROTECTORS ARE PROVIDED BY THE ORGANIZER; FOR PARTICIPANTS BORN IN 2009 AND OLDER MOUTH GUARD CAN BE USED INSTEAD OF A HELMET.

KUMITE SANBON SHOBU			
Nr	BOYS	Nr	GIRLS
34	BORN IN 2015 AND YOUNGER	45	BORN IN 2015 AND YOUNGER
35	BORN IN 2014	46	BORN IN 2014
36	BORN IN 2013	47	BORN IN 2013
37	BORN IN 2012	48	BORN IN 2012
38	BORN IN 2011	49	BORN IN 2011
39	BORN IN 2010	50	BORN IN 2010
40	BORN IN 2009	51	BORN IN 2009
42	BORN IN 2008- 2007	52	BORN IN 2008-2007
43	BORN IN 2006- 2005	53	BORN IN 2006-2005
44	BORN IN 2004+	54	BORN IN 2004+

KUMITE SANBON SHOBU			
Nr	MEN	Nr	WOMEN
55	UP TO AGE 40	57	UP TO AGE 40
56	ABOVE 40	58	ABOVE 40



D. KUMITE IPPON SHOBU

- IPPON SHOBU – 1 POINT,
- FIGHT DURATION: 2 MIN,
- HELMETS AND BODY PROTECTORS ARE PROVIDED BY THE ORGANIZER; FOR PARTICIPANTS BORN IN 2009 AND OLDER MOUTH GUARD CAN BE USED INSTEAD OF A HELMET.

KUMITE IPPON SHOBU			
Nr	BOYS	Nr	GIRLS
59	BORN IN 2011	64	BORN IN 2011
60	BORN IN 2010	65	BORN IN 2010
61	BORN IN 2009-2008	66	BORN IN 2009-2008
62	BORN IN 2007-2006	67	BORN IN 2007-2006
63	BORN IN 2005-2004	68	BORN IN 2005-2004

KUMITE IPPON SHOBU			
Nr	MEN	Nr	WOMEN
69	UP TO AGE 40	71	UP TO AGE 40
70	ABOVE 40	72	ABOVE 40

E. OBSTACLE COURSE

OBSTACLE COURSE			
Nr	BOYS	Nr	GIRLS
73	BORN IN 2016 AND YOUNGER	78	BORN IN 2016 AND YOUNGER
74	BORN IN 2015	79	BORN IN 2015
75	BORN IN 2014	80	BORN IN 2014
76	BORN IN 2013	81	BORN IN 2013
77	BORN IN 2012	82	BORN IN 2012



F. COMPETITIONS FOR PEOPLE WITH DISABILITIES

PEOPLE WITH DISABILITIES			
Nr	BOYS	Nr	GIRLS
83	KATA/KIHON	85	KATA/KIHON
84	FANTOM	86	FANTOM

KIHON: OI-ZUKI (j, ch, g), AGE-UKE, GEDAN BARAI-UKE, UCHI-UKE
IN PLACE OF MAE-GERI.

KATA: FREE FORM, THERE IS GOING TO BE AN ASSISTANT AVAILABLE

FANTOM: FIGHT WITH A SHADOW

FINAL PROVISIONS

All not specified matters not included in the rules , disputes and doubts are going to be settled by the organizer.

