

5th edition

HEART CUP 2022

Goodwill International Karate Championship



heart cup

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HEART CUP 2022

Goodwill International KarateChampionship

**COMPETITION FOR
CLUBS
INDIVIDUALS –TEAMS
MEN – WOMEN
ADULTS YOUTHS**

**30th APRIL
1st MAY 2022**

PALAZZETTO "PALACICOGNA"
- Via dei Dogi, 1 -
Paderno di Ponzano V.to
(dietro campo sportivo sito tra Via del Bellato e Via XXV Aprile)

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KATA

KUMITE

INDIVIDUAL

TEAM

INDIVIDUAL

TEAM

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

BY AGE
AND
BELT

BY AGE
AND
BELT

BY AGE
AND
BELT

BY AGE
AND
BELT

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HEART CUP SCHEDULE

SATURDAY 30TH APRIL	08.30–9.30	REFEREES BRIEFING
	9.30–16.30	ESKA INDIVIDUAL KATA WKF INDIVIDUAL KATA ESKA INDIVIDUAL KUMITE
	17.00	OPENING CERIMONY INDIVIDUAL KATA AND KUMITE FINAL CADETS JUNIORS AND SENIORS BLACK BELT

SUNDAY 1ST MAY	09.00-12.00	ESKA CLUB TEAM KATA AND KUMITE
	12.30 - 14.00	ESKA REPRESENTATIVES TEAM KATA AND KUMITE

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INDIVIDUAL KATA COMPETITION

30TH APRIL 2022

CATEGORY	AGE	BIRTH YEAR
KIDS	12/13	2010/2009
YOUTH	14/15	2008/2007
CADETS	16/17	2006/2005
JUNIORS	18/19/20	2004/2003/2002
SENIORS	21/35	from 2001 to 1987
OVER	36/50	from 1986 to 1972
OVER A	51/62	From 1971 to 1960

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ESKA INDIVIDUAL KATA

RULES FOR INDIVIDUAL KATA - FROM YELLOW TO BROWN BELT AND OVER OVER+OVER A BLACK

Each competitor will have to perform two kata at their choice (tokui kata), judgement will be according to the points system and the sum of the two will determine the final ranking. Competitors with two colors belt will compete with the higher belt grade.

ESKA RULES FOR BLACK BELTS INDIVIDUAL KATA

1 Eliminations:(to 4 competitors)

1.1 First Tournament: Over 16 competitors

Shitei Kata: is chosen by the Referee from the list of default Kata Group #1 (see Appendix). Judgment will be conducted according to the Flag system.

1.2 Second Tournament 16 to 8 competitors

Shitei Kata: Kata is chosen by the Referee from the default Kata Group n. 2 list (see Appendix). Judgment will be conducted according to the Flag system.

1.3 Third Tournament: 8 to 4 competitors.

Sentei Kata: the competitor will have to choose the Kata to run from the default list of Kata Group # 3 (see Appendix). Judgment will be conducted according to the Points system

2 Final: The last 4 competitors.

Sentei Kata: the competitor will have to choose the Kata to perform from the predefined groups 3 or 4 (see Appendix 1). The Kata in the final must be different from Kata in the third Tournament. Judgment will be conducted according to the Points system.

N.B. Repechage is not foreseen.

Categories with less than 4 competitors will be merged to the closer age category.

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The athletes classified in the first, second, third and fourth places will be rewarded.

APPENDIX: LIST OF ESKA KATA FOR BLACK BELTS

Group1	Heian Nidan - Heian Sandan - Heian Yondan - Heian Godan – Tekki Shodan
Group2	Bassai Dai - Kanku Dai - Jion -Enpi
Group3	Bassai Dai - Kanku Dai - Jion - Enpi -Hangetsu
Group4	BassaiSho - KankuSho - TekkiNidan - TekkiSandan - Jitte - Jiin - Gankaku - ChinteUnsu - Sochin – Nijishiho - Meikyo - Gojushiho Dai - GojushihaSho - Wankan

WKF INDIVIDUAL KATA RULES

WKF KATA INDIVIDUAL kata COMPETITION IS OPENED TO BROWN AND BLACK BELTS FOR THE FOLLOWING CATEGORIES.:

KIDS - YOUNG - CADETS - JUNIORS - SENIORS - OVER - OVER A

1. Any style and type of kata can be performed;
2. Before the start of your turn, the chosen kata must be communicated to the Jury table and declared at the beginning of the execution.
3. The evaluation is with flags, direct elimination system with recovery for the two third places.
4. For the final athletes will have to perform a different kata from those performed during the eliminatory and semi-final (different kata for each round);
5. the athlete can repeat the same kata, already performed only during repechage
6. The execution is evaluated by kata start greeting to the kata end greeting.

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INDIVIDUAL KUMITE COMPETITION

30th APRIL 2022

CATEGORY	AGE	BIRTH YEAR	MALE WEIGHT KG.	FEMALE WEIGHT KG.
YOUTH	14/15	2008/2007	-60,-65, -70,+70	-50,-55,-60,+60
CADETS	16/17	2006/2005	60, -65,-70, +70, OPEN	-55,-60,+60, OPEN
JUNIORS	18/19/20	2004/2003/2002	65, -70, -75,+75, OPEN	-55, -60, +60, OPEN
SENIORS	21/35	from 2001 to 1987	-65, -70, -75,+75, OPEN	-55, -60, +60, OPEN
OVER	36/50	from 1986 to 1972	-65, -75, +75, OPEN	-55, -60, +60, OPEN

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RULES FOR INDIVIDUAL KUMITE

SHOBU IPPON COMPETITION (2 wazari, 1 ippon)

Duration of the match for YOUTH category: actual time 1 ½ minutes

Duration of the match for CADETS, JUNIORS, SENIORS and OVER category, actual time 2 minutes.

FINAL 1st and 2nd PLACE only for SENIORS, Sanbon shobu' (match 'Three points'): The duration of this match will be 3 minutes (actual time). The winner is the competitor who, within the prescribed time, scored two points ("Two out of three").

N.B. In case of tie 'Sakidori shobu', the competitor who scores first, wins the match. This method is only applicable for extra matches.

N.B. Each competitor will be able to compete in their own weight category and if desired, they can compete in the OPEN one.

REQUIRED PROTECTIONS

White padded gloves 3cm, Gumshield, Groin guard, Cool guard (chest protectors), white and red belt (each athlete has to have their own).

For KIDS and YOUTH categories white vest is compulsory. It can be worn on top on the karategi jacket.

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TEAM KATA COMPETITION FOR CLUBS

1st MAY 2022

TEAMS

1 MALE TEAM WITH COMPETITORS OF ANY CATEGORY FROM 2006/1962

1 FEMALE TEAM WITH COMPETITORS OF ANY CATEGORY 2006/1962

MIXED FEMALE AND MALE TEAM WITH COMPETITORS OF ANY CATEGORY FROM 2006/1962

Competitors from the mixed team can be the same ones that compete in the female or male kata team.

N.B. Each club can register only 1 team per category

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TEAM KATA COMPETITION FOR REPRESENTATIVES

1ST MAY 2022

MALE TEAMS	TEAMS COMPOSITION
1 MALE TEAM OF ANY CATEGORY 2006/1987	3 competitors
FEMALE TEAMS	TEAMS COMPOSITION
1 FEMALE TEAM OF ANY CATEGORY 2006/1987	3 competitors

NB: REPRESENTATIVES teams can be made of competitors from:

- the SAME region;
- the SAME federation and national associations/clubs;
- the SAME Sport promotion entities.

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RULES FOR TEAMS KATA

1. Eliminations: to 4 teams.

- Sentei Kata: the team can select which Kata to perform from the predetermined Kata in the list of groups 3 or 4 (see Appendix). Judgment will be executed by the Point system.

2. Final: to 4 teams.

- Sentei Kata: the team can select which Kata to perform from the predetermined Kata in the list of groups 3 or 4 (see Appendix). Judgment will be executed by the Point system.
- The Kata in the final must be different from Kata in the Eliminations.
- Judgment will be executed by the Point system.

Teams ranked in the first, second, third and fourth places will be awarded.

N.B. Repechage is not foreseen

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TEAM KUMITE COMPETITION FOR CLUBS

1ST MAY 2022

MALE TEAMS	TEAMS COMPOSITIONS	ORDER OF ENTERING THE CONTEST
1 TEAM KUMITE CADETS (2005/2006) (Also YOUTH can compete- birth year 2007) 1 TEAM KUMITE JUNIORS(2002/2003/2004) (also cadets can compete- birth year 2005) 1 TEAM KUMITE SENIORS(1987- 2001) (also juniors can compete - birth year 2002)	3 competitors (plus 2 reserves)	the team competitors must enter in ascending weight order (from the lightest to the heaviest)
FEMALE TEAM	TEAMS COMPOSITIONS	ORDER OF ENTERING THE CONTEST
1 TEAM KUMITE CADETS (2005/2006) (Also YOUTH can compete- birth year 2007) 1 TEAM KUMITE JUNIORS(2002/2003/2004) (also cadets can compete - birth year 2005) 1 TEAM KUMITE SENIORS(1987- 2001) (also juniors can compete - birth year 2002)	3 competitors (plus 2 reserves)	the team competitors must enter in ascending weight order (from the lightest to the heaviest)

N.B. Repechage is not foreseen

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TEAM KUMITE FOR REPRESENTATIVE

1ST MAY 2022

MIXED TEAMS	TEAMS COMPOSITIONS	ORDER OF ENTERING THE CONTEST
TEAM KUMITE FOR JUNIORS AND SENIORS CATEGORIES 2004/1987	5 COMPETITORS 3 MALES + 2 FEMALES (Max 2 reserves)	the team competitors must enter in this following order: lightest weight male lightest weight female medium weight male medium weight female heaviest weight male

SHOBU IPPON COMPETITION (2 wazari, 1 ippon)

Duration of the match, real time 2 minutes.

REPRESENTATIVES teams can be made of competitors from:

- the SAME region;
- the SAME federation and national associations/clubs;
- the SAME Sport promotion entities.

N.B. Each representative can bring max 2 teams

REGISTRATION AND FEES

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REGISTRATION

Each club must register online following the link on our site <http://www.heartcupkarate.com>
DEADLINE : Friday 15th April 2022.

FEES FOR KIDS /YOUTH

SPECIALTY	20 €/athlete after the first specialty 10€
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FEES FOR CADETS/ JUNIORS / SENIORS /OVER/OVER A

SPECIALTY	25 €/athlete after the first specialty a15€
TEAM	30€

PAYMENT:

WIRE TRANSFER TO : A.S.D. REN BU KANPONZANO
IBAN: IT53 Z 03069 12080 1000000 12026
SWIFT CODE: BLOPIT22

PURPOSE OF THE TRANSFER :HEARTCUP REGISTRATION 2022

INFO

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