



Trstenský pohár 2024

Tournament for Children, Youth, Cadets, Juniors and Seniors,
Kata teams, Kumite teams
6 tatami, 564 medals and 141 cups for category winners



- Date: **2nd November, 2024 (Saturday)**
Place: Tatralandia - Gopass Aréna Liptov, Ráztocká 21, 031 05, Liptovský Mikuláš-Liptovská Ondrašová <https://www.tatralandia.sk/zazitky/viac-zazitkov/gopass-arena-liptov>
- Organizer: Slovak karate union, Central Slovakia Karate Union, Karate Klub Trstená, Akadémia Dolný Kubín
- Chief referee: **Ing. Ondrej Čítenyi** (SVK/WKF), Head of the Referee board of the Central Slovakia Karate Union - citenyi@profinam.sk
- Referees, judges: To be delegated by the Referee board of the Central Slovakia Karate Union
Foreign qualified referees are welcome. Registration (https://www.sutazekarate.sk/sutaze_sutazinf.php?sutaz=790)
- Entry fee: **20 €** per person, team
- Registration:** **Application only online at <https://www.sutazekarate.sk/?lang=en>.**
Registration on the day of the tournament will not be possible.
- Deadline for registration: 30th October, 2024.**
- Program: Time table
Competitors are required to arrive at the competition 90 minutes before the category!
- Prizes: 1st place – medal, cup and certificate
2nd place and 3rd place - medal and certificate

Categories:	KATA	Age (x)
	(U6) Boys, girls - beginners (2 Kata in rotation) (Must perform minimum of two different Katas from down listed Shitei kata)	(5)
	(U8) Boys, girls (2 Kata in rotation) - Beginners (only till 6. kyu) (must perform minimum of two different Katas from down listed Shitei kata)	(6-7)
	(U8) Boys, girls - Advanced	(6-7)
	(U10) Boys, girls (2 Kata in rotation) - Beginners (only till 6. kyu) (must perform minimum of two different Katas from down listed Shitei kata)	(8-9)
	(U10) Boys, girls - Advanced	(8-9)
	(U12) Boys, girls (2 Kata in rotation) - Beginners (only 6. kyu) (must perform minimum of two different Katas from down listed Shitei kata)	(10-11)
	(U12) Boys, girls - Advanced	(10-11)
	(U14) Boys, girls (2 Kata in rotation) - Beginners (only 6. kyu) (must perform minimum of two different Katas from down listed Shitei kata)	(12-13)
	(U14) Boys, girls – Advanced	(12-13)
	(U16) Cadets (M/F)	(14-15)
	(U18) Juniors (M/F)	(16-17)
	(U21) (M/F)	(18-20)
	Seniors (M/F)	(from 16 years)

Seniors (M/F)	(from 35 years)
Seniors (M/F)	(from 45 years)
Seniors (M/F)	(from 55 years)

maximum technical level for start in the Beginners category: **6. kyu**

if a competitor participates in the Kata – Beginners category, it is not possible to participate in the Kata Advanced category

Rules for KATA: up to 12 years – Slovak Karate Union addition to SKF rules. Above 12 years of age – WKF rules.

KATA teams (3-members - all categories):

(U10) joint category younger pupils, younger pupils or mixed team (6-9 years old)
- Kata teams boys and girls 6-9 years

(U14) joint category younger teenagers, younger teenagers or mixed team (10-13 years old) - Kata teams boys and girls 10-13 years

In the kata categories of 6–13-year old's, there is a possibility of alternating min. 2 kata, while bunkai is mandatory only in the final bouts.

(U18) Kata team female 14-17 years

(U18) Kata team male 14-17 years

KUMITE

Age, duration

(U8) Boys: -22, -26, -30, +30 kg (6-7, 60s)

(U8) Girls: -20, -24, -28, +28 kg (6-7, 60s)

Kumite - Beginners (only till 6. Kyu)

(U10) Boys: -26-30, -34, +34 kg (8-9, 60s)

(U 10) Girls: -27, -32, -37, +37 kg (8-9, 60s)

(U 12) Boys: -30, -35, -40, +40 kg (10-11, 90s)

(U 12) Girls: -30, -35, -40, +40 kg (10-11, 90s)

- **maximum** technical level for start in the Beginners category (except the category for 6-7 years old where is no limitations): **6. kyu**

Kumite Advanced

(U 10) Boys: -26, -30, -34, +34 kg (8-9, 60s)

(U 10) Girls: -27, -32, -37, +37 kg (8-9, 60s)

(U12) Boys: -30, -35, -40, +40 kg (10-11, 90s)

(U 12) Girls: -30, -35, -40, +40 kg (10-11, 90s)

Beginners can compete in an advance category as well, but they can compete only in one Kata and one Kumite category.

Kumite categories, no technical level limitations:

(U 14) Boys: -40, -45, -50, -55, +55 kg (12-13, 90s)

(U 14) Girls: -40, -47, -52, +52 kg	(12-13, 90s)
(U 16) Cadets (F): -47, -54, -61, +61 kg	(14-15, 90 s)
(U16) Cadets (M): -52, -57, -63 -70, +70 kg	(14-15, 120 s)
(U 18) Juniors (F): -48, -53, -59, -66, +66 kg, Open	(16-17, 90 s)
(U 18) Juniors (M): -55, -61, -68, -76, +76 kg, Open	(16-17, 120 s)
U21(F): -50, 55, -61, -68, +68 kg, Open	(18-20, 180 s)
U21(M): -60, - 67, -75, -84, +84 kg, Open	(18-20, 180 s)
Seniors (M/F): OPEN	(from 18 years, 180 s)
Seniors (M/F): OPEN	(from 35 years, 120 s)
Seniors (M/F): OPEN	(from 45 years, 120 s)
Seniors (M/F): OPEN	(from 55 years, 120 s)

Team kumite (3-person - all categories):

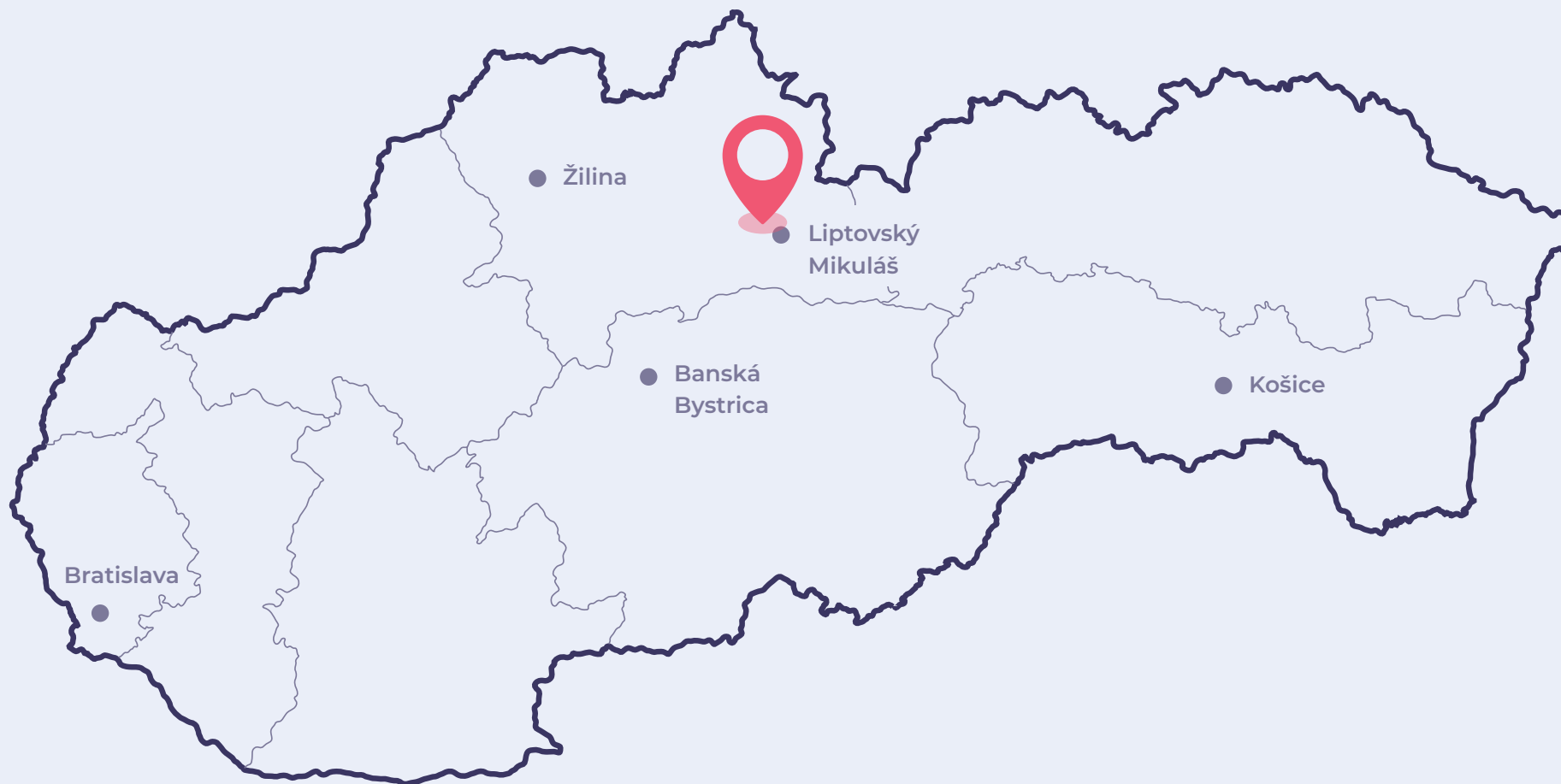
(U14) Kumite teams (M/F): Open	(12–13, 120 s)
(U16) Kumite teams (M/F) Cadets: Open	(14–15, 120 s)
(U18) Kumite teams (M/F) Juniors: Open	(16–17, 120 s)

The team can have at most one visiting member from another club. If a competitor starts in one team in a given discipline, he can no longer start in another team. The team starts in the age category according to the oldest member of the team.

System:	Kata and kumite – elimination with repassage. In case of start of less than 5 participants – Round Robin system. Each participant can compete in only one age and weight category. The organizer has the right to merge category in case of low category attendance.
Rules:	WKF rules with complements of the Slovak Karate Union and Central Slovakia Karate Union.
Insurance:	It is recommended that all the participant have their own medical insurance. Organizers of the tournament take no responsibility for this matter. E-mail: m.raduch@gmail.com
Rules:	Slovak Karate Union, WKF and valid rules of the Central Slovakia Karate Union. Kumite
Participants:	Competition is open to the participant with the valid Slovak Karate Union membership (foreign participants must be members of the WKF)
Objections:	in written form, 100€, will be assessed by the Referee board
Accommodation:	individual

We are looking forward to your participation!

Marek Radúch,
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BA 286 km

ZA 92 km

BB 80 km

Gopass Aréna Liptov

LM 7 km

KE 169 km

RULES OF CHILDREN KATA - **Beginners**

- **maximum** technical level for start in one category: **6. kyu**
- Kata competitors can perform only a Kata from the official list of Shitei Kata, and it is possible to repeat Kata, but not in the immediately following round
- if a competitor participates in the Kata – Beginners category, it is not possible for them to participate in Kata categories for Advanced competitors during the same day of the championship

Category	Kata Beginners - children: 5 years old
LIST of Shitei Kata	
<i>Goju Ryu</i>	
Taikyoku Jodan Ichi	
Taikyoku Chudan Ni	
<i>Shito Ryu</i>	
Juni No Ichi (Kihon Kata Ichi, Taikyoku Shodan)	
Juni No Ni (Kihon Kata Ni, Taikyoku Nidan)	
<i>Shotokan</i>	
Taikyoku Shodan	
Taikyoku Nidan	

KATEGÓRIA	Kata Beginners - children: 6-7 years old
LIST of Shitei Kata	
<i>Goju Ryu</i>	
Taikyoku Jodan Ichi	
Taikyoku Jodan Ni	
Taikyoku Chudan Ichi	
Taikyoku Chudan Ni	
Taikyoku Gedan Ichi	
Taikyoku Gedan Ni	
<i>Shito Ryu</i>	
Juni No Ichi (Kihon Kata Ichi, Taikyoku Shodan)	
Juni No Ni (Kihon Kata Ni, Taikyoku Nidan)	
Juni No San (Kihon Kata San, Taikyoku Sandan)	
Juni No Jon (Kihon Kata Jon, Taikyoku Jondan)	
Juni No Go (Kihon Kata Go, Taikyoku Godan)	
<i>Shotokan</i>	
Taikyoku Shodan	
Taikyoku Nidan	
Taikyoku Sandan	
Taikyoku Jondan	
Taikyoku Godan	

CATEGORY	Kata Beginners - children: 8-9 years old
	Kata Beginners - children: 10-11 years old
LIST of Shitei Kata	
<i>Goju Ryu</i>	
Taikyoku Jodan Ichi	
Taikyoku Jodan Ni	
Taikyoku Chudan Ichi	
Taikyoku Chudan Ni	
Taikyoku Gedan Ichi	
Taikyoku Gedan Ni	
Taikyoku Kake Uke Ichi	
Taikyoku Kake Uke Ni	
Taikyoku Mavashi Uke Ichi	
Taikyoku Mavashi Uke Ni	
Gekisai Dai Ichi (Gekisai Ichi)	
Gekisai Dai Ni (Gekisai Ni)	
<i>Shito Ryu</i>	
Juni No Ichi (Kihon Kata Ichi, Taikyoku Shodan)	
Juni No Ni (Kihon Kata Ni, Taikyoku Nidan)	
Juni No San (Kihon Kata San, Taikyoku Sandan)	
Juni No Jon (Kihon Kata Jon, Taikyoku Jondan)	
Juni No Go (Kihon Kata Go, Taikyoku Godan)	
Pinan Nidan (Heian Nidan)	
Pinan Shodan (Heian Shodan)	
Pinan Sandan (Heian Sandan)	
Pinan Jondan (Heian Jondan)	
Pinan Godan (Heian Godan)	
Shinsei Ichi	
Shinsei Ni	
Ten No Kata	
Chi No Kata	
<i>Shotokan</i>	
Taikyoku Shodan	
Taikyoku Nidan	
Taikyoku Sandan	
Taikyoku Jondan	
Taikyoku Godan	
Heian Nidan	
Heian Shodan	
Heian Sandan	
Heian Jondan	
Heian Godan	

RULES of Children KATA Advanced

- **technical degree**, for start in categories of Advanced competitors, **is not limited**
- if a competitor participates in the Kata - Advanced category, it is not possible for them to participate in the category of Kata for Beginners during the same day of the championship

CATEGORY	Kata Advanced - children: 6-7 years old
<p>A competitor can perform only a Kata from the official list of Shitei kata in each round of the tournament. In the final round, i.e. the match for the gold, competitors can perform any kata of their choice.</p> <p>Competitors have to perform a different Kata in each round. Kata presented in any of the previous rounds cannot be performed again.</p>	
CATEGORY	Kata Advanced - children: 8-9 years old
<p>A competitor can perform only a Kata from the official list of Shitei kata in each round of the tournament. In the semifinal round, i.e. the match for the final round that is also a match for an immediate medal (for the 1st or the 3rd place), competitors can perform any kata of their choice.</p> <p>Competitors have to perform a different Kata in each round. Kata presented in any of the previous rounds cannot be performed again.</p>	
CATEGORY	Kata Advanced - children: 10-11 years old
<p>Competitor can perform a kata of their choice in each round.</p> <p>Competitors have to perform a different Kata in each round. Kata presented in any of the previous rounds cannot be performed again.</p>	

LIST of SHITEI Kata for category Advanced - children: 6-7, 8-9 years old	
Goju Ryu Taikyoku Jodan Ichi Taikyoku Jodan Ni Taikyoku Chudan Ichi Taikyoku Chudan Ni Taikyoku Gedan Ichi Taikyoku Gedan Ni Taikyoku Kake Uke Ichi	

Taikyoku Kake Uke Ni
Taikyoku Mavashi Uke Ichi
Taikyoku Mavashi Uke Ni
Gekisai Dai Ichi (Gekisai Ichi)
Gekisai Dai Ni (Gekisai Ni)

Shito Ryu

Juni No Ichi (Kihon Kata Ichi, Taikyoku Shodan)
Juni No Ni (Kihon Kata Ni, Taikyoku Nidan)
Juni No San (Kihon Kata San, Taikyoku Sandan)
Juni No Jon (Kihon Kata Jon, Taikyoku Jondan)
Juni No Go (Kihon Kata Go, Taikyoku Godan)
Pinan Nidan (Heian Nidan)
Pinan Shodan (Heian Shodan)
Pinan Sandan (Heian Sandan)
Pinan Jondan (Heian Jondan)
Pinan Godan (Heian Godan)

Shinsei Ichi
Shinsei Ni
Ten No Kata
Chi No Kata

Shotokan

Taikyoku Shodan
Taikyoku Nidan
Taikyoku Sandan
Taikyoku Jondan
Taikyoku Godan
Heian Nidan
Heian Shodan
Heian Sandan
Heian Jondan
Heian Godan