



LOGO OPEN

"10° OPEN D'ITALIA" - GOLDEN LEAGUE

3-4-5 APRILE 2009 - MONZA - PALACANDY - Via Tognini, 13

Weight and Age Classes.

INDIVIDUAL KUMITE and KATA - MALE and FEMALE

1. BEGINNERS "A" (Young) (12/13 years old) Born between January 1st, 1996 and December 31st, 1997

Sunday, 5th April 2009 - Kumite/Kata - Controls from 09.00 to 10.00 - Competitions begin at about 11.00 - Finals following.

Fijikam Beginners "A" (Young) Grand Prix Rules.

http://www.fijikam.it/fileadmin/documenti/karate/UfficioGare_REGOL/Microsoft Word - 21_2008_Gran Premio Giovanissimi Karate --- Progetto Tecnico.pdf

Kumite weight classes:

Male	-45 kg, -50, -55, -61, -68, -75, -83
Female	-42 kg, -47, -53, -60, -68

2. WKF CADETS (14/15 years old) Born between April 3rd, 1993 and December 31st, 1995

Saturday, 4th April 2009 - Kata - Controls from 07.00 to 08.00 - Competitions begin at about 09.30 - Finals following.

Sunday, 5th April 2009 - Kumite - Controls from 08.00 to 09.00 - Competitions begin at about 10.00 - Finals following.

W.K.F. Rules with following variations: Kata: "Tokui Kata". The Kata must be different in every round.

Kumite weight classes:

Male	-52 kg, -57, -63, -70, +70
Female	-47 kg, -54, +54

3. WKF JUNIORS (16/17 years old) Born between April 3rd, 1991 and April 2nd, 1993

Saturday, 4th April 2009 - Kata - Controls from 07.00 to 08.00 - Competitions begin at about 09.30 - Finals following.

Saturday, 4th April 2009 - Kumite - Controls from 09.30 to 10.30 - Competitions begin at about 09.30 - Finals following.

W.K.F. Rules with following variations: Kata: "Tokui Kata". The Kata must be different in every round.

Kumite weight classes:

Male	-55 kg, -61, -68, -76, +76
Female	-48 kg, -53, -59, +59

4. WKF SENIORS (+ 18 years old for Kumite); For Kumite born up to April 2nd, 1991 (+ 16 years old for Kata) For Kata born up to April 2nd, 1993

Friday, 3rd April 2009 - Individual Kata M/F - Controls from 14.00 to 15.00 - Competitions begin at about 16.00 - Finals in the evening.

Friday, 3rd April 2009 - Female Kumite - Controls from 14.00 to 15.00 - Competitions begin at about 16.00 - Finals in the evening.

Saturday, 4th April 2009 - Male Kumite - Controls from 12.30 to 13.30 - Competitions begin at about 14.30 - Finals at 20.30

W.K.F. Rules with following variations: Kata: "Tokui Kata". The Kata must be different in every round.

Kumite Weight classes:

Male	-60kg, -67, -75, -84, +84
Female	-50kg, -55, -61, -68, +68

TEAM KATA - MALE and FEMALE

4a WKF SENIORS TEAM KATA (+ 16 years old) Born up to April 2nd, 1993

Friday, 3rd April 2009 - Team Kata M/F - Controls from 14.00 to 15.00 - Competitions begin at about 16.00 - Finals in the evening.

W.K.F. Rules with following variations:

- 1) Eliminations and Repechage: Tokui Kata;
 - 2) 3rd places Finals: Tokui Kata e Bunkai;
 - 3) 1st place Final: Free composition's Kata+Bunkai+Music.
- (If one of this requirement will fail, the Team will be declared loser)

FOR INFORMATION call Miss JENNIFER at +39 02 26145255

Sarnico (Bg), January 19th, 2009

Sabrina and Claudio Scattini

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PROVISIONAL COMPETITION'S PROGRAM

FRIDAY, 3rd APRIL 2009:

KATA "WKF SENIORES" - MALE/FEMALE - INDIVIDUAL/TEAMS

Born up to April 2nd, 1993

W.K.F. Rules with following variations: Kata: "Tokui Kata". The Kata must be different in every round.

KUMITE "WKF SENIORES" - FEMALE

Born up to April 2nd, 1993

Weight Classes: -50kg, -55, -61, -68, +68.

From 14.00 to 15.00: REGISTRATION CONTROL C/o PALACANDY

ALL athletes must show up in the weigh in room for the controls, regardless their nationality.

16.00: START OF COMPETITION TEAM KATA M/F, INDIVIDUAL KATA M/F TO FOLLOW

FEMALE KUMITE

AT THE END OF THE HEATS FINALS AND PRIZE-GIVINGS FOLLOWING.

During the competitions it will be possible to check in for the athletes of next days' categories.

SATURDAY, 4th APRIL 2009:

REGISTRATION AND WEIGH IN AT PALACANDY (as shown below):

KATA WKF CADETS MALE/FEMALE

Born from April 3rd, 1993 to December 31st, 1995

From 07.00 to 08.00 - Competitions begin at about 09.30 - Finals to follow.

W.K.F. Rules with following variations: Kata: "Tokui Kata". The Kata must be different in every round.

KATA WKF JUNIORS MALE/FEMALE

Born from April 3rd 1991 al April 2nd, 1993

From 07.00 to 08.00 - Competitions begin at about 09.30 - Finals to follow.

W.K.F. Rules with following variations: Kata: "Tokui Kata". The Kata must be different in every round.

KUMITE WKF JUNIORS MALE/FEMALE

Born from April 3rd, 1991 to April 2nd, 1993

From 09.30 to 10.30 - Competitions begin at about 11.30- Finals to follow.

Weight Classes:

Female	-48 kg, -53, -59, +59
Male	-55 kg, -61, -68, -76, +76

KUMITE "WKF SENIORS MALE.

Born up to April 2nd, 1991

From 12.30 to 13.30 - Competitions begin at about 14.30 - Finals at 20.30

Weight classes: -60kg, -67, -75, -84, +84

"All Athletes are kindly requested to be at the Palacandy at least 60 minutes before the beginning of their class/weight class, even if the control has been effected the day/s before the match."

20.30 Male Kumite Over 18 Finale: cat. -60 -67 -75 -84 +84



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SUNDAY 5TH APRIL, 2009:

REGISTRATION AND WEIGH IN AT PALACANDY (as shown below):

ALL athletes must show up in the weigh in room for the controls, regardless their nationality.

From 08.00 to 09.00

KUMITE WKF CADETS:

Born from April 3rd, 1993 to December 31st, 1995

Weight Classes: Females -47 kg, -54, +54
Males -52 kg, -57, -63, -70, +70

10.00 - COMPETITION BEGINNING - FINALES AND PRIZE-GIVINGS WILL FOLLOW

From 09.00 to 10.00

KATA and KUMITE BEGINNERS "A" (Young):

Born from January 1st, 1996 to December 31st, 1997

Fijlkam Beginners "A" (Young) Grand Prix Rules.

<http://www.fijlkam.it/fileadmin/documenti/karate/UfficioGare/REGOL/Microsoft Word - 21 2008 Gran Premio Giovanissimi Karate --- Progetto Tecnici .pdf>

Kumite Weight Classes: Females -42 kg, -47, -53, -60, -68
Males -45 kg, -50, -55, -61, -68, -75, -83

11.00 - COMPETITION BEGINNING - FINALES AND PRIZE-GIVINGS WILL FOLLOW

"All Athletes are kindly requested to be at the Palacandy at least 60 minutes before the beginning of theirs class/weight class, even if the control has been effected the day/s before the match. "

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Sarnico (Bg), January 19th, 2009

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BEGINNER "A" CLASS RULES

KUMITE

The match will be carried out following the elimination system with a repechage on 10x10 m. canvas, made by rubber mats. The athletes who won the 1st, 2nd and 3rd place the previous year, if competing in the same weight class, must be divided in different Groups, two in the odd one ("A") (the 1st and the 3rd of a Group different from his own), respectively with the number 5 and 7, two in the even one ("B") (the 2nd and the 3rd of a Group different from his own), respectively with the number 6 and 8. The goal of the proof is to show the completeness of the individual technical background through a tactical behaviour adequately learned in regard to his age.

In Kumite the aggressive dynamism must be symbolized by attacks and defences perfectly controlled and by a behaviour that has to be moderate (therefore intimidating shouts are strictly forbidden) and free from any further ostentation of aggressiveness.

The athletes have to give a demonstration of the following technical and tactical abilities:

- symmetry mastery (bilaterality of the main technical actions);
- method (organization, rationality creativity in the tactical behaviour during the attacks and the defences);
- control of the attacks and management of the energetic resources;
- time and space structuring (correct use of the distance and correct timing).

Therefore in Kumite the effectiveness and the degree of technical abilities, that is the capacity to elaborate creative, effective and controlled answers, are checked.

The heat last 80", at 60" a signal a word is given to communicate the fighting is coming to an end (Atoshi-Baraku).

The Central Referee gives the signal of the start (Shobu Hajime) and the end (Yame) of the fight and takes a part to stop the competition if the action gets sterile and confused or if it is necessary to prevent potentially dangerous situations.

Moreover, he takes a part to inflict sanctions in the case of violations of the Regulation (exits, dangerous actions, intentional lack or loss of control during the attacks, etc.).

ALLOWED ACTIONS:

It is allowed to strike **to the head, to the face and to the neck (Jodan) without contact**:

- back fist strike on the traverse plane (Uraken);
- round frontal kick on the traverse plane (Mawashigeri)
- round frontal reversed kick on the traverse plane (Uramawashigeri).

It is allowed to strike **to the chest (Chudan, zone protected by the body armour) with control** :

- Reverse hand punch (Gyakutsuki);
- round frontal kick on the traverse plane (Mawashigeri).

The techniques in the brackets are the only allowed.

FORBIDDEN BEHAVIOURS AND ACTIONS:

- assume an aggressive attitude;
- emit intimidating shouts;
- throw not allowed techniques or allowed techniques in forbidden zones of the body;
- carry out uncontrolled leg or arm techniques;
- carry out protection techniques.

Evaluations will be expressed by Judges according to the following parameters:

Legs Techniques (execution, symmetry)		Attack Tactics (organization, rationality and creativity in the behaviour during the attack)		Defence Tactics (organization, rationality and creativity in the behaviour during the defence)		Attacks Control		Arm Techniques (execution - symmetry)		Energetic Resources Management	
Optimum	9	Optimum	5	Optimum	5	Optimum	5	Optimum	3	Optimum	3
Good	8	Good	4	Good	4	Good	4	Discreet	2	Discreet	2
Discreet	7	Discreet	3	Discreet	3	Discreet	3	Insufficient	1	Insufficient	1
Sufficient	6	Sufficient	2	Sufficient	2	Sufficient	2				
Mediocre	5	Insufficient	1	Insufficient	1	Insufficient	1				
Insufficient	4										
Modest	3										
Scarce	2										
Shoddy	1										

The totality of the points goes, therefore, from a minimum of 6 to a maximum of 30.



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PENALTIES:

For exiting from game area, for lacking or defect in techniques, for performing forbidden actions:

- Admonition - Chukoku (1 st exit - warning)	Minus 1 point;	- Sanction - Keikoku - (2nd exit, control, dangerous and/or forbidden actions, mubobi)	Minus 2 points;
- Sanction - Hansoku Chui (3rd exit, control, exit, control, dangerous and/or forbidden actions, mubobi)+	Minus 3 points;	- Sanction - Hansoku (4th exit, control, dangerous and/or forbidden actions, mubobi)	Match Interruption

Penalties are applied according to the known modalities:

Category 1 for infractions with contact or potentially dangerous actions;

Category 2 for forbidden actions.

The two categories follows two different paths and cannot be assigned both to the same situation, except the case in which the action would cause harm to the opponent, seriously reducing (hansoku-chui) his winning capacity.

KATA

The match will be carried out following the elimination system with a repechage on 10x10 m. canvas, made by rubber mats.

The athletes who won the 1st, 2nd and 3rd place the previous year, if competing in the same weight class, must be divided in different Groups, two in the odd one ("A") (the 1st and the 3rd of a Group different from his own), respectively with the number 5 and 7, two in the even one ("B") (the 2nd and the 3rd of a Group different from his own), respectively with the number 6 and 8.

Competition System: Heats: Federal Katas. If participant athletes are more than 64 at the 2nd turn, 1st turn Kata can be repeated. Semifinal, last turn of the Injury Times and Finals: Free composition Kata. **A CD/DVD containing the execution of Kata must be delivered to the President of the Jury at last 30 minutes before the beginning of the match, on pain of disqualification.**

In free composition Kata (to be executed just by the Athletes fighting for the 1st, 2nd and 3rd place - Semi-final, last turn of the repechage and Finals -) the movement is free and multiform and must be concentrated to a polyvalent motor dynamism where original gestures of the Martial Art, more recent techniques and acrobatic actions combines giving rise to a noble formal expression of specific connotations.

In the elaboration of the heat and in its execution the widest possibility is given to Technical Teachers and Athletes to express freely their creativity, **considering however that the only technical gestures that has to be "freely composed" are the karate's ones.**

Therefore not codified Kata parts will not be allowed.

From the heat must stand out the following capabilities and abilities:

- Creativity (originality in the composition of the Kata);
- Rhythm (general scannings, functional action-time scanning);
- Technique;
- Kime;
- Expressiveness.

The heat has a minimal length of 60" and a maxim one of 80"; every second more or less will be penalized with the loss of 0,10 points.

Kata must have the following requirements, on the pain of disqualification:

- 2 symmetric leg techniques (dx-sx) even if they're not consecutive on the sagittal plan (Maegeri o Kakatogeri);
- 2 symmetric leg techniques (dx-sx) even if they're not consecutive on the traverse plan (Mawashigeri);
- 2 symmetric arm techniques (dx-sx) even if they're not consecutive on the sagittal plan (Gyakutsuki);
- 2 symmetric arm techniques (dx-sx) even if they're not consecutive on the traverse plan (Uraken);
- 2 symmetric acrobatic phases (dx-sx) even if they're not consecutive (of modest commitment, in which a detaching of the feet from the floor is foreseen);
- blocks at different height and of different type.

The techniques in the brackets are mere examples.

To this base contents must be associated all the techniques that are considered functional to the exercise.

Guard positions are free.

Evaluations will be expressed by the Judges according with the following parameters:



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FEDERAL KATA

Technique		Rhythm		Expressiveness		Kime	
Optimum	7	Optimum	6	Optimum	4	Optimum	3
Good	6	Good	5	Good	3	Discrete	2
Discrete	5	Discreet	4	Sufficient	2	Insufficient	1
Sufficient	4	Sufficient	3	Insufficient	1		
Mediocre	3	Insufficient	2				
Insufficient	2	Modest	1				
Modest	1						

The totality of the points goes, therefore, from a minimum of 4 to a maximum of 20.

FREE COMPOSITION KATA

Technique		Creativity		Rhythm		Kime		Expressivity	
Optimum	5	Optimum	5	Optimum	4	Optimum	3	Optimum	3
Good	4	Good	4	Good	3	Discreet	2	Discreet	2
Discreet	3	Discreet	3	Sufficient	2	Insufficient	1	Insufficient	1
Sufficient	2	Sufficient	2	Insufficient	1				
Insufficient	1	Insufficient	1						

The totality of the points goes, therefore, from a minimum of 5 to a maximum of 20.

P E N A L T I E S

Length of the kata (Free Composition): for every second more or every second less:	-0,10
Hesitation (brief loss of memory) during the execution:	- 1
Light loss of balance immediately corrected:	- 1
Plain loss of balance:	- 2
Exasperated and anti-physiological positions:	- 3
Heavy loss of balance or fall:	- 5
Interruption of the heat or no execution of a part of it:	defeat or minimal score
Declare a kata and execute another one:	defeat or minimal score
Exercise lacking in minimal contents:	defeat or minimal score

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Sarnico (Bg), January 19th, 2009

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