



Saint Laurent du Var,
14 December 2007

OSU,

The SOENO KARATE SHIDOKAN ORGANISATION and the STADE LAURENTIN KARATE DOJO, organize :

THE INTERNATIONAL SHIDOKAN GALA
15 MARCH 2008
In SAINT LAURENT DU VAR near NICE
Only 12 Matches

2 bed-nights and breakfast will be payed for fighters and coach (one by team)

If you are interested in taking part in this gala, please return us, as soon as possible, the following informations :

- **NAME**
- **FIRST NAME**
- **EXACT WEIGHT**
- **SPORT INSURANCE**
- **MEDICALE CERTIFICATE** mentioning “able for shidokan fight”, all fighters must have more than 18 years.
- **PHOTO WITH KAMAE AND DOGGI**

You will find enclosed the SHIDOKAN FRANCE rules:

- **SHIDOKAN MARTIAL ART**
5 Rounds of 3 minutes with one minute rest
- **SHIDO BOXING with DOGGI (Gloves 12 OZ)**
5 Rounds of 3 minutes with one minute rest
- **SHIDO GRAPPLING**
3 Rounds of 5 minutes with one minute rest

Please return your answer very quickly

SOENO SHIDOKAN KARATE RULE SENIOR CATEGORY MARTIAL ART

- **WEIGHT CATEGORIES**

MEN

Under 73 Kg
Under 83 Kg
83 Kg and over

WOMEN

Under 55 Kg
Under 65 Kg
65 Kg and over

- **DOCUMENTS TO BE SUPPLIED**

- ✚ Médical certificate under 3 Months old
- ✚ FFKDA Licence
- ✚ FFKDA Passeport
- ✚ World Karaté Shidokan Association Membership card
- ✚ Civil Insurance for all international competitions abroad.

- **FIGHTS PERIODS FOR SHOWS**

5 Rounds of 3 Minutes each and 1 minute break between each round.

- **COMPETITIONS CONDITIONS**

Minimum age for this category is 18 years old.
3 years practice minimum (no specific belt required).

The coach may stop the fight at anytime if one of the opponent is superior.

Two people are allowed in each corner : the coach and his assistant.
His fighter will be sanctioned for forbidden action in his corner.

- **RULE FOR SENIORS**

- **AUTHORISED TECHNICS :**

- ✓ Knee kick to legs, head, body.
- ✓ Kick to legs, head, body.
- ✓ Technical knowledge of reaping projections and legs sweeps.
- ✓ Locks and strangulations no longer than 3 seconds.
- ✓ Technical knowledge of locking to the floor for 5 seconds.

- **FORBIDDEN TECHNICS :**

- ✓ All hits to joints.
- ✓ All hits to the back.
- ✓ All locks to the scruff or the backbone.
- ✓ Punches or nudges to the face.
- ✓ All grabbing, standing up over 5 seconds.
- ✓ Attacks to the genitals.
- ✓ Projections grabbing the neck.
- ✓ Any dangerous action that could hurt the fighter.

- **POINTS COUNTING :**

Given points are :

- a) WAZA ARI, outside 3 seconds fights.
- b) IPPON, outside 5 seconds fights.
- c) SOUMISSION, all lock or stangulation to the ground under 5 seconds.

This fighter is declare the WINNER at the end of the regulatory period if :
He obtained the largest number of points OR

This fighter is declare the WINNER at the end of the regulatory period if :
He scored IPPON or added up 2 WAZA ARI in within the same round.

All penalties and warnings put up during the fight are carried forward
2 obvious Penalties (HANSOKU CHUI) give a WAZA ARI to the opponent.
1 SHIKKAKU is a direct disqualification for the guilty fighter.

- **MANDATORY PROTECTIONS :**

Box for men
Chest protector for women
Mouth piece mandatory for all
Bandages only authorize for wrists
Shin pads and knee pads authorized

CAUTION :

Box protection and mouth piece are mandatory in this category.
The central referee will make sure the mouth piece is kept till the end of the fight.
Otherwise, sanctions will be applied (CHUI, HANSOKU CHUI).
A fighter with braces won't be able to fight.

SOENO SHIDOKAN KARATE RULE SENIOR CATEGORY SHIDO BOXING

- **WEIGHT CATEGORIES**

MEN

**Under 73 Kg
Under 83 Kg
83 Kg and over**

WOMEN

**Under 55 Kg
Under 65 Kg
65 Kg and over**

- **DOCUMENTS TO BE SUPPLIED**

- ✚ **Médical certificate under 3 Months old**
- ✚ **FFKDA Licence**
- ✚ **FFKDA Passeport**
- ✚ **World Karaté Shidokan Association Membership card**
- ✚ **Civil Insurance for all international competitions abroad.**

- **FIGHTS PERIODS FOR SHOWS**

5 Rounds of 3 Minutes each and 1 minute break between each round.

- **COMPETITIONS CONDITIONS**

**Minimum age for this category is 18 years old.
3 years practice minimum (no specific belt required).**

The coach may stop the fight at anytime if one of the opponent is superior.

**Two people are allowed in each corner : the coach and his assistant.
His fighter will be sanctioned for forbidden action in his corner.**

- **RULE FOR SENIORS, SHIDO BOXING**

- **AUTHORISED TECHNICS :**

- ✓ Knee kick to legs, head, body.
- ✓ Kick to legs, head, body.
- ✓ Fist punch to the face.
- ✓ Back fist punch.
- ✓ All reaping and sweeping technics.

- **FORBIDDEN TECHNICS :**

- ✓ All hits to joints.
- ✓ All hits to the back.
- ✓ All grabing, lock and strangulation.
- ✓ Attacks to the genitals.
- ✓ Technical knowledge of locking to the floor.
- ✓ Projections grabing the neck.
- ✓ Any dangerous action that could hurt the fighter.

- **POINTS COUNTING :**

Given points are :

- a) WAZA ARI, outside 3 seconds fights.
- b) IPPON, outside 5 seconds fights.
- c) SOUMISSION, all lock or stangulation to the ground under 5 seconds.

This fihter is declare the WINNER at the end of the regulatory period if :
He obtained the largest number of points OR

This fihter is declare the WINNER at the end of the regulatory period if :
He scored IPPON or added up 2 WAZA ARI in within the same round.

All penalties ans warnings put up during the fight are carried forward
2 obvious Penalties (HANSOKU CHUI) give a WAZA ARI to the opponent.
1 SHIKKAKU is a direct disqualification for the guilty fighter.

- **MANDATORY PROTECTIONS :**

Box for men
Chest protector for women
Mouth piece mandatory for all
12 OZ boxing gloves
Bandages only authorize for wrists
Shin pads and knee pads authorized

CAUTION :

Box protection and mouth piece are mandatory in this category.
The central referee will make sure the mouth piece is kepttill the end of the fight.
Otherwise, sanctions will be applied (CHUI, HANSOKU CHUI).
A fighter with braces won't be able to fight.

SOENO SHIDOKAN KARATE RULE SENIOR CATEGORY SHIDO GRAPPLING

- **WEIGHT CATEGORIES**

MEN

Under 73 Kg
Under 83 Kg
83 Kg and over

WOMEN

Under 55 Kg
Under 65 Kg
65 Kg and over

- **DOCUMENTS TO BE SUPPLIED**

- + Médical certificate under 3 Months old
- + FFKDA Licence
- + FFKDA Passeport
- + World Karaté Shidokan Association Membership card
- + Civil Insurance for all international competitions abroad.

- **FIGHTS PERIODS FOR SHOWS**

3 Rounds of 5 Minutes each and 1 minute break between each round.

- **RULE FOR SENIORS SHIDO GRAPPLING**

The fight will start has martial art shidokan standing up.
No time limit to the ground.
Fighters will keep the Doggi.

- **POINTS COUNTING :**

This fighter is declare the **WINNER** at the end of the regulatory period if :
He scored **IPPON** or added up **2 WAZA ARI** in within the same round.
Victory is obtained by soumission (locks or strangulation to the ground),
or abandonment from the adversary.
All penalties ans warnings put up during the fight are carried forward
2 obvious Penalties (**HANSOKU CHUI**) give a **WAZA ARI** to the opponent.
1 **SHIKKAKU** is a direct disqualification for the guilty fighter.

THE INTERNATIONAL SHIDOKAN GALA

- Fighter application -

Please register the following athlete to compete in the Gala on 15th March 2008 in Saint Laurent Du Var/France.

(Please use one sheet for each Fighter)

FIRST NAME :

LAST NAME :

DATE OF BIRTH :

AGE :

WEIGHT (kg) :

SEX : Female Male

FIGHT TEAM :

ADDRESS :

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PHONE :

FAX :

COUNTRY :

FIGHTER COMPETES IN :

- SHIDOKAN MARTIAL ART
- SHIDO BOXING
- SHIDO GRAPPLING

WEIGHT DIVISION :

Date, Place :

Fighter's sign :