

Guidelines and precautions for applicants

1. Title The 28th Annual Shidokan Cup Strong Open Tournament
All Japan Karate-do Tournament
2. Organiser World Karate Association Shidokan
3. Date/time 2008.October.12th group stage from 11:00am Main tournament from 2:00pm
- 4 .Place Tokyo Difa Ariake
- 5 . Weight categories : Kumite Full contact rules
 :Karate section with gloves
 Light/middle weight (under70kg)
 Heavy weight (over70kg)
 :Kata competition
- 6 .Tournament regulations
 World Karate Association Shidokan Rules (using the ring)
 Main matches from 2 : 0 0pm : Prize money will be granted to winners with Ippon.
 Kumite division : Each winner will be granted with prize money
- 7 . Application Application form, 2 photographs(3.0cm x 2.5cm) in dogi and a health certificate by
 doctor shall be sent to below address by post or email
- 8 . Address
 World Karate Association Shidokan
 3-2947 Mihara-cho, Tokorozawa-shi, Saitama-ken
 359-0045
 Japan
 (TEL) (81) (0)429-42-3721
 (FAX) (81) (0)429-42-4518
 (email) info@shidokan.jp
 s-seshime@shidokan.jp
- 9 . Due date for application
 Friday 5th September, 2008
 Please make sure that your application will arrive at the above address **before the**
 due date.

Karate section with gloves

Time Main match 3 min. 1 min. of extension decision(in case of draw, the fighter with lighter weight will win)

Final 3min. 2 min. of extension 2 min. of another extension decision (in case of draw, the fighter with lighter weight will win)

Decision 「 Ippon victory 」 If either is knocked down for more than 3 seconds or have lost will to fight

「 Yuko (Valid) 」 Attack with hands (straight, hook, upper, backhanded)

Attack to parts other than groin and the back

「 Foul play 」

- Attack to the opponent fallen to the floor
- Attack to the shoulders and above with elbows
- All kinds of throw techniques
- Attack such as Hiza(knee) geri, etc. following the technique holding neck

「 Disqualification 」 Warning is given to foul play, and 2 warnings take off 1 point (equals to Waza ari). 2 point deduction disqualifies the fighter.

Notes and others to fighters

- All fighters must wear bandage, mouse piece, foul cup.
- Bandage is not necessary! It will be checked in advance.
- Gloves for the matches will be provided by the organiser.
- Fighters should wear either karate-gi or kempo-gi (boxer shorts and others are not acceptable).

• Handicap for gloves

Within 3 kg (0 oz) 10 oz for both fighters

3 kg ~ 6 kg (2 oz) 10 oz vs. 12 oz

6 kg ~ 9 kg (4 oz) 10 oz vs. 14 oz

9 kg and above (6 oz) 10 oz vs. 16 oz

* Professionals / amateurs, anyone is welcome to participate!
KO prize for the main matches! Prize money for the winner!

《 Judging Rules 》

Kumite Division

Direct full contact rules

Throw, clinch and joint techniques are allowed

Grabbing should be for less than 3 seconds

Attacks to cephalic part or above neck with the hand is prohibited

Attacks to the groin is prohibited

Preliminary matches start at 10:30am (3 minutes 1 minute extension submission by weight)

Main matches start at 1:30pm (3 minutes 2 minutes extension submission by weight)

Final match (3 minutes 2 minutes extension 2 minutes extension submission by weight)

Judging criteria Ippon matches

- Ippon (2 waza-ari becomes ippon)
 - Judges consist of 1 chief referee with 2 points, 2 sub referees with 1 point x 2
- Decision criteria : 2 points or more by referees
- 2 fouls take off 1 point (considered as the same as waza-ari)
 - 2 point deduction loses the match by fouls (same point as ippon)

Following should be strictly observed

- Groinpiece must be worn. (Fighters without the groinpiece could get hurt during the match and might have to give in to the opponent if he cannot continue the match.)

Kata Division

Matches	Preliminary/main match system with selected fighters of high scores
Subject	Select from <u>Jion, Kankuu, Bassai, Seienchin and Shikon no Kata at the discretion of the fighter</u>
Judgment	Point system with 3 referees (10 points each, totaling 30 points) As there are slight differences between different styles, judgment will be made in a comprehensive manner considering 3 factors of Kata.
	Reference: 3 factors of Kata
	1. Accent of strength(strong:weak)
	2. Stretch of the body(big:small)
	3. Speed of technique(fast:slow)
Selected subject	At the final match, referees will select 1 from 3 of Kankuu, Bassai and Seienchin.

The 28th Annual Shidokan cup strong open tournament

(Tournament Requirements)

- This is the highest level Shidokan tournament.
- Fighters must be at least green belt to enter.
- A maximum of 2 fighters per country will be allowed to enter the tournament.
 - Due to the fact that this is an amateur tournament fighters are responsible for arranging and paying for their own transportation and accommodation.

(Application Process)

In order to enter the tournament fighters must :

Submit letter of recommendation from their local branch president and a profile. The profile should contain:

(Branch location/ Name/ Height / Weight / Date of birth /
Fight experience / fight category you wish to compete in /
Training experience()years. /()kyu or ()dan /
2passport size photos(to be used for the tournament
pamphlet)

Note: the photos must be in color fighters must wear their
Karate gi, In the photos must be arrive before Sep.5th.

After you have been approved for the tournament,
Shidokan honbu will send you a notice via email.

Competitors from countries requiring visas should contact
honbu as soon as possible.

So that preparations can be made in advance.

10. Entry fee

Only one entry for one fighter is accepted : No entry fee required for fighters from overseas. (Please note that JPY3,000 for insurance, commemorative and the brochure is required.)

11. Registration

Fighters should arrive at the office building of Difa Ariake in Tokyo by 10:00am on 12th October 2008, register and complete weigh-in accordingly and be ready for the matches.

12. Others

Fighters should have their finger/toenails clipped and wear nothing on their hands and feet. Adhesive tape, etc. due to injuries shall be allowed only if it was claimed and accepted beforehand.

Each fighter should have own groinpiece and wear it under the Karategi.

Mouthpiece is not mandatory but recommended.

To secure safety, the organiser shall have a doctor stand-by and shall take care of any emergency illness or injuries.

The organiser shall not be responsible for any injuries or accidents during the matches. Fighters should have a copy of their health insurance with them for unexpected injuries/accidents.

Fighters should keep their weight appropriate for each category.

Fighters with overweight shall be disqualified and shall not be accepted to change their entry to the heavier category.

Fighters should know the time schedule for their matches and make sure to stand by at the ring side well in advance of the matches. If they are absent at the starting time, they shall be disqualified.

Fighters should inform the organiser immediately in case their entry to the matches falls through.

Entry fee once paid to the Executive Committee of the tournament shall not be refunded.