



Lietuvos Shotokan karatė federacija Lithuanian Shotokan karate federation

S. Raštikio g. 3, Kaunas Lietuva LT-50144 tel. (370 37) 776760

Kodas 190727192; Swedbank a.s LT527300010002246513, b.s. LT697300010002232530

Narystė tarptautinėse organizacijose – ESKA, WSKA, FSKA, WSKF

XVII BALTIC STATES SHOTOKAN KARATE CLUBS CHAMPIONSHIP REGULATION

Organizers of championship: Lithuanian Shotokan Karate Federation, Karate club “ALFA”.

Place: Parko str. 12, Panevėžys, Lithuania “CIDO” sport arena

Date: Sunday, 20th of February 2011 y.

Categories:

KATA

7-9 years girls; **7-8 and 9 years** boys

Kata: Taikyoku-Shodan, Heian-Shodan

10-11 years girls; **10 and 11 years** boys

Kata: Taikyoku-Shodan, Heian-Shodan, Heian-Nidan

12-13 years girls; **12 and 13 years** boys

Kata: Taikioku-Shodan, Heian-Shodan, Heian-Nidan, Heian-Sandan

14-15, years (girls and boys separate)

Kata: Heian-Shodan, Heian-Nidan, Heian-Sandan, Heian-Yodan, Heian-Godan

16-17 years (girls and boys separate)

Kata: Heian-Nidan, Heian-Sandan, Heian-Yodan, Heian-Godan, Tekki-Shodan

Eliminations – flag system; **finals** (4 competitors) – point system (tokui kata)

KUMITE

Female:	7-9 m., 10-11 m.,	12-13 m., 14-15 m., 16-17 m.
Male:	7-8 m., 9 m., 10 m., 11 m.,	12 m., 13 m., 14 m., 15 m., 16 m., 17 m.
Eliminations	<i>Jiu-kumite shobu nippon (1,5 min.)</i>	<i>Jiu-kumite shobu nippon (1,5 min.)</i>
Finals	Jiu-kumite shobu nippon (2 min.)	

Note: In all Kumite categories will be awarded **2 third** places.

Protections: Gumshields, white gloves – compulsory, groin guards (boys) and chest protectors (girls) – allowed

Program:

9.30 – 10.00	meeting (judges, chief instructors)	14.00 – 15.00	break time
10.00 – 14.00	kata, kumite eliminations:	15.00 – 15.15	opening ceremony
	10.00 – (7-9 y.), (10-11 y.)	15.30 – 18.00	finals
	11.30 – (12-13 y.), (14-15 y.)	18.00 –	awards ceremony
	13.00 – (16-17 y.)	18.30 –	press conference



Entry Fee: 35 Lt (10 €) for each contest.

No entry fee for winners of 2010 year:

Kata:

E. Kuranova „Legion“

Kumite:

E. Pavisha LFSKA

Application Forms must be sent before *15rd of February 2011 y.*

e-mail: To: a.valuntonis@shotokan.lt Cc: alfa_club@yahoo.com

You can download entry forms from our web site: www.shotokan.lt

Contacts: Alfonsas Valuntonis phone: +370 699 73691

Kazimieras Bartkevičius phone: +370 698 25736; k.bartkevicius@shotokan.lt

Awards: champions will be awarded personal prizes, medals and diploma, prizeman – medals and diploma, coaches, who prepared champions – personal prize, the best team – XVII Baltic States Shotokan Karate Clubs Championship's Cup.

Judges: Chief judge Alfonsas Valuntonis will be very grateful for any help by qualified referees.

Accommodation:

Hotel **VERSLO KLASĖ 3*** address: **Smėlynės str. 104, Panevėžys** (from 180 Lt ~50€/person)
www.versloklase.visiems.lt

Hotel **PANEVĖŽYS 2*** address: **Laisvės ave. 26 Panevėžys** (from 90 Lt ~ 25€ /person)
www.lithuanianhotels.com/hotels/Panevezys

Hotel **PERVAŽA 2*** address: **Smėlynės str.112, Panevėžys** (from 70 Lt ~ 20€ /person)
www.pervaza.lt

Hostel **Sport “Olimpas”** address: **Liepų al. 4, Panevėžys** (from 40 Lt ~ 12€ /person)

President of LSKF
Kazimieras Bartkevičius

Chief judge
Alfonsas Valuntonis