



POLSKA UNIA KARATE TRADYCYJNEGO

Polska Unia Karate Tradycyjnego
Polish Traditional Karate Union

ul. Grunwaldzka 15D, 32-005 Niepołomice
www.pukt.pl

To: Traditional karate clubs from around the world
Re: Open Traditional Karate-Do World Cup

OPEN TRADITIONAL KARATE-DO WORLD CUP

in all age categories from Children to Masters

27-28 May 2022, Wrocław, Poland

DATE: 27-28 May 2022 (from Friday to Saturday)

PLACE: 'WKK Sport Center' Sports Hall, ul. Czajcza 19, Wrocław, Poland

HELD BY: Polska Unia Karate Tradycyjnego (Polish Traditional Karate Federation)
'Klub Karate Tradycyjnego Kobu Wrocław – Stowarzyszenie' Karate Club

A detailed start schedule for each age group will be determined one week before the Cup and sent to the clubs.

RULES AND REGULATIONS

OPEN TRADITIONAL KARATE-DO WORLD CUP

COMPETITIONS HELD DURING THE OPEN WORLD CUP	
INDIVIDUAL KATA	TEAM KATA
INDIVIDUAL KUMITE	TEAM KUMITE
FUKU-GO	EN-BU

CATEGORIES	
CHILDREN Group A – up to 7 y/o (born 2015 and later)	CHILDREN Group B – 8 and 9 y/o (born 2014, 2013)
CHILDREN Group C – 10 & 11 y/o (born 2012, 2011)	CHILDREN Group D – 12 & 13 y/o (born 2010, 2009)
CADETS: 14-15 y/o (born 2008, 2007) ranks: 6 kyu – dan	JUNIORS: 16-17 y/o (born 2006, 2005) ranks: 5 kyu - dan
YOUTH: 18-20 y/o (born 2004- 2002) ranks: 3 kyu – dan	SENIORS: 21-34 y/o (born between 2001 and 1988) ranks: 3 kyu - dan
VETERANS: 35 y/o and older (born 1987 and earlier), ranks: 3 kyu – 2 dan	MASTERS: 35 y/o and older (born 1987 and earlier), ranks: 3 dan and higher

INDIVIDUAL KATA (girls' and boys')			
Group A – up to 7 y/o (born 2015 and later)	Group B – 8 and 9 y/o (born 2014, 2013)	Group C – 10 & 11 y/o (born 2012, 2011)	Group D – 12 & 13 y/o (born 2010, 2009)
3 subgroups based on rank:	6 subgroups based on rank:	6 subgroups based on rank:	6 subgroups based on rank:
9-8 kyu, 7 kyu, 6 kyu and higher.	9-8 kyu, 7 kyu, 6 kyu, 5 kyu, 4 kyu.	9-8 kyu, 7 kyu, 6 kyu, 5 kyu, 4 kyu.	9-8 kyu, 7 kyu, 6 kyu, 5 kyu, 4 kyu.
Elimination rounds- Semifinals-Final: HEIAN Kata.	Elimination rounds- Semifinals-Final: HEIAN Kata.	Elimination rounds- Semifinals-Final: HEIAN Kata.	Elimination rounds- Semifinals-Final: HEIAN Kata.
	3-1 kyu. Elimination rounds- Semifinals: HEIAN kata.	3-1 kyu. Elimination rounds: HEIAN kata.	3-1 kyu. Elimination rounds: Bassai Dai, Ji-On,Kan-Ku Dai
	Final: Bassai Dai, Ji-On,Kan-Ku Dai – do wyboru.	Semifinals-Final: TOKUI-KATA – athletes can choose from Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi (a different kata in the final)	Semifinals-Final: TOKUI-KATA – athletes can choose from Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi (a different kata in the final).
Kata is matched to the lower rank. The referee (shushin) chooses and announces kata.	Kata is matched to the lower rank. The referee (shushin) chooses and announces kata	Kata is matched to the lower rank. The referee (shushin) chooses and announces kata	Judging (3-1 kyu): score system. Kata is matched to the lower rank. The referee (shushin) chooses and announces kata (up to 4).

Judging: flag system. The elimination system with repechage will be applied.	Judging: flag system. The elimination system with repechage will be applied.	Judging: flag system. The elimination system with repechage will be applied.	kyu.) Judging (up to 4. kyu): flag system. The elimination system with repechage will be applied.
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INDIVIDUAL KUMITE <i>(girls' and boys')</i>		
Group A, B, C, D (9-8 kyu) Group A, B, C, D (7 kyu) Group B, C, D (6 kyu) Group A (6 kyu and higher) Group B (5-4 kyu)	Group C, D (5-4 kyu) Group B, C (3-1 kyu)	Group D (3-1 kyu)
<p>Kihon Ippon Kumite Without protectors! TORI (attacker):</p> <ol style="list-style-type: none"> Oi zuki jodan x1 Oi zuki chudan x1 Maegeri chudan x1 Mawashigeri jodan x1 (6 kyu and higher) <p><i>* from hidari zenkutsu-dachi stance</i></p> <p>UKE (defender):</p> <ol style="list-style-type: none"> Age-uke / Gyakuzuki Soto-uke / Gyakuzuki Gedan-barai / Gyakuzuki Uchi-uke / Gyakuzuki (6 kyu and higher) <p><i>* from hidari or migi zenkutsu-dachi stance</i></p> <p>Judging: wazari technical point (4). The elimination system with repechage will be applied.</p> <p>In case of a tie (<i>hikiwake</i>) – the winner is chosen using the flag system, <u>without</u> extra time (<i>ketteisen</i>).</p>	<p>Jiyu Ippon Kumite Protectors are compulsory! TORI (attacker):</p> <ol style="list-style-type: none"> Kizamizuki jodan x1 Gyakuzuki chudan x1 Maegeri chudan x1 Ushirogeri chudan x1 <p><i>* from hidari zenkutsu-dachi stance</i> <i>* 10 seconds to perform the attack</i></p> <p>UKE (defender): GO-NO-SEN - any counterattack</p> <p><i>* from hidari or migi zenkutsu-dachi stance</i></p> <p>Group C (3-1 kyu) in FINALS: Ko-go Kumite</p> <p>Judging: wazari technical point (4), ippon technical point (10), Ko-Go Kumite rules apply. The elimination system with repechage will be applied.</p> <p>In case of a tie (<i>hikiwake</i>) – the winner is chosen using the flag system, <u>without</u> extra time (<i>ketteisen</i>).</p>	<p>Ko-Go Kumite Protectors are compulsory! TORI (attacker): - Ko-Go Kumite rules apply.</p> <p><i>* free stance</i></p> <p>UKE (defender): - Ko-Go Kumite rules apply.</p> <p><i>* free stance</i></p> <p>Group D in FINALS Jiyu Kumite (free fight)</p> <p>Judging: wazari technical point (4), ippon technical point (10), Ko-Go Kumite rules apply. The elimination system with repechage will be applied.</p> <p>In case of a tie (<i>hikiwake</i>) – the winner is chosen using the flag system, <u>without</u> extra time (<i>ketteisen</i>).</p>

Kihon Ippon Kumite

Without protectors!

TORI (attacker):

1. Oi zuki jodan x1
2. Oi zuki chudan x1
3. Maegeri chudan x1
4. Mawashigeri jodan x1 (6 kyu and higher)

* the distance can only be checked/measured by placing palms of the hands (fingers) of straightened arms on the shoulders of the defending person (uke)

* attacks are performed from the hidari zenkutsu-dachi stance according to the above order (1-2-3-4)

TORI MAY START AN ATTACK ONLY AFTER DEFENDING ATHLETE (UKE) HAS CONFIRMED IT WITH "OSS".

Penalty point for contact or wrong attack.

In case of contact during match - circumstances and sanctions as to be assessed per Kumite rules.

UKE (defender):

1. Age-uke / Gyakuzuki
2. Soto-uke / Gyakuzuki
3. Gedan-barai / Gyakuzuki
4. Uchi-uke / Gyakuzuki (6 kyu and higher)

* Uke waits for an attack in yoi-dachi stance *without a prepared block*, counterattack is performed only on the chudan zone with **GYAKU-ZUKI** from **hidari** or **migi** zenkutsu-dachi stance..

Penalty point for contact or wrong attack.

In case of contact during match - circumstances and sanctions as to be assessed per Kumite rules.

Judging: wazari technical point (4).

The elimination system with repechage will be applied.

In case of a tie (*hikiwake*) – the winner is chosen using the flag system, without extra time (*ketteisen*).

Jiyu Ippon Kumite.

Protectors are compulsory! (see description "PARTICIPATION CONDITIONS FOR ATHLETES")

TORI (attacker):

1. Kizamizuki jodan x1
2. Gyakuzuki chudan x1
3. Maegeri chudan x1
4. Ushirogeri chudan x1

* time limit for each attack: 10 seconds

* attacks must be performed in the above order (1-2-3-4) from **hidari** zenkutsu-dachi stance

* an attack may be performed after the defender's guard is broken, however the attack technique must be performed as a continuation of the break-up. If the attack is not continued, the breaking technique will be considered as a performed attack.

- without announcing,
- without threatening (any simulated attack made with an action of the body or hand or foot will be considered as a performed attack),
- no undercuts or interceptions,
- after an attack, transition to kamae – tori may not block any counterattacks

Any wrong order of attacks - penalty point (Kei-koku).

Each wrong attack (including a stance other than hidari zenkutsu-dachi) - penalty point (Kei-koku).

For each step out of bout area - penalty point (Jogai).

In case of contact during match - circumstances and sanctions as to be assessed per Kumite rules.

UKE (defender): GO-NO-SEN (after an opponent's attack)

* counterattack must be preceded by a block or deflection of an attack; defence from **hidari** or **migi** zenkutsu-dachi stance

* a counter-attack can be performed when the attacker has crossed the distance (crossed hands), but only after the guard has been broken without moving the body at the moment the guard has been broken

Allowed counterattacks:

- any counterattack.

- no undercuts or interceptions,

(first time - verbal/informal warning, next time - Kei-koku)

- without ostentatiously retreating, preventing the attacker from executing his techniques.

(first time - verbal/informal warning, next time - Kei-koku)

Penalty point (Jogai) for each step outside the bout area.

Each early counter-attack - penalty point (Saki).

In case of contact during match - circumstances and sanctions as to be assessed per Kumite rules.

Judging: wazari technical point (4), ippon technical point (10), Ko-Go Kumite rules apply.

The elimination system with repechage will be applied.

In case of a tie (*hikiwake*) – the winner is chosen using the flag system, without extra time (*ketteisen*).

Ko-Go Kumite. FINAL for Group D - Jiyu Kumite.

Protectors are compulsory! (see description "PARTICIPATION CONDITIONS FOR ATHLETES")

TORI (attacker): Ko-Go Kumite rules apply

UKE (defender): Ko-Go Kumite rules apply

**both tori and uke fight from free stance*

FINALS in Group D - Jiyu Kumite rules apply (free fight).

Judging: wazari technical point (4), ippon technical point (10), Ko-Go Kumite rules apply (Jiyu Kumite rules in Finals). The elimination system with repechage will be applied.

In case of a tie (*hikiwake*) – the winner is chosen using the flag system, without extra time (*ketteisen*).

INDIVIDUAL COMPETITIONS

1. In competitions judged using the flag system, the matches will be conducted in the single-elimination system with repechage.
2. Number of athletes from one club in one competition within one rank group: unlimited.
3. Athlete may not compete in the same competition (e.g., individual kata) in different age and/or rank groups.

4. Boys and girls start separately.
5. In case of insufficient number of athletes in a group, the athletes will be included in another group, which is closest (most similar) to the rank and age group of these athletes.
6. Individual kata will be performed in pairs, the kata will be matched to the level of the lower rank, both in the Elimination rounds and in the finals.
7. In group D (3-1 kyu), judges will use the score system (from the quarter finals onwards).

TEAM KATA

Group A and Group B (9 y/o and younger)	Group C and Group D (10, 11, 12, 13 y/o)
<p>Children's Team Kata (MIX). <i>(boys' team, girls' team or mixed).</i></p> <p>in 2 rank subgroups: 9-7 kyu, 6 kyu and higher.</p> <p>Judging: flag system.</p> <p>Elimination rounds-Semifinals-Final HEIAN Kata. <i>One kata, Bunkai in finals – group 6 kyu and higher</i></p> <p><i>* an athlete with a lower rank may be added to a group of higher ranks</i></p>	<p>Girls' team kata. Boys' team kata.</p> <p>in 3 rank subgroups: 9-7 kyu, 6-4 kyu, 3-1 kyu.</p> <p>Judging (up to 4 kyu): flag system Judging (3-1 kyu): scoring system</p> <p>Elimination rounds-Semifinals-Final: One kata chosen from: HEIAN katas, Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi. <i>Bunkai in finals: group 6-4 kyu and 3-1 kyu</i></p> <p><i>* an athlete with a lower rank may be added to a group of higher ranks</i></p>
<i>* an athlete may only take part in one team and in one age group</i>	

EN-BU

Group A and Group B (9 y/o and younger)	Group C and Group D (10, 11, 12, 13 y/o)
<p>EN-BU (girl/boy) EN-BU (boy/boy)</p> <p>in 2 rank subgroups: 9-7 kyu, 6 kyu and higher.</p> <p>Judging: flag system.</p> <p><i>* gong in 55th and 65th second; penalty if not within the time limit</i></p> <p><i>* an athlete with a lower rank may be added to a group of higher ranks</i></p>	<p>EN-BU (girl/boy) EN-BU (boy/boy)</p> <p>in 3 rank subgroups: 9-7 kyu, 6-4 kyu, 3-1 kyu.</p> <p>Judging (up to 4 kyu): flag system Judging (3-1 kyu): scoring system</p> <p><i>* gong in 55th and 65th second; penalty if not within the time limit</i></p> <p><i>* an athlete with a lower rank may be added to a group of higher ranks</i></p>
<i>* an athlete may only take part in one team and in one age group</i>	

CADETS: 14-15 y/o (born 2008, 2007) ranks: 6 kyu - dan

Girls' individual kata.	Elimination rounds:
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Boys' individual kata.	Kata to choose from: Heian 3-5, Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi. Final: any master kata from the PUKT kata list, other than performed in the elimination rounds
Girls' individual kumite. Boy's individual kumite.	Elimination rounds: Ko-Go Kumite. Semifinals-Final: Jiyu Kumite.

JUNIORS: 16-17 y/o (born 2006, 2005)
ranks: 5 kyu- dan

Girls' individual kata. Boys' individual kata.	Elimination rounds: Kata to choose from: Heian 4-5, Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi. Final: any master kata from the PUKT kata list, other than performed in the elimination rounds
Girls' FUKU-GO. Boy's FUKU-GO.	Kata: KI-TEI. Elimination rounds: Ko-Go Kumite, Final: Jiyu Kumite.
Girls' individual kumite. Boy's individual kumite.	Elimination rounds: Ko-Go Kumite. Quarterfinals-Semifinals-Final: Jiyu Kumite.

CADETS + JUNIORS
TEAM KATA, TEAM KUMITE, ENBU

1. **Girls' team kata:**
(Elimination rounds: Heian 3-5 or any master kata; final: other kata than performed in the elimination rounds, compulsory with BUNKAI).
 2. **Boys' team kata:**
(Elimination rounds: Heian 3-5 or any master kata; final: other kata than performed in the elimination rounds, compulsory with BUNKAI).
 3. **Girls' team kumite** - Jiyu Kumite.
 4. **Boys' team kumite** - Jiyu Kumite.
 5. **EN-BU** girl / boy.
 6. **EN-BU** boy / boy.
- *Competitor at younger age can be added to the older age group (youth + senior), however she or he can start just in one team*

YOUTH: 18-19-20 y/o (ur. 2004, 2003, 2002)
ranks: 3 kyu- dan

Women's individual kata. Men's individual kata.	Any master kata from the PUKT kata list, in final other than performed in the elimination rounds
Women's FUKU-GO. Men's FUKU-GO.	Kata: KI-TEI. Kumite: Jiyu Kumite.
Women's individual kumite. Men's individual kumite.	Elimination rounds: Jiyu Kumite. Final: Jiyu Kumite - Sanbon Shobu (3 matches).

SENIORS: 21 – 34 y/o (born between 2001 and 1988)
ranks: 3 kyu- dan

Women's individual kata. Men's individual kata.	Any master kata from the PUKT kata list, in final other kata than performed in the elimination rounds
Women's FUKU-GO. Men's FUKU-GO.	Kata: KI-TEI. Kumite: Jiyu Kumite.
Women's individual kumite. Men's individual kumite.	Elimination rounds: Jiyu Kumite. Final: Jiyu Kumite - Sanbon Shobu (3 matches).

**YOUTH + SENIOR
TEAM KATA, TEAM KUMITE, ENBU**

1. **Women's team kata:** (any master kata, in finals other kata than during the elimination rounds, compulsory with BUNKAI).
2. **Men's team kata:** (any master kata, in finals other kata than during the elimination rounds, compulsory with BUNKAI).
3. **Women's team kumite** - Jiyu Kumite.
4. **Men's team kumite** - Jiyu Kumite.
5. **EN-BU** woman/man
6. **EN-BU** man/man

** Competitor at younger age (cadet + junior) can be added to the older age group, however she or he can start just in one team*

**VETERANS: 35 y/o and older (born 1987 and earlier)
ranks: from 3 kyu to 2 dan**

Women's individual kata. Men's individual kata.	Any master kata from the PUKT kata list, in final other kata than performed in the elimination rounds
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**MASTERS: 35 y/o and older (born 1987 and earlier)
ranks: 3 dan and higher**

Women's individual kata. Men's individual kata.	Any master kata from the PUKT kata list, in final other kata than performed in the elimination rounds
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INDIVIDUAL COMPETITION

1. Kumite – single-elimination system with repechage.
2. Number of athletes from one club in one competition within one rank group: unlimited.
3. Athlete may not compete in the same competition (e.g., individual kata) in different age and/or rank groups.
4. Boys/Men and Girls/Women start separately.
5. In case of insufficient number of athletes in a group, the athletes will be included in another group, which is closest (most similar) to the rank and age group of these athletes.
6. During Kata eliminations for cadet and junior - scoring by flag system. Semi-final and final - card-numbered system (points)

STARTING CONDITIONS FOR ATHLETES:

1. Appropriate age: according to the listed year of birth.
2. Valid medical sports examination.
3. **Valid accident and health insurance.**
4. **Protectors.**
 - Mouthguard is compulsory for all groups, starting from Jiyu Ippon KUMITE.
 - Boys and men: compulsory groin protector from Group D to Seniors. The protector must be worn under the karate-gi. Athletes without these protectors will not be permitted to fight.
 - Girls and women: compulsory breast protector from Group D to Seniors. The protector must be worn under the karate-gi. Athletes without these protectors will not be permitted to fight.
5. **Safety of the athletes.**

Each athlete participating in a KUMITE competition must not wear:

 - long fingernails and toenails (they must be cut shortly, otherwise the athlete will not be permitted to fight)
 - rings, chains, earrings, glasses, watches, hairpins and bobby pins (or other hard attachments in the hair), orthotics (or other hard supports for limbs or body parts, except those approved by the competition medical commission).
6. **Participation fee must be paid in advance.**
7. **The team leader must sign to the World Cup organizer, that their competing athletes have got: accident insurance, valid medical examinations, consent to publicity, GDPR and the Covid statement.**

REGISTRATION AND PARTICIPATION FEE:

ATTENTION! Registration will be opened on **1st April 2022** and closed on **10th May 2022**.

Applications will be conducted through the PUKTFight System. A guide on how to apply will be available on <https://fight.pukt.pl/help/sign-guest>.

PAYMENT: Upon registration, it is necessary to make a payment and to attach a PDF file. Only after verification of the file by the organiser will the application be registered and accepted.

FEE:

<i>No.</i>	<i>Participation fee for each category</i>	<i>Starting fee</i>
1.	Fee for Children, Cadets, Juniors, Youth, Senior, Veterans and Masters groups (Clubs from abroad (members of WTKF based in Geneva, members of Justo Gomez's sensei school, members of ITKF)	35 euro per each participant 0 euro per club
2.	Clubs from abroad that are not members	50 euro per each participant

	of the above mentioned organisations	300 euro per club
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PAYMANT:

Please pay the entry fees by bank transfer to the PUKT account:

Polska Unia Karate Tradycyjnego

bank account: 41 1050 1445 1000 0090 8083 7249

ul. Grunwaldzka 15D, 32-005 Niepołomice

Please write „WorldCup2022/NameOfTheClub” in the description.

The payment confirmation file (as a pdf document) must be attached to the application in the PUKT Fight system via www.system.pukt.pl/.

or

Payment can be made via PUKT Fight System.

Payment deadline:

Entry fees must be paid by 13th May 2022. After this date, an additional €25/person must be added to each entry fee.

- A. No entries will be accepted on the day of the competition and there will be no opportunity for making good any formal irregularities.
- B. There will be no refund in case of resignation.

Judges:

Applications for judges for the Open Traditional Karate-Do World Cup should be sent to: biuro@pukt.pl.

JUDGES

Judges must bring their own HAKAMA (black), whistle and clean KARATEGI including navy blue (recommended) or white KARATEGI top.