



NORDIC CUP 2024

ALL WEIGHT CATEGORY CHAMPIONSHIP KUMITE & KATA (MEN AND WOMEN)

Date: September 21, 2024
Place: Sports Hall Kupittaa,
Lemminkäisenkatu 32 a, 20520 Turku, Finland
Organizer: IKO Kyokushinkaikan Finland
Official Hotel: Original Sokos Hotel Kupittaa
Joukahaisenkatu 6, 20520 Turku, Finland

Hotel reservations

Reservations for special price can be made until **August 31, 2024**.

Sokos Hotels Sales service

Individual room reservations

Open: weekdays Mon-Fri 8.00-18.00

Phone: +358 300 870 000

Email: sokos.hotels@sok.fi

Please mention the quota code **NORDICCUP** when booking.

<https://www.sokoshotels.fi/fi/turku/original-sokos-hotel-kupittaa>

Booking code for reservations made online **BNORDICCUP**.

Kindly remember to book the hotel room on time, while the special offer price is valid.
Later, the room can be booked for normal price on the website.

Room prices: (Included: breakfast, use of the guest sauna, WIFI and GYM)

Single	Double	Extra bed
85 €/night	95 € / night	25 €/night (For children under 12 years only)



INTERNATIONAL KARATE
ORGANIZATION KYOKUSHINKAIKAN



Schedule

Friday, September 20st, 2024

14:00-18:00 Registration
18:00-20:00 Judge Seminar

Saturday, September 21st, 2024

Competition

Sunday, September 22st, 2024

10:00-12.00 Seminar by Shihan Katsuhito Gorai

Registration

<https://mykyokushin.net/> from August 1 to September 9, 2024.

E-mail: info@kyokushinturku.fi

Required documents:

- IKO Membership Card
- Valid passport
- Competitors under 18 y.o. of age – a parental or legal guardian's consent to take part in the tournament. An absence of this particular document automatically eliminates from kumite part of competition.
- Adult competitors – waiver of claims against the organizer in the event of accidents.

Participants will not be insured in any way by the organizer. The obligation to insure the participants according to the law relies, on the club where the competitor trains.

Fees

Iko Technical seminar and Sayonara party (Free admission for branch chiefs)

Kumite	Kata	Kumite + kata	Iko Technical seminar	Sayonara party
70 €	70 €	120 €	50 €	50 €

Organizer's bank account number for payments

Recipient: Kyokushin karate Turku Finland ry
Address: Raunistulantie 15, 20300 Turku
Account number: FI37 5711 6120 2929 21
SWIFT: OKOYFIHH

A competitor must have a proof of payment on the day of the tournament.



INTERNATIONAL KARATE
ORGANIZATION KYOKUSHINKAIKAN



Competition

Categories KATA

Category	Category	I round	Final round
Boys/Girls	8–9 y.o.	TAIKYOKU SONO NI	TAIKYOKU SONO SAN
Boys/Girls	10–11 y.o.	PINAN SONO ICHI	PINAN SONO NI
Boys/Girls	12–13 y.o.	PINAN SONO SAN	PINAN SONO YON
Boys/Girls	14–15 y.o.	GEKISAI SONO NI	TSUKI NO KATA
Boys/Girls	16–17 y.o.	TSUKI NO KATA	GEKISAI SONO SAN
Male/Female	+18 y.o.	SAIFA	BASSAI
Male/Female	+35 y.o.	SAIFA	BASSAI

Categories kumite Jun

Boys	Hogo	Weight categories
8–9 years old	YES	- 30 kg, - 35kg, + 35kg
10–11 years old	YES	- 35 kg, - 40 kg, - 45 kg, + 45 kg
12–13 years old	YES	- 45 kg, - 50 kg, - 55 kg, + 55 kg
14–15 years old	NO	- 50kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg, +70 kg
16–17 years old	NO	- 60 kg; - 65 kg; - 70kg; - 75kg, + 75 kg

Girls	Hogo	Weight categories
8–9 years old	YES	- 30 kg, -35kg, +35kg
10–11 years old	YES	- 35 kg, - 40 kg, - 45 kg, + 45 kg
12–13 years old	YES	- 45 kg, - 50 kg, + 50 kg
14–15 years old	NO	- 50 kg, - 55 kg, + 55 kg
16–17 years old	NO	- 55 kg, - 60 kg, + 60 kg

Categories kumite +18

Categories	Weight categories
Women	- 55 kg, - 65 kg, +65 kg
Women +35 years old	- 65 kg, + 65 kg
Men	- 60 kg, - 70 kg, - 80 kg, - 90 kg, +90 kg
Men 35-44 years old	- 85 kg, + 85 kg
Men +45 years old	- 85 kg, + 85 kg

If the number of participants allowed by credentials committee to competitions is not enough for objective definition of results, organizers of competitions have the right to unite two boundary weight categories.

Fight time – adults:

- +18 years old: 2 min round → play-off time 2 min
 - Finals: 3 min round → play-off time 2 min → weight → 2 min
- Men +35 years old : 90s round → play-off time 90s
 - Finals: 90s round → play-off time 90s

Fight time – juniors:

- 8–13 years old: 90s round → play-off time 90s
- 14–17 years old: 2 min round → play-off time 2 min

The guards must be IKO Kyokushinkaikan approved.

- Head gear (with face cover 10~15 y.o.)
- Head gear (no face cover 16~17 y.o. & +35 y.o.)
- Body protector hogo 10~13 y.o
- Fist guards (IKO standard) 10~17 y.o. & +35 y.o hogo (8–13 y.o.)
- Shin pads (IKO standard) 10~17 y.o. & +35 y.o
- Knee protection 10~17 y.o. & +35 y.o
- Groin cup for all men and boys
- Breast pads (IKO standard) for all women and girls 14-17 y.o

In the category of 8-13yrs, the breastplate and the helmet equipped with frontal protection is provided by the organization.

In the category 14-15yrs, the helmet is WITH frontal protection and it's provided by the organization.

In the category 14-15yrs, the breastplate is provided by the organization, but it's use will be based on the number of fighters in each category.

In the category +35 and +45 yrs. the helmet will not be provided by the organization, each fighter must wear his own.

The helmet has no frontal protection.

Please let us know in advance if you have any food allergies or special dietary needs.

OSU!