



KAITEN
KARATE GI

BS Cup.dk

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

2nd April 2016 in Denmark

Who: BS Cup is a tournament for everybody, experienced as well as inexperienced fighters.
The classes for inexperienced 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 and Moderated Knockdown. 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 of 14-15 year 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 knockdown: 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.

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

Fighting time 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: Saturday 2nd April 2016 at 8:00am.
Weigh in from 8:00am to 9:00am or Friday at 8:00pm.
Competition starts approx. 10:00am.

Protection: Everyone must carry 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
Tuborgvej 185, 2400 Copenhagen NV, Denmark.

Registration: Registration for the competition shall be made to your instructor.

Not later than Wednesday 16th March.

The club makes a total enrollment, **Thursday 17th March.** Registration is done on the forwarded registration form, which is then sent to info@bskarate.dk

Remember to get an acknowledgement from us that we have received the enrollment.

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: 100.- DKK, 120 SEK, or 13 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 or bscup.dk

