



# Podpoliansky cup 2025

## Central Slovak Karate Cup 2025

Tournament for Children, Young Boys/Girls, Youths, Cadets, Juniors and Seniors,  
6 tatami, 500 medals and 125 cups for category winners



Date: Sunday **1. February 2025**  
Place: **Detva, Športová hala, Štúrova 1278/84**  
Organizer: Slovak karate union, Central Slovakia Karate Union,  
Karate klub Zvolen, Karate klub Detva  
Chief referee: **Ing. Ondrej Čitenyi** (SVK/WKF), Head of the Referee board of the  
Central Slovakia Karate Union - [citenyi@profinam.sk](mailto: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=820&lang=en](https://www.sutazekarate.sk/sutaze_sutazinf.php?sutaz=820&lang=en))  
Starting fee: **25 €** per person

**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: 29th January, 2025.**

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: | <b>KATA</b>   | <b>Age (x )</b> |
|-------------|---|-----------------|
|             | (U6) Boys, girls - beginners (2 Kata in rotation)<br>(Must perform minimum two different Kata from down listed Shitei kata)                     | (5)             |
|             | (U8) Boys, girls (2 Kata in rotation) - Beginners (only till 6. kyu)<br>(must perform minimum two different Kata 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)<br>(must perform minimum two different Kata from down listed Shitei kata) | (8-9)           |
|             | (U10) Boys, girls - Advanced  | (8-9)           |
|             | (U12) Boys, girls (2 Kata in rotation) - Beginners (only 6. kyu)<br>(must perform minimum two different kata from down listed Shitei kata)      | (10-11)         |
|             | (U12) Boys, girls - Advanced  | (10-11)         |
|             | (U14) Boys, girls (2 Kata in rotation) - Beginners (only 6. kyu)<br>(must perform minimum two different kata 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)         |
|             | 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 – Beginner’s category, it is not possible for them to participate in the Kata Advanced category

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

### **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 has no technical 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)

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)

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.

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 WFK)

Objections: in written form, 100€, will be assessed by the Referee board

Accommodation: individual

We are looking forward to your participation!

Marek Radúch,  
Mobil: +421 903 446 376  
Email: m.raduch@gmail.com

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

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

| CATEGORY  | Kata <b>Beginners</b> - children: <b>8-9</b> years old   |
|---|--|
|   | Kata <b>Beginners</b> - children: <b>10-11</b> years old |
| <b>LIST of Shitei Kata</b>                      |  |
| <i><b>Goju Ryu</b></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><b>Shito Ryu</b></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><b>Shotokan</b></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

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

|   |  |
|---|--|
| <b>LIST of SHITEI Kata</b><br><b>for category Advanced - children: 6-7, 8-9 years old</b>   |  |
| <b>Goju Ryu</b><br>Taikyoku Jodan Ichi<br>Taikyoku Jodan Ni<br>Taikyoku Chudan Ichi<br>Taikyoku Chudan Ni<br>Taikyoku Gedan Ichi<br>Taikyoku Gedan Ni<br>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