

NKFN Open

May 23 - 2009 at Karmøyhallen
Kopervik, Norway



NKFN Open is open to all who want to participate regardless of union. Great prizes for all participants.

The tournament over-all best performer will be rewarded. It is desirable that the participating clubs present judges.

Rules are enclosed at the end of page.

Send your entries as soon as possible and no later than **TUESDAY, MAY 5th 2009** to; alf-fag@online.no (Note: No late registration for will be accepted)

Tournament start: 10.00. Sign in time: 09.00 - 09.30 in the hall.

EVENT LIST:

Kihon:

Girls/boys 6-8 years (Little league - please see rules for details)

Kata / Kumite:

Girls/Boys 9 - 11 years (Children)

Girls/Boys 12 - 13 years (Youth)

Girls/Boys 14 - 15 years (Teen)

Girls/Boys 16 - 17 years (juniors)

Women /Men 18 years and up (Senior)

KATA, POINT SYSTEM:

1. Round Heian/Pinan kata mandatory

2. Round freely chosen new kata

3. Round freely chosen new kata

10 participants at most qualify for the second round. 4 participants at most qualify for the final round.

In the case of a deadlock, the highest and lowest points scored are deducted. If the deadlock is still persisting then the participants must compete in a new round with a freely chosen new kata.

KIHON:

Little league, 6-8 years.

Every participant present:

Gedan barai, jodan age uke.

Oi and gyaku zuki.

Mae and yoko geri.

2 participants compete side by side.

Every participant will be given 2 rounds.

Judged by a system of flags.

RULES:

Kumite, Shobu Sanbon.

Mandatory equipment: gloves, shin/ instep protectors, tooth protectors. Chest Protectors mandatory in all female groups from 12 years and up. Jockstraps mandatory in all male events.

Bouts:

9 - 11 years: 1 min. round without point stopping. No contact. Decision based on an overall assessment. Warnings count negatively. All participants are allowed 2 bouts.

12 - 15 years: 1.5 min rounds by common rules. No contact to the face, only light contact to the body allowed.

16 - 17 years: 2 min. rounds by common rules. No contact with hand-to-face techniques.

Senior: Women 2 min. rounds.

Men 3 min. rounds.

START FEE:

6 - 8 years, NOK 100, -

9 - 11 years, NOK 100, -

12 years and up NOK 100, - Prices are pr. event