



Cracow, 10th.01.2020

V NATIONAL KRAKÓW CUP IN TRADITIONAL KARATE FOR CHILDREN CADET AND JUNIOR

DATE: 7th March 2020 (Saturday), **official opening and start of the competition 10.00 am**

PLACE: Cracow, Ptaszyckiego Str. 4. Sports hall

ORGANIZATOR: Cracow Traditional Karate Club

| Group A (5yrs and younger) born in 2015 and younger | Group B (6-7 yrs) born in 2014 and 2013 | Group C (8-9 yrs) born in 2012 and 2011 | Group D (10-11 yrs) born 2010 and 2009 | Group E (12-13 yrs) born 2008 and 2007 |
|--|--|---|---|---|
| 2 grade groups: 9 kyu (kihon*) 8 kyu – 6 kyu (kata) | 4 grade groups: 9 kyu (kihon*) 8 kyu (kata) 7 kyu (kata) 6-1 kyu(kata) | 5 grade groups: 9 kyu (kihon*) 8 kyu (kata) 7 kyu (kata) 6 kyu (kata) 5-1 kyu (kata) | 6 grade groups: 9 kyu (kihon*) 8 kyu (kata) 7 kyu (kata) 6 kyu (kata) 5-4 kyu (kata) 3-1 kyu (kata) | 5 grade groups: 9 - 8 kyu (kata) 7 kyu (kata) 6 kyu (kata) 5-4 kyu (kata) 3-1 kyu (kata) |
| Group G Cadet 14-15 yrs, born 2006-2005 grades: 3 kyu - dan | | Group H Junior 16-17 yrs, born 2004-2003 grades: 3 kyu - dan | | |
| Kata ind. boys Kata ind. girls Kumite ind. boys Kumite ind. girls | | Kata ind. boys Kata ind. girls Kumite ind. boys Kumite ind. girls | | |

***KIHON in a static stance** : Yoi dachi stance (5x chokuzuki, 5x ageuke, 5x maegeri)

1. In case of insufficient number of participants in a given group, they will be joined to another, the most close to grade and age. a similar age or grade group. All groups have a division into categories of girls and boys.
2. Kata will be performed up to the level of advancement in the appropriate group or in case of different degrees up to lower level advancement
3. In groups : D and E - levels 3-1 kyu - competitors choose kata from: Bassai Dai, Jion, Kanku Dai or Enpi.
4. In junior and cadet groups – competitors choose kata from: Bassai Dai, Jion, Kanku Dai or Enpi.
5. In the kumite competition – cadet and junior: kogo kumite, and in the finals (jiyu kumite).
6. The Cracow Cup will be played in the 'Brazilian' system (**every competitor fights to he second loss**)

REGULATIONS FOR COMPETITORS :

1. Suitable age and grade: according to to the listed years and grades.
2. Accident Insurance.
3. Valid medical check-up.



4. Permission of a parent or legal guardian in writing to take part in competition.
5. Submitting the application (sending a list of competitors with a payment confirmation)
6. On the day the competition starts, no entries will be accepted. No refunds of registration fees are expected in case of cancellation of participation in the competition.
7. Kumite competitors should wear mouth guards as well as groin and breast protectors.

Application deadline and registration fee:

| | | |
|---|---------------------|-----------------------|
| I termin do 22 February (saturday) | 60 pln kata | 60 pln kumite |
| II termin do 29 February (saturday) - after the deadline no registartion will be accepted | 100 pln kata | 100 pln kumite |

REGISTRATION:

1. Competitor entries (only on the entry form) should be sent by e-mail to the organiser at the address: puchar@karatekrakow.pl
2. The entry fee should be made by transfer to the following account, according to the rate corresponding to the deadline application:

Bank account number: **78 1160 2202 0000 0002 4279 9518**

Krakowski Klub Karate Tradycyjnego

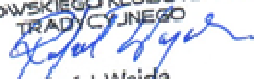
30-075 Kraków, ul. Raławicka 26

Treść: Puchar Krakowa 2020

Payment confirmation should be attached to the registration form.

3. Team leaders register their competitors. Checking and possible correction of lists take place in the competition office in the sports hall, before the start of the competition. You must have a registration form of competitors.

Additional information : Rafał Wajda, mobile: + 48 606-248-108

PREZES
KRAKOWSKIEGO KLUBU KARATE
TRADYCYJNEGO

Rafał Wajda