SATURDAY 30th January 2016  
CASTEL D’ARIO (MN)Italy

Palazzetto dello Sport - Piazza Castello

INTERNATIONAL KARATE COMPETITION

“SHOTOKAN INTERNATIONAL CUP”

SPECIAL GUEST

SHIHAN MASARU MIURA

Organized by: M° PAOLO LUSVARDI 8th Dan

[lusvardipaolo@gmail.com](mailto:lusvardi@domino.comune.mantova.it)

& M° MAURO LANZONI

Secretariat: Emanuela Moreschi

PROGRAM:

Saturday 30th January 2016 (Shotokan International Cup)

* From 10:00 to 12:00 - Training: M° Masaru Miura
* From 14:00 to 18:30 - Start of competitions
* From 19:00 to 21:00 - Finals and Awards Ceremonies
* At 22:00 - Sayonara Party

Sunday 31th January 2016 (Autocenter Trophy)

* From 9:30 - Registrations and payment
* From 9:30 - Referees meeting and Athletes meeting
* From 10:00 - Start of competitions

The registrations must be effected only with the computerized system: [www.skieventi.it](http://www.skieventi.it)

For informations or requests, please write an email to: [moreschi10@libero.it](mailto:moreschi10@libero.it)

Saturday 30st January 2016

TRAINING SESSION HELD BY

SHIHAN MASARU MIURA (9° DAN)

FOR BROWN AND BLACK BELTS

OPEN TO ALL KARATE FEDERATIONS

from 10:00 a.m. to 12:00 a.m.

Cost €15.00 (S.K.I.-I. and S.K.I.F.),

€20.00 (other federations)

Saturday 30st January 2016

COMPETITION SCHEDULE

ONLY FOR BLACK BELTS  
JUNIORS AND SENIORS

INDIVIDUAL KATA and KUMITE

OPEN TO ALL KARATE FEDERATIONS

“SHOTOKAN INTERNATIONAL CUP SKI-I MANTOVA”

KATA Black belts

* Boys Individual Kata Juniors (age 15-17)
* Girls Individual Kata Juniors (age 15-17 )
* Men Individual Kata Seniors (age 18-39 )
* Women Individual Kata Seniors (age 18-39)
* Men Individual Kata Master (age 40 and over)
* Women Individual Kata Master (age 40 and over)
* Elimination rounds: Sentei kata
* Finals: Tokui kata
* KUMITE OPEN Cinture Nere
* Boys Individual Kumite Juniors (age 15-17)
* Girls Individual Kumite Juniors (age 15-17)
* Men Individual Kumite Seniors (age 18-39)
* Women Individual Kumite Seniors (age 18-39)
* Men Individual Kumite Master (age 40 and over)

Shobu Ippon han: 3 wazaari (2 minutes)

MANDATORY EQUIPMENT: GLOVES – GUMSHIELD - GROIN GUARD OR CHEST PROTECTOR

TEAM KATA *( MALE/FEMALE OR MIXED)*

TEAM KUMITE *(*MENS TEAM *Seniors 5+1)*

ONLY FOR S.K.I.-I. & S.K.I.F.

INDIVIDUAL KATA or KUMITE €15,00 for each athlete

COMBINATION KATA+KUMITE € 20,00

TEAM KUMITE & TEAM KATA free

NOTE: All the athletes taking part in the competition must have a valid medical

certificate that isn't overdue.

Autocenter TROPHY

Sunday 30th January at 9:30am

Individual Kata and Kumite Children (Boys and Girls), Men and Women

Open To All Karate Federations

KA-1

KATA BOYS AND GIRLS CHILDREN UP TO 9 YEARS OLD: SINGLE CATEGORY ROUND ROBIN

WHITE BELTS TAIKYOKU SHODAN   
YELLOW/ORANGE BELTS HEIAN NIDAN - HEIAN SANDAN

SEMI-FINALS: SINGLE MATCHES   
In a bout between two contenders with different belts, both contenders must do the kata of the lower belt.  
FINAL: TOKUI KATA, POINTS SYSTEM

KA-2

KATA BOYS AND GIRLS ROUND ROBIN

WHITE BELTS TAIKYOKU SHODAN   
YELLOW/ORANGE BELTS HEIAN NIDAN - HEIAN SANDAN

GREEN/BLUE BELTS HEIAN YONDAN- HEIAN GODAN

BROWN BELTS BASSAI DAI- JION-KANKUDAI

depending on Kyu

SEMI-FINALS: SINGLE MATCHES  
In a bout between two contenders with different belts, the kata of the lower belt will be executed.

FINAL: TOKUI KATA, POINTS SYSTEM

KA-3

KATA BOYS AND GIRLS JUNIORS 14 TO 17 YEARS OLD: SINGLE CATEGORY ROUND ROBIN

WHITE/YELLOW/ORANGE BELTS TAIKYOKU SHODAN - HEIAN NIDAN – HEIAN SANDAN  
GREEN/BLU BELTS HEIAN YONDAN – HEIAN GODAN  
BROWN BELTS BASSAI DAI- JION-KANKU DAI depending on Kyu   
BLACK BELTS SENTEI KATA ( Bassai Dai, Kanku Dai, Jion, Empi)

SEMI-FINALS: SINGLE MATCHES  
In a match between two contenders with different belts, the kata of the lower belt will be executed.  
FINAL: TOKUI KATA, POINTS SYSTEM

KA-4

INDIVIDUAL KATA MEN AND WOMEN SENIORS 18 YEARS and ABOVE WITHOUT AGE LIMIT

BROWN BELTS HEIAN and BASSAI DAI or JION or KANKU DAI

The first kata will be a Heian drawn randomly and the second kata will be a Sentei kata depending on Kyu.

FINAL: TOKUI KATA

KU-1

JIYU KUMITE SINGLE CATEGORY FOR BOYS ABD GIRLS CHILDREN 10 TO 11 YEARS OLD  
ORANGE-GREEN BELTS  
BLUE-BROWN BELTS

Scoring: IPPON SHOBU HAN (3 WAZAARI- 2 IPPON – 1IPPON + 1 WAZAARI )

REQUIRED PROTECTION: GLOVES, BODY PROTECTOR, SHIN GUARDS, HELMET.

Helmets and body protectors are provided but if you have your own, please bring them.   
Only Chudan  
DURATION OF BOUT 90” ENCHO SEN 60” ATOSHIBARAKU 30” FROM THE END

KU-2

JIYU KUMITE SINGLE CATEGORY FOR BOYS AND GIRLS CHILDREN 12 TO 13 YEARS OLD  
ORANGE-GREEN BELTS  
BLUE–BROWN BELTS

Scoring: IPPON SHOBU HAN (3 WAZAARI – 2 IPPON - 1IPPON + 1 WAZAARI )  
REQUIRED PROTECTION: GLOVES, BODY PROTECTOR, GUMSHIELD.

Body protectors are provided but if you have your own, please bring it.

Only Chudan  
DURATION OF BOUT 90” ENCHO SEN 60” ATOSHIBARAKU 30” FROM THE EN

KU-3

JIYU KUMITE GIRLS 14 TO 17 YEARS OLD

ORANGE-GREEN-BLUE BELTS Only Chudan

DURATION OF BOUT 90” ENCHO SEN 60” ATOSHIBARAKU 30” FROM THE END

BROWN–BLACK BELTS Jodan is allowed

DURATION OF BOUT 120” ( 2 MINUTES ) ENCHO SEN 60” ATOSHIBARAKU 30” FROM THE END

Scoring: IPPON SHOBU HAN ( 3 WAZAARI – 2 IPPON – 1 IPPON + 1 WAZAARI )  
REQUIRED PROTECTION: GLOVES, CHEST PROTECTOR, GUMSHIELD

KU-4

JIYU KUMITE BOYS 14 TO 17 YEARS OLD

ORANGE-GREEN-BLUE BELTS Only Chudan 14 TO 17 YEARS OLD

DURATION OF BOUT 90” ENCHO SEN 60” ATOSHIBARAKU 30” FROM THE END

BROWN–BLACK Jodan is allowed 14 TO 15 YEARS OLD

BROWN–BLACK Jodan is allowed 16 TO 17 YEARS OLD

DURATION OF BOUT 120” ( 2 MINUTES ) ENCHO SEN 60” ATOSHIBARAKU 30” FROM THE END

Scoring: IPPON SHOBU HAN ( 3 WAZAARI – 2 IPPON – 1 IPPON + 1 WAZAARI )  
REQUIRED PROTECTION: : GLOVES, GUMSHIELD, GROIN GUARD  
KU- 5 INDIVIDUAL JIYU KUMITE MEN SENIORS BROWN BELT 18 TO 39 YEARS OLD

Scoring: IPPON SHOBU HAN ( 3 WAZAARI –2 IPPON – 1 IPPON + 1 WAZAARI )  
SINGLE MATCHES

REQUIRED PROTECTION: GLOVES, GUMSHIELD, GROIN GUARD  
DURATION OF BOUT 120” actual ENCHO SEN 120” ATOSHIBARAKU 30” FROM THE END