

# **48th CUMBRIA OPEN – SUNDAY 8th June 2025**

## **CATEGORIES - Sheet 1 of 4 – BULLETIN No1 Nov '24**

**6 to 15yrs – KATA & ALL PARA KARATE (inc KICKMASTER) – 9.00am start**

**Expected finish between 10am & 12pm**

### **KATA - TEAMS**

**Kata Performed Individually on Tatami, Any Pinan/Heian Kata, CAN REPEAT (min 1 required)**

TKA01 – TEAM 9yrs & Under – 9th to 4th Kyu

TKA02 – TEAM 10 to 15 yrs – 9th to 4th Kyu

### **KATA - PAIRS**

**Both Kata Performed Simultaneously on Tatami, Any Pinan/Heian Kata, CAN REPEAT (min 1 required)**

PKA01 – PAIRS 9yrs & Under – 9th to 4th Kyu

**Kata Performed Individually on Tatami, Any Kata, CAN REPEAT (min 1 required)**

PKA02 – PAIRS 10 to 15 yrs – 9th to 4th Kyu

### **KATA - TEAMS**

**Kata Performed Individually on Tatami, Any Kata, Alternate (min 2 required)**

TKA03 – TEAM 9yrs & Under – 3rd Kyu & Above

TKA04 – TEAM 10 to 15 yrs – 3rd Kyu & Above

### **KATA - PAIRS**

**Both Kata Performed Simultaneously on Tatami, Any Kata, Alternate (min 2 required)**

PKA03 – PAIRS 9yrs & Under – 3rd Kyu & Above

**Kata Performed Individually on Tatami, Any Kata, Alternate (min 2 required)**

PKA04 – PAIRS 10 to 15 yrs – 3rd Kyu & Above

### **KICKMASTER**

**Both will Perform Simultaneously on Tatami – Hand pads are optional**

KM01 KICKMASTER – Boys/Girls 7yrs & under - 9th to 4th Kyu – 15 seconds

KM02 KICKMASTER – Boys/Girls 8/9yrs - 9th to 4th Kyu – 15 seconds

### **KATA - PARA – MIXED GENDER – OPEN AGE - ANY KATA (can repeat)**

**Kata Performed Individually on Tatami.**

**PLEASE MAKE SURE AGE & GRADE ARE ON ENTRY FORM, AS WHEN ALL ENTRIES ARE SUBMITTED, CATEGORIES 'MAY BE SPLIT OR AMALGAMATED' DEPENDING ON AGE & NUMBERS**

**e.g. Adults & Kids split?**

PA01 – Blind/Visually Impaired (BLINDFOLDS ARE REQUIRED)

PA02 – Section 'A'

PA03 – Section 'B'

PA04 – Section 'C'

PA05 – Wheelchair User

PA06 – Wheelchair User (Standing Class)

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## **CATEGORIES - Sheet 2 of 4 – BULLETIN No1 Nov '24**

### **KATA - INDIVIDUAL – 9th to 4th Kyu**

**Boys & Girls Combined, Kata Performed Simultaneously on Tatami, Can repeat (min 1 required)**

**9th to 7th Kyu Pinan/Heian 1, 2, 3 – 6th to 4th Kyu Any Pinan/Heian**

KA01 – 9th Kyu to 7th Kyu (7yrs & Under)

KA02 - 9th Kyu to 7th Kyu (8/9yrs)

KA03 – 9th Kyu to 7th Kyu (10/12yrs)

KA04 - 9th Kyu to 7th Kyu (13/15yrs)

KA05 – 6th Kyu to 4th Kyu (7yrs & Under)

KA06 - 6th Kyu to 4th Kyu (8/9yrs)

KA07 – 6th Kyu to 4th Kyu (10/12yrs)

KA08 - 6th Kyu to 4th Kyu (13/15yrs)

### **KATA – INDIVIDUAL - BROWN/BLACK BELT**

**Kata Performed Simultaneously on Tatami, Any Kata, Alternate (min 2 required)**

KA09 – Girls 9yrs & Under - 3rd Kyu and Above,

KA10 – Girls 10/12yrs - 3rd Kyu and Above,

KA11 – Girls 13/15yrs - 3rd Kyu and Above,

KA12 – Boys 9yrs & Under - 3rd Kyu and Above,

KA13 – Boys 10/12yrs - 3rd Kyu and Above,

KA14 – Boys 13/15yrs - 3rd Kyu and Above,

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## **CATEGORIES - Sheet 3 of 4 – BULLETIN No1 Nov '24**

### **6 to 15yrs - KUMITE CATEGORIES – Starts when Kata & KM are completed**

#### **Expected finish between 3pm & 5pm**

6/9yrs on 7m x 7m Tatami (or 6m x 6m) – 1 min bout (1½ min final) – Scoring to 6 points clear

10yrs to 15 yrs on 7m x 7m Tatami – 1½ min bout (2 min final) Scoring to 8 points clear

#### **KUMITE - TEAMS**

TKU01 – Girls Team – 6/7yrs – Open Grade & Weight

TKU02 – Girls Team – 8/9yrs – Open Grade & Weight

TKU03 – Girls Team 10/11yrs – Open Grade & Weight

TKU04 – Girls Team - 12/13yrs – Open Grade & Weight

TKU05 – Girls Team - 14/15yrs – Open Grade & Weight

TKU06 – Boys Team – 6/7yrs – Open Grade & Weight

TKU07 – Boys Team – 8/9yrs – Open Grade & Weight

TKU08 – Boys Team 10/11yrs – Open Grade & Weight

TKU09 – Boys Team - 12/13yrs – Open Grade & Weight

TKU10 – Boys Team - 14/15yrs – Open Grade & Weight

#### **KUMITE - INDIVIDUAL**

KU01 – Girls 6/7yrs – Open Grade & Weight

KU02 – Girls 8/9yrs – 9th to 4th Kyu – Open Weight

KU03 – Girls 8/9yrs – Brown/Black Belt – Open Weight

KU04 – Girls 10/11yrs – 9th to 4th Kyu – Open Weight

KU05 – Girls 10/11yrs – Brown/Black Belt – Under 38 Kilo

KU06 – Girls 10/11yrs – Brown/Black Belt – 38 Kilo & Over

KU07 – Girls 12/13yrs – 9th to 4th Kyu – Open Weight

KU08 – Girls 12/13yrs – Brown/Black Belt – Under 43 Kilo

KU09 – Girls 12/13yrs – Brown/Black Belt – 43 Kilo & Over

KU10 – Girls Cadet 14/15yrs – 9th to 4th Kyu – Open Weight

KU11 – Girls Cadet 14/15yrs – Brown/Black Belt – Under 53 Kilo

KU12 – Girls Cadet 14/15yrs – Brown/Black Belt – 53 Kilo & Over

KU13 – Boys 6/7yrs – Open Grade & Weight

KU14 – Boys 8/9yrs – 9th to 4th Kyu – Open Weight

KU15 – Boys 8/9yrs – Brown/Black Belt – Open Weight

KU16 – Boys 10/11yrs – 9th to 4th Kyu – Open Weight

KU17 – Boys 10/11yrs – Brown/Black Belt – Under 40 Kilo

KU18 – Boys 10/11yrs – Brown/Black Belt – 40 Kilo & Over

KU19 – Boys 12/13yrs – 9th to 4th Kyu – Open Weight

KU20 – Boys 12/13yrs – Brown/Black Belt – Under 45 Kilo

KU21 – Boys 12/13yrs – Brown/Black Belt – 45 Kilo & Over

KU22 – Boys Cadet 14/15yrs – 9th to 4th Kyu – Open Weight

KU23 – Boys Cadet 14/15yrs – Brown/Black Belt – Under 58 Kilo

KU24 – Boys Cadet 14/15yrs – Brown/Black Belt – 58 Kilo & Over

**NOTE: CATEGORIES MAY BE AMALGAMATED IF INSUFFICIENT ENTRANTS**

# **48th CUMBRIA OPEN – SUNDAY 8th June 2025**

## **CATEGORIES - Sheet 4 of 4 – BULLETIN No1 Nov '24**

### **16 yrs plus KATA & KUMITE CATEGORIES – Starts between 1 & 2pm** **Expected finish between 5 & 7pm**

#### **KATA - TEAM & PAIRS – 16 yrs plus**

Kata Performed Individually, Any Kata, Alternate (min 2 required)

TKA05 – TEAM 16 Plus – Open Grade

PKA05 – PAIRS 16 Plus – Open Grade

#### **KATA - INDIVIDUAL – Junior Grade & Veterans**

Both on Tatami

KA15 - 9th Kyu to 4th Kyu 16 Plus – Male/Female - Any Pinan/Heian, can repeat (min 1 required)

KA16 - VETERANS MALE 35 Plus - Open Grade – Any Kata - Alternate (min 2 required)

KA17 – VETERANS FEMALE 35 Plus – Open Grade - Any Kata - Alternate (min 2 required)

#### **KATA - INDIVIDUAL – 16 yrs plus BROWN/BLACK BELT**

Both on Tatami, Any Kata, Alternate (min 2 required)

KA18 – Male Junior/Senior 16yrs plus - 3rd Kyu and Above

KA19 – Female Junior/Senior 16 yrs plus - 3rd Kyu and Above

### **16/17yrs & 18yrs+ KUMITE CATEGORIES – Starts when Kata is completed**

16 yrs plus - 1½ min bout (2 min final) Scoring to 8 points clear

TATAMI SIZES - 7m x 7m

#### **KUMITE – TEAMS (Open Weight & Grade)**

TKU11 – Female Open Team – 16 Plus

TKU12 – Male Open Team – 16 Plus

#### **KUMITE – INDIVIDUAL (Open Weight & Grade)**

KU25 – VETERANS FEMALE 35 Plus

KU26 – VETERANS MALE 35 Plus

KU27 – Female Junior 16/17yrs

KU28 – Male Junior 16/17yrs

KU29 – Female Senior 18yrs plus

KU30 – Male Senior 18yrs plus

**NOTE: CATEGORIES MAY BE AMALGAMATED IF INSUFFICIENT ENTRANTS**

# CHOJINKAI KARATE – CUMBRIA OPEN

## RULES OF THE DAY

**NO REPERCHARGE** will be operated for Kata or Kumite and the draw will be seeded, taking club, rank and experience (when known) into consideration. Bespoke Medals for 1<sup>st</sup>, 2<sup>nd</sup> and Joint 3<sup>rd</sup> – if 5 in the category, 3 bronzes will be awarded.

### KATA

The panel will consist of 3 or 5 Judges, using Aka/Ao (Red/Blue) flags & will use W.K.F. “Criteria for Decision” as guidelines for bout winners (including Para Karate) however, Association/Club variations are permitted.

**Kata – Individuals - Both contestants will perform their Kata on the Tatami simultaneously**

1. In the 9th and 7th Kyu junior grade event, one Kata can be repeated indefinitely. Pinan/Heian 1, 2 & 3 & Kihon/Basic kata.
2. In the Intermediate grade event 6th and 4th Kyu, one Kata can be repeated indefinitely. - any Pinan/Heian Kata only can be performed. This is also for the 9th to 4th Kyu, Male/Female 16 plus
3. In the Black/Brown Belt Individual events - a Kata can be repeated, but not consecutively including the final (min 2 required) Any WKF Kata can be performed.
4. Competitors can only enter one individual kata category. **KATA – 3 PARA EVENTS** – Mixed gender, Any Age & Open Grade - Any Kata can be performed & repeated indefinitely.

### Kata – Pairs/Teams

1. The Pairs & Team Kata can be made up of 2/3 Male or 2/3 female or mixed gender - No Bunkai required.
2. 9 years & under Pairs will perform the Kata simultaneously on the Tatami at the same time.
3. In 9th to 4th Kyu Pairs & Team Kata section, one Kata can be repeated indefinitely - any Pinan/Heian Kata can be performed.
4. In the Brown/Black Belt Pairs/Team Kata section for all age groups - a Kata can be repeated, but not consecutively including the final (minimum 2 required) – Any WKF Kata can be performed (Advanced & Pinan/Heian)
5. No competitor can participate in both Teams & Pairs Category – i.e. the competitor in the Team Category, cannot also compete in the Pairs Category & Vice Versa.

## Kickmaster Kumite

9 years & under - each competitor simultaneously attacking their kickmaster posts for 15 secs. The competitor who shows the most skilful, powerful vigorous kick/hand techniques with, will be declared the winner, judged as in a Kata event with 3 flags

## Operation of Kumite Matches

- 1 Three person team matches/plus one reserve.
- 2 In an Individual event, if the scores are equal at the end of the bout, the Judging Panel will give their decision by Senshu or Hantei – there will be no extension bout. In a team match will be an automatic Hikiwake.
- 3 When a team has two bout victories, the opponent’s team to win, that team is declared the winner.
- 4 The Referee Panel will comprise of 1 Referee with 2 Judges (the Mirror System may also be used)
- 5 The latest WKF rules using “Youth League Rules” will be used in ALL Kumite Events,
- 6 All bouts will be 1½ minute duration and two minutes for finals - 1 minute for 6/9 years (1½ final).
- 7 Scoring for 6 to 9 yrs to 6 points clear – 10 yrs plus to 8 points clear. Tatamis will be 7m x 7m (or 6m x 6m)
- 8 Body Contact MUST BE CONTROLLED for ALL AGE GROUPS.
- 9 6 to 13 yrs - NO CONTACT TO HEADGUARD with ALL techniques, scoring up to 10cm from the HEADGUARD.
- 10 14/15 yrs - NO CONTACT TO HEAD/FACE/NECK with Hand techniques, scoring up to 10cm from head or face, with ‘LIGHT SKIN TOUCH’ with KICKS permitted to Head/Face.
- 11 16 years & above - LIGHT TOUCH ONLY allowed with Hand & Kick techniques. scoring up to 5cm from head or face,
- 12 Categories may be cancelled/merged at the discretion of the organiser, if insufficient entries are received.
- 13 No protest is permitted with regard to referee panel decisions, however in the event of queries only the coach may approach the control table or the Referee Panel – Competitors/Spectators must go via their coach for information.
- 14 Competitors can only enter one individual kumite category.
- 15 VIDEO PLAYBACK WILL NOT BE USED DURING ANY CATEGORY.

## PROTECTIVE KUMITE EQUIPMENT and UNIFORM

1. W.K.F. Red & Blue hand mitts, or similar such designs PLUS GUM SHIELDS are compulsory.
2. WKF style Body protectors Body & Chest Protectors for females & Body protectors for males are compulsory.
3. WKF style shin and foot protectors are compulsory for all competitors 10 yrs plus & Head Guards for under 14yrs.
4. Sports Glasses are permitted in Kata/Kumite for up to 11 yrs (written parental disclaimer is required for Kumite)
5. Contestants should wear their own Red and Blue belts, I.D. can be discreetly appended & be appropriately attired. White Uniform must be clean and fit properly. WKF branding is permitted.
6. Coach should be in Club/Assoc Track Suit/Polo/Tee Shirt, discreet motif is ok – no shorts/designer motifs etc.

## PARA KARATE GUIDANCE

**For queries, please contact me directly.**

**PA01 - Blind/ Visually impaired – BLINDFOLDS ARE REQUIRED**

**K11 Limited vision in both eyes :- Visual acuity ranges from 6/18 to light perception in the less-impaired eye.**

**K12 No sight in both eyes: – Blindness: No light perception.**

**PA02 - Section A**

**K21 IQ of 75 or lower on standard tests, having originated before the age of 18. Evidence of significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills.**

**PA03 - Section B**

**K22 Learning Disabilities and Down Syndrome as caused by extra genetic material in chromosome 21’.**

**PA04 - Section C**

**K23 Autism or Autism Spectrum Disorder (ASD): A full-scale score of IQ of above 75, and/or no diagnosis of Learning Disabilities (evidence of functioning cognitively at average or above average levels). A formal diagnosis of autism, ASD or Asperger’s syndrome, carried out by a qualified practitioner using accepted diagnostic techniques**

**PA05 - Wheelchair Users (hypertonia, ataxia, athetosis, limb deficiency, impaired range of movement, hemiplegia)**

**K30 Moderate involvement in both legs.**

**Coordination issues or involuntary movements affecting all four limbs. Moderate involvement on one side of their body.**

**Mild ataxia, athetosis, or dystonia in one arm and leg on the same side or both. Unilateral amputation above the knee up to the hip, or a combination of lower limb impairment/s with functional loss in one leg above the knee.**

**Unilateral amputation below the knee and above or through the ankle, or a combination of lower-limb impairments with functional loss in one foot, ankle and/or lower leg, or a leg- length difference of more than seven (>7 cm).**

**Wheelchair athletes with moderate to severe impairments (including coordination impairments) affecting all four limbs and the trunk. Upper limb strikes and wheelchair propulsion is difficult. Trunk control and muscle power is absent or poor.**

**Trunk control is limited and there may be no lower abdominal/spinal activity. Hand grasp, release and wheelchair propulsion may be fairly symmetrical between the upper limbs, with little no limitation in execution of upper limb strikes. Trunk control is good.**

**PA06 - Wheelchair Users - Standing Class - Restricted joints, muscle weakness or loss of limbs, co-ordination impairments (hypertonia, ataxia, athetosis) and short stature**

**K40 Impairments in both arms in the shoulder and elbows. Impairments in one arm at the elbow or shoulder.**

**Impairments in both arms in the elbows and wrists. Impairments in one arm at the wrist or elbow or in the ankle and foot.**

**Co-ordination impairment in both legs. Coordination impairment or involuntary movements that affects both the arms and legs. Co-ordination impairments down one side of their body. Mild coordination difficulties.**

**Short stature (Adult standing height less than or equal to 145cm (males)/137cm (females); AND**

**Arm length less than or equal to 66cm (males)/63cm (females); AND Standing height plus arm length less than or equal to 200cm (males)/190cm (females).**