



# BS Cup.dk



NORDISK BYGGEENTREPRISE ApS

**I.K.O. Matsushima Karate Tournament  
Semi contact, moderated Knock Down  
and Knock Down**

## 18<sup>th</sup> April 2020 in Denmark

**Who:** BS Cup is a tournament for everybody, experienced as well as inexperienced fighters.  
The classes for unexperienced fighters are reserved for fighters with very little experience. Fighters may only have attended a few tournaments before this. As a senior you must not have participated in National Tournaments, European Championships etc.  
Experienced fighters on the age of 18 years and above must fight in the Knock Down class.  
Participants will be matched by grade, weight, experience, age etc.  
For participation you must be at least 8 years. All grades are welcome.

**Classes:** Semi Contact, Moderated Knock Down and Knock Down. Participants will be divided into classes, which take into account the degree, weight, experience, age, etc. There is fought after cup system, where all in the first match is meeting someone with the same experience. There are usually about 24 different classes, among them also a senior class for 40+ years.



Note that there are different requirements for protection for fighters 14-15 year of age depending on whether they are in class for experienced or inexperienced.



**Rules:**

Semi Contact: Contact to the body and only marking kicks to the side of the head are allowed. Attacks below the belt (low kick, punches, etc.) as well as punches and frontal kicks to the head are not allowed.

All less experienced fighters can participate in this class.

Moderated Knock Down: Contact to the body, low kicks and only marking kick to the side of the head are allowed. Punches and Frontal kicks to the head are not allowed.

This class is for the more experienced fighters and you must be at least 10 years on tournament day.

Fighting time for Semi Contact and Moderated Knock Down is 2 min., with the possibility of one extension. The extension is 2 min. for participants over 16 years, 1 min. for participants under 16 years.

When the fighters wear vest it is not allowed to attack the upper body outside the vest area.

Knock Down: This class will follow the international Knock Down rules. The only exception from the international rules is that the fighters must wear white shin/instep protection.

**When:**

Saturday 18<sup>th</sup> April 2020 at 7:45am. Weigh in from 7:45am to 9:00am or Friday at 7:30pm.

Competition starts approx. 10:00am.

**Protection:**

Everyone must wear white shin guards, groin protectors (men) and white karate dogi. Women over 16 years must also bear chest protectors.

Participants under 18 must fight using protection helmet.

Inexperienced participants under 16 must fight with vest and helmet. That means that experienced participants of 14-15 years must fight without vest.

Participants under 16 must fight using protection vest and helmet.

Vests and helmets are provided by the organizer. Shin guards, groin protector and chest protector you must bring by yourself.

Use of teeth protector is optional but is strongly recommended.



**Where:** In BS Karate's premises at TK Ungdpmgård,  
Tuborgvej 185, 2400 Copenhagen NV, Denmark.

**Registration:** Registration for the competition shall be made to your instructor.  
**Not later than Wednesday 1<sup>st</sup> April.**



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The club makes a total enrollment, **Thursday 2<sup>nd</sup> April.**  
Registration is done online on BScup.dk.  
Remember to get an acknowledgement from us that we have received the enrollment. Payment is required upon registration. Due the large number of participants, registration after the deadline will not be accepted. You are first enrolled when the payment is received.

For enrollment, participant's age means age on the day of the match, and weight means weight wearing dogi. In deviation of more than 3 kg the participant will be disqualified and can therefore not participate.

**Price:** 160.- DKK, 230.- SEK, 215 NOK or 22.- EURO, paid when making the registration. On account: Bank: Danske Bank, account name: BS Karate, IBAN: DK1830004160363517, BIC/SWIFT: DABADKKK

**Free admission:** Admission is free for spectators. Come and cheer on the participants so that they will have a good experience.

**Shop:** The tournament it will be possible to buy sandwiches, tea, coffee, energy bars, soft drinks, etc. Gi's, belts, protection etc. can also be purchased. Remember cash.

**Information:** Further information is available at  
**[info@bskarate.dk](mailto:info@bskarate.dk)** or **[bscup.dk](http://bscup.dk)**

