



With the Patronage of the Mediterranean Karate Federations Union

"11° OPEN D'ITALIA" - GOLDEN LEAGUE

9-10-11 APRILE 2010 - SESTO SAN GIOVANNI (MI) - Palasesto - Palazzo del Ghiaccio - Piazza 1° Maggio

Classes, Age and Weight - The competition will take place on 10 Tatamis **INDIVIDUAL KUMITE and KATA - MALE and FEMALE**

1. **BEGINNERS "A"** (12/13 years old) **Born between January 1st, 1997 and December 31st, 1998**

Sunday, 11th April 2010 - **Kumite/Kata** - Controls from 09.00 to 10.00 - Competitions begin at about 11.00 - Will follow finals and medals ceremony.

Fijlkam Beginners "A" 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:

Male	kg from 40 to -45, -50, -55, -61, -68, -75, -83
Female	kg from 37 to -42, -47, -53, -60, -68

2. **BEGINNERS "B"** (14/15 anni) **Born between January 1st, 1995 and December 31st 1996**

Sunday, 11th April 2010 - **Kumite/Kata** - Controls from 10.00 to 11.00 - Competitions begin at about 12.00 - Will follow and medals ceremony.

Fijlkam Rules

Kumite weight classes:

Male	kg from 45 to -50, -56, -63, -70, -77, -84, -92.
Female	kg from 40 to -45, -50, -56, -62, -70.

3. **WKF CADETS** (14/15 years old) **Born between April 10th, 1994 and April 9th, 1996**

Saturday, 10th April 2010 - **Kata** - Controls from 07.00 to 08.00 - Competitions begin at about 09.30 - Will follow finals and medals ceremony.

Sunday, 11th April 2010 - **Kumite** - Controls from 08.00 to 09.00 - Competitions begin at about 10.00 - Will follow finals and medals ceremony.

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

Kumite weight classes:

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

4. **WKF JUNIORS** (16/17 years old) **Born between April 10th, 1992 and April 9th, 1994**

Saturday, 10th April 2010 - **Kata** - Controls from 07.00 to 08.00 - Competitions begin at about 09.30 - Will follow finals and medals ceremony.

Saturday, 10th April 2010 - **Kumite** - Controls from 09.30 to 10.30 - Competitions begin at about 11.30 - Will follow finals and medals ceremony.

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

Kumite weight classes:

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

5. **WKF SENIORS** (+ 18 years old for Kumite); **For Kumite born until April 9th, 1992**

(+ 16 years old for Kata)

For Kata born until April 9th, 1994

Friday, 9th April 2010 - **Individual Kata M/F** - Controls from 14.00 to 15.00 - Competitions begin at about 16.00 - Will follow finals and medals ceremony

Friday, 9th April 2010 - **Female Kumite** - Controls from 14.00 to 15.00 - Competitions begin at about 16.00 - Will follow finals and medals ceremony.

Saturday, 10th April 2010 - **Male Kumite** - Controls from 12.30 to 13.30 - Competitions begin at about 14.30 - Will follow finals and medals ceremony.

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

Kumite Weight classes:

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

TEAM KATA - MALE and FEMALE

5a **WKF SENIORS TEAM KATA** (+ 16 years old) **Born until April 9th, 1994**

Friday, 9th April 2010 - **Team Kata M/F** - Controls from 14.00 to 15.00 - Competitions begin at about 16.00 - Will follow finals and medals ceremony.

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)

In Kumite athletes born from January 1st, 1995 to April 9th, 1996 may compete in both category BEGINNERS "B" and category WKF CADETS.

FOR INFORMATION call +39 02 26145255

Sarnico (Bg), January 11th, 2010

Sabrina and Claudio Scattini

INFO: Tel. +39/02/26145255 - Fax +39/02/2613232 - e-mail open@budomarket.com



With the Patronage of the Mediterranean Karate Federations Union

"11° OPEN D'ITALIA" - GOLDEN LEAGUE

9-10-11 APRILE 2010 - SESTO SAN GIOVANNI (MI) - Palasesto - Palazzo del Ghiaccio - Piazza 1° Maggio

PROVISIONAL COMPETITIONS' SCHEDULE

FRIDAY, APRIL 9th 2010:

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

Born until April 9th, 1994

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

KUMITE "WKF SENIORES" - FEMALE

Born until April 9th, 1992

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

From 14.00 to 15.00: REGISTRATION CONTROL at Palasesto - Palazzo del Ghiaccio
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 MEDAL CEREMONY

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

SATURDAY, APRIL 10th 2010:

REGISTRATION AND WEIGH IN at Palasesto - Palazzo del Ghiaccio (as follow):

KATA WKF CADETS MALE/FEMALE

Born from April 10th, 1994 to April 9th, 1996

From 07.00 to 08.00 - Competitions begin at about 09.30 - Will follow finals and medals ceremony.

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 10th, 1992 to April 9th, 1994

From 07.00 to 08.00 - Competitions begin at about 09.30 - Will follow finals and medals ceremony.

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 10th, 1992 to April 9th, 1994

From 09.30 to 10.30 - Competitions begin at about 11.30- Will follow finals and medals ceremony.

Weight Classes:

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

KUMITE "WKF SENIORS MALE.

Born until April 9th, 1992

From 12.30 to 13.30 - Competitions begin at about 14.30 - Will follow finals and medals ceremony

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

"All Athletes are kindly requested to be at Palasesto - Palazzo del Ghiaccio 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 Finals: cat. -60 -67 -75 -84 +84



With the Patronage of the Mediterranean Karate Federations Union

"11° OPEN D'ITALIA" - GOLDEN LEAGUE

9-10-11 APRILE 2010 - SESTO SAN GIOVANNI (MI) - Palasesto - Palazzo del Ghiaccio - Piazza 1° Maggio

SUNDAY APRIL 11th, 2010:

REGISTRATION AND WEIGH IN at Palasesto - Palazzo del Ghiaccio (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 10th, 1994 to April 9th, 1996

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

10.00 - COMPETITION BEGINNING - Will follow finals and medals ceremony

From 09.00 to 10.00

KATA and KUMITE BEGINNERS "A":

Born from January 1st, 1997 to December 31st, 1998

Fijlkam Beginners "A" Grand Prix Rules.

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

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

11.00 - COMPETITION BEGINNING - Will follow finals and medals ceremony

From 10.00 to 11.00

KATA and KUMITE BEGINNERS "B":

Born between January 1st, 1995 and December 31st 1996

Fijlkam Rules

Kumite weight classes: Females -45 kg, -50, -56, -62, -70
Males -50 kg, -56, -63, -70, -77, -84, -

92.

12.00 - COMPETITION BEGINNING - Will follow finals and medals ceremony

"All Athletes are kindly requested to be at Palasesto - Palazzo del Ghiaccio 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. "

FOR INFORMATION call +39 02 26145255

Sarnico (Bg), January 11th, 2010

Sabrina and Claudio Scattini



With the Patronage of the Mediterranean Karate Federations Union

"11° OPEN D'ITALIA" - GOLDEN LEAGUE

9-10-11 APRILE 2010 - SESTO SAN GIOVANNI (MI) - Palasesto - Palazzo del Ghiaccio - Piazza 1° Maggio

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.



With the Patronage of the Mediterranean Karate Federations Union

"11° OPEN D'ITALIA" - GOLDEN LEAGUE

9-10-11 APRILE 2010 - SESTO SAN GIOVANNI (MI) - Palasesto - Palazzo del Ghiaccio - Piazza 1° Maggio

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.

BEGINNER "A" CLASS RULES - 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.



With the Patronage of the Mediterranean Karate Federations Union

"11° OPEN D'ITALIA" - GOLDEN LEAGUE

9-10-11 APRILE 2010 - SESTO SAN GIOVANNI (MI) - Palasesto - Palazzo del Ghiaccio - Piazza 1° Maggio

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

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

FOR INFORMATION call at +39 02 26145255

Sarnico (Bg), January 11th, 2010

Sabrina and Claudio Scattini



With the Patronage of the Mediterranean Karate Federations Union

"11° OPEN D'ITALIA" - GOLDEN LEAGUE

9-10-11 APRILE 2010 - SESTO SAN GIOVANNI (MI) - Palasesto - Palazzo del Ghiaccio - Piazza 1° Maggio

Le seguenti informazioni potrebbero essere utili per il vostro soggiorno:

Alberghi e trasporti:

1 - Alberghi con una convenzione per i partecipanti all'11° Open d'Italia di Karate

Non dimenticatevi di menzionare l'Open per avere le tariffe speciali.

ATTENTION: THE VENUE HAS CHANGED

WE WILL BE AT PALASESTO

Piazza 1° Maggio, snc

20099 SESTO SAN GIOVANNI (MI)

VERY CLOSE TO SESTO F.S. SUBWAI LINE 1 STATION

Hotel Barone Di Sassj ****

Via Padovani, 38

20099 Sesto San Giovanni (MI)

Tel: +39 022411401

Fax: +39 0224114000

www.caltahotel.it

Hotel St John ****

Via Buozzi, 97

20099 Sesto S. Giovanni

Tel: +39-02-2405641

Fax: +39-02-22470777

www.hotelstjohn.it

Hotel Polo ***

Via Donizetti 1

20040

Usmate Velate

www.hotel-polo.it

Tel: +39 039 672127/+39 039 672191

Fax: +39 039 670685