



BS Cup.dk



Karate Tournament

Semi contact, moderated Knock Down
and Knock Down

Guest of Honor
Kancho Roiz, 9. dan

5th April 2025 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 two tournaments before this.
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 10 years. All grades are welcome.

New in 2025:

- Age limit is 10 years. No full contact for people under 18 of age.
- Gloves are mandatory for people under 18 of age in classes without vest.
- No semi contact classes for the age of 18 years and above.
- There will be classes for experienced and not so experienced senior fighters.
- Semi contact classes are only for unexperienced fighters
- Fixed weight classes in Knock Down (extra can be added)
- Participant's weight means weight wearing dogi. In deviation of more than 3 kg the participant will be disqualified regardless of weight class. This rule goes for all classes in semi contact and moderated Knock Down. In the Knock Down classes the weight with no dogi must match the fixed weight class.

www.bskarate.dk – WKB Denmark – www.bscup.dk

BS Cup – It all starts here



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 45+ years. For semi contact and moderated Knock Down the classes will be made after registration.

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

Rules: Semi Contact: Full contact to the body is allowed. Only marking kicks to the side of the head is allowed. Only marking kicks to the side of the head is allowed. I.e. no full contact to the head and no kick that has been pulled through. Attacks below the belt (low kick, punches, etc.) as well as punches and frontal kicks to the head are not allowed. Only less experienced fighters can participate in this class.

Moderated Knock Down: Full contact to the body and the legs are allowed. Only marking kicks to the side of the head is allowed. I.e. no full contact to the head and no kick that has been pulled through. 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.

Classes:

Men -70kg, 70-80kg, +80kg, senior age +45 open

Women: -65kg, +65kg, senior age +45 open

In case of many fighters more classes will be added

When: Saturday 5th April 2025 at 7:30am. Weigh-in from 7:30am to 9:00am or Friday at 7:30pm. Remember to bring medical note at the weight-in.
The 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 wear chest protectors.
Participants under 18 must fight using protection helmet and, in classes without vest, gloves.
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 14 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: The club must make a collective registration no later than **Thursday 20th March.**

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. This rule goes for all classes in semi contact and moderated Knock Down. In the Knock Down classes the weight with no dogi must match the fixed weight class.



Price: DKK: 220.- SEK, 340.- NOK, 345 or EURO 30.-, paid when making the registration.
On account:
Bank: Danske Bank: Reg.: 4420 Konto: 4160363517 (Denmark)
Account name: BS Karate, IBAN: DK1830004160363517,
BIC/SWIFT: DABADKKK
In Sweden: SWISH: +46707678941
In Denmark, Norway, Finland: MobilePay: +45 2883 8215



W K B
World Kyokushin Budokai
 **DENMARK**

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, MobilePay or Swish

Information: Further information is available at
info@bskarate.dk or bscup.dk

菅原会館

回
天
空
手
道
機
器

武心館

極真會

新剛流

新極真會

東星會

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