



International Traditional Karate Federation

Str. Naroden Front 14, 1000 Skopje, Macedonia
www.itkfkarate.org email: office@itkfkarate.org

To: ITKF National Federations members

Re: 5th. OPEN BALKAN TRADITIONAL KARATE CHAMPIONSHIP
FOR SENIORS, YOUTHS, JUNIORS, CADETS AND KIDS

On behalf of the International Traditional Karate Federation, I am proud and honored to invite all ITKF members to take part in the **5th. OPEN BALKAN TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS, CADETS and KIDS** which will be held on the **8-9 April 2023 in city of Skopje, North Macedonia.**

Sincerely Yours,

Prof. Vencislav Nedev,
President of Organizing Committee
ITKF Vice-president

A handwritten signature in black ink, appearing to read 'Vencislav Nedev', is written below the typed name.



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GENERAL INFORMATION

Title: 5th. OPEN BALKAN TRADITIONAL KARATE CHAMPIONSHIP
FOR SENIORS, YOUTHS, JUNIORS, CADETS and KIDS

Sanctioned by: International Traditional Karate Federation (ITKF)

Hosted by: Balkan and Macedonian Traditional Karate Federation (B T K F & M T K F)

Tournament venue: Sport Hall *Sport center Kale*, Skopje, North Macedonia



PARTICIPANTS

All athletes that are selected by the respective ITKF National Federations to compete must fulfill the following conditions:

They must be current member of national federation in a good standing of the ITKF.

Age in agreement with their competition category.

They must know, fully understand and be able to compete in accordance with the ITKF competition rules.

They must be free of any physical or mental handicap that might cause a breach of the ITKF rules.

All KUMITE, KO-GO and FUKU-GO athletes are obliged to wear the official ITKF KUMITE GLOVES in accordance with ITKF rules. For hygienic reasons gloves cannot be shared between athletes. Mouth (tooth) guards are also mandatory to be worn. (Breast-protection for women, groin protector for men is optional, but recommended safety equipment).

They must have his/her own international traveling insurance and also personal accident insurance issued by their respective National Federations.

They must belong to a National Federation which is a full and paid-up member of the ITKF including the year 2022.

Only individuals holding a valid ITKF Certified Coaches Qualification and properly registered with the Tournament Controlling Body will be allowed to represent and coach athletes during the competition.

They must present Medical Release and International Health Insurance to Medical Emergencies.

All countries must bring their national anthem (on a CD) and two national flags.



CATEGORIES

Age and competition categories

5th. OPEN BALKAN TRADITIONAL KARATE CHAMPIONSHIP

FOR SENIORS, YOUTHS, JUNIORS and CADETS

COMPETITION CATEGORIES

CADETS / 14 – 15 years old / born in 2009 and 2008

<i>Individual Kata Men</i>	No limit per country	
<i>Individual Kata Women</i>	No limit per country	
<i>Fuku-Go Men</i>	No limit per country	Using Ko-Go Kumite
<i>Fuku-Go Women</i>	No limit per country	Using Ko-Go Kumite
<i>Synchronized Kata Men</i>	No limit per country	
<i>Synchronized Kata Women</i>	No limit per country	
<i>En-Bu Men</i>	No limit per country	
<i>En-Bu Mixed</i>	No limit per country	
<i>Individual Ko-go Men</i>	No limit per country	
<i>Individual Ko-go Women</i>	No limit per country	

JUNIORS / 16 – 17 years old / born in 2007 and 2006

<i>Individual Kata Men</i>	No limit per country	
<i>Individual Kata Women</i>	No limit per country	
<i>Individual Kumite Men</i>	No limit per country	
<i>Individual Kumite Women</i>	No limit per country	
<i>Fuku-Go Men</i>	No limit per country	
<i>Fuku-Go Women</i>	No limit per country	
<i>Synchronized Kata Men</i>	No limit per country	
<i>Synchronized Kata Women</i>	No limit per country	
<i>En-Bu Men</i>	No limit per country	
<i>En-Bu Mixed</i>	No limit per country	
<i>Individual Ko-go Men</i>	No limit per country	
<i>Individual Ko-go Women</i>	No limit per country	

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YOUTHS /18-20 years old / born in 2005, 2004 and 2003

<i>Individual Kata Women</i>	No limit per country	Team Kata Women	1 team/Country
<i>Individual Kata Men</i>	No limit per country	Team Kata Men	1 team/Country
<i>Ind. Fuku-Go Woman</i>	No limit per country	Enbu Woman/Man	1 team/Country
<i>Ind. Fuku-Go Men</i>	No limit per country	Enbu Man/Man	1 team/Country
<i>Ind. Kogo-Kumite Women</i>	No limit per country		
<i>Ind. Kumite Men</i>	No limit per country	Kumite Team Men	1 team/Country

SENIORS, YOUNGER GROUP / 21 - 34 years old/born from 2002-1989

<i>Individual Kata Women</i>	No limit per country	Team Kata Women	1 team/Country
<i>Individual Kata Men</i>	No limit per country	Team Kata Men	1 team/Country
<i>Ind. Fuku-Go Woman</i>	No limit per country	Enbu Woman/Man	1 team/Country
<i>Ind. Fuku-Go Men</i>	No limit per country	Enbu Man/Man	1 team/Country
<i>Ind. Kogo-Kumite Women</i>	No limit per country		
<i>Ind. Kumite Men</i>	No limit per country	Kumite Team Men	1 team/Country

SENIORS, OLDER GROUP / 35 – 49 years old/born from 1988-1974

<i>Individual Kata Women</i>	No limit per country	Team Kata Women	1 team/Country
<i>Individual Kata Men</i>	No limit per country	Team Kata Men	1 team/Country
<i>Ind. Fuku-Go Woman</i>	No limit per country	Enbu Woman/Man	1 team/Country
<i>Ind. Fuku-Go Men</i>	No limit per country	Enbu Man/Man	1 team/Country
<i>Ind. Kogo-Kumite Wom.</i>	No limit per country		
<i>Ind. Kumite Men</i>	No limit per country	Kumite Team Men	1 team/Country

The organizer has the right to merge the category if there are less than 4 competitors in individual category or less than 2 teams in one category.



5th. OPEN BALKAN TRADITIONAL KARATE CHAMPIONSHIP for KIDS

3. COMPETITION CATEGORIES

A. CHILDREN I. AGE 6-7 YEARS (BORN IN 2017-2016 AND YOUNGER)

Individual Kata Girls	No limit per country	Team Kata Girls	No limit per country
<i>Individual Kata Boys</i>	No limit per country	Team Kata Boys	No limit per country
<i>Individual Kihon Girls</i>	No limit per country	Individual kihon – ipon Girls	No limit per country
<i>Individual kihon Boys</i>	No limit per country	Individual kihon –ipon Boys	No limit per country

B. CHILDREN II. AGE 8-9 YEARS (BORN IN 2015-2014)

Individual Kata Girls	No limit per country	Team Kata Girls	No limit per country
<i>Individual Kata Boys</i>	No limit per country	Team Kata Boys	No limit per country
<i>Individual Kihon Girls</i>	No limit per country	Individual kihon – ipon Girls	No limit per country
<i>Individual kihon Boys</i>	No limit per country	Individual kihon –ipon Boys	No limit per country

C.CHILDREN III. AGE 10-11 YEARS (BORN IN 2013-2012)

Individual Kata Girls	No limit per country
<i>Individual Kata Boys</i>	No limit per country
<i>Ind. Jiyu-Ippon-Kumite Girls</i>	No limit per country
<i>Ind. Jiyu-ippou kumite Boys</i>	No limit per country
<i>Individual Kihon Girls</i>	No limit per country
<i>Individual Kihon Boys</i>	No limit per country
<i>Team Kata Girls</i>	No limit per country
<i>Team Kata Boys</i>	No limit per country



D.CHILDREN IV. AGE 12-13 YEARS (BORN IN 2011-2010)

<i>Individual Kata Girls</i>	No limit per country
<i>Individual Kata Boys</i>	No limit per country
<i>Ind. Jiyu-Ippon-Kumite Girls</i>	No limit per country
<i>Ind. jiyu-ippou kumite Boys</i>	No limit per country
<i>Individual Kihon Girls</i>	No limit per country
<i>Team Kata Girls</i>	No limit per country
<i>Team Kata Boys</i>	No limit per country
<i>Individual Kihon Boys</i>	No limit per country

5th. OPEN BALKAN TRADITIONAL KARATE CHAMPIONSHIP KIDS

COMPETITION RULES

INDIVIDUAL KATA:

Groups A, B, C, D: eliminations, semi-finals, finals - flag system

TYPE OF KATA (individual and team):

Group A: elimination/ semi-final/ final Taikyoku, Heian 1-2-3;

Group B: elimination/ semi-final/ final Heian 1-2-3-4-5, Heian Oi Kumi;

Group C: elimination/ semi-final/ final Heian 1-2-3-4-5, Heian Oi Kumi, Bassai-Dai;

Group D: elimination/ semi-final/ final Heian 1-2-3-4-5, Heian Oi-Kumi, Bassai-Dai,

Kanku Dai, Jion, Enpi, Taiji shodan;

Team Kata: Each team will be composed of 3 contestants (1 athlete can be from the younger group).



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KIHON KUMITE:

From natural stance must step back with Gedan-barai and start techniques from left (Hidari) stance!

GROUP A, B		GROUP C, D	
1. Oi-Zuki /Jodan	forward	1. Oi-Zuki /Jodan	forward
2. Age-Uke /Gyaku-Zuki	backward	2. Age-Uke /Gyaku-Zuki	backward
3. Gyaku-Zuki /Chudan	forward	3. Gyaku-Zuki /Chudan	forward
4. Uchi-Uke /Gyaku-Zuki	backward	4. Soto-Uke /Gyaku-Zuki	backward
5. Mae-Geri /Chudan	forward	5. Mae-Geri /Chudan	forward
6. Gedan-barai /Gyaku-Zuki	backward	6. Gedan-barai /Gyaku-Zuki	backward
		7. Mawashi-Geri /Jodan	forward
		8. Uchi-Uke / Gyaku-Zuki	backward

KIHON-IPPON KUMITE GROUP A:

ATTACK: Natural stance: Gedan-barai step back in zenkutsu dachi and attack techniques from left (Hidari)

DEFENSE: Heiko (Yoi) dachi

1.

ATTACK: AKA - Oi-tsuki (jodan)

DEFENSE: SHIRO - Age-uke counter attack: Gyaku-Tsuki-Chudan

2.

ATTACK: AKA - Oi-tsuki (chudan)

DEFENSE: SHIRO - Soto-uke counter attack: Gyaku-Tsuki-Chudan

3.

ATTACK: AKA - Mae-geri (chudan)

DEFENSE: SHIRO - Gedan-barai counter attack: Gyaku-Tsuki-Chudan

KIHON-IPPON KUMITE GROUP B:

1.

ATTACK: AKA - Oi-tsuki(jodan)

DEFENSE: SHIRO -Age-uke counter attack: Gyaku-Tsuki-Chudan



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2.

ATTACK: AKA - Mae-geri(chudan)

DEFENSE: SHIRO – Gedan-barai counter attack: Gyaku-Tsuki-Chudan

3.

ATTACK: AKA - Mawashi-geri(chudan)

DEFENSE: SHIRO -Uchi-uke counter attack: Gyaku-Tsuki-Chudan

JIUY IPPON KUMITE Group C and D:

ATTACK: Kizami-Tsuki-Jodan, Oi-Tsuki-Jodan, Gyaku-Tsuki-Chudan, Mae-Geri-Chudan, Mawashi-Geri-Jodan;

*IN FINAL MATCHES ONLY - plus RENZOKU-KOGEKI-WAZA: Kizami-Tsuki-Jodan - Mawashi-Geri-Jodan - Uraken-Uchi-Jodan - Gyaku-Tsuki-Chudan.

DEFENSE: ONLY -Uke-waza, counter attack: Gyaku-Tsuki-Chudan

ATTENTION:

1. AN ATHLETE CAN PARTICIPATE IN INDIVIDUAL CATEGORIES ONLY IN HIS AGE CATEGORY.

IF HE PARTICIPATES IN TEAM CATEGORY FOR AN OLDER AGE GROUP, HE CANNOT PARTICIPATE IN THE SAME TEAM CATEGORY IN HIS AGE GROUP!

Example: one cadet athlete can participate in individual categories for cadets. He can participate in team kata for juniors. In this case he cannot be part of team kata cadets.

The organizer has the right to merge the category if there are less than 4 competitors in individual category or less than 2 teams in one category.

4. APPLICATION AND REGISTRATION

a) Applications

Dear athletes, since, we have very little time - we are kindly asking all participants (Officials, Athletes, Coaches and Judges) to apply their applications latest by **APRIL 1, 2023**. Thank you for understanding in advance.

The registration must include:

Details of all Officials, Coaches and Judges;

Details of all Athletes including respective competing categories;

Digital passport size photo for each Official, Coach, Judge and Athlete;

Registration fees, accommodation and transport for all participants can be paid to the

T.O.C. - MTKF bank account no. IBAN MK07200001009648354, SWIFT STOBMK2X

Stopanska banka Skopje, North Macedonia



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Once again please send all your applications latest by **APRIL 1, 2023**.

PARTICIPATION FEES

EUR 30, 00 - per person, per individual category

EUR 50, 00- for En-Bu

EUR 50, 00- for Kata team

EUR 50, 00- for Kumite team

EUR 50, 00- Judges Refresher Course

ACCOMODATION

Accommodation for all delegations (athletes, judges, official) will be in the following hotels:

HOTEL VLAHO**** - **55 euros** in single room per person per night / with HB breakfast & dinner included

HOTEL VLAHO**** - **45 euros** in double room per person per night with HB breakfast & dinner included

HOTEL VLAHO**** - **45 euros** in triple room per person per night with HB breakfast & dinner included

In case you decide to book a hotel yourself, the organizer will charge a fine of 15 euros from each participant.

APPLICATIONS & REGISTRATION

Applications

For logistical reasons we must receive all applications at least 10 days before the Championship.

Therefore, we kindly ask all National Federations to complete all registration of their Officials, Athletes, Coaches and Judges and send them on Application Forms by **1 April 2023**.

Note: Any application sent after this deadline will be processed but double fees for athletes' participation must be paid to the Tournament Organizing Committee

Registration

All registration has to be sent on the Application Forms to e-mail:

The registration must include:

Details of all Officials, Coaches and Judges

Details of all Athletes including respective competing categories

Digital passport size photo for each Official, Coach, Judge (athlete photo is not required)

All to be done by **1 April 2023 deadline!!!**

Please help us run this complex operation smoothly by observing the deadline.



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SCHEDULE OF EVENTS

7 April 2023 (Friday) Arrival & Registration (Officials, Judges, Athletes)
8 April 2023 (Saturday) 5 th . OPEN BALKAN TRADITIONAL KARATE CHAMPIONSHIP KIDS Eliminations +semifinals + finals Place: Sport Hall Boris Trajkovski
9 April 2023 (Sunday)5 th . OPEN BALKAN TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS and CADETS Eliminations +semifinals + finals OPENING CEREMONY Place: Sport Hall Boris Trajkovski
10 April 2023 (Monday)Departure



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TOURNAMENT REGISTRATION AND ACCREDITATION

A. DATES AND TIMES:

7 April (Friday)10.00 a.m.- 10.00 p.m.

B. PLACE: Tournament Registration Office – Karate club Rabotnicki, Str. Naroden Front 14, 1000 Skopje

PLACEMENT DRAWING NOTE:

All Coaches are required to attend the Draw to confirm that the names and categories of their Athletes are correctly placed before the draw begins.

No changes or additional inclusion of competitors will be accepted after the drawing.

JUDGES

Selection of the Judges will be made by the ITKF Technical Committee Chairman Sensei Vencislav Nedev 9 Dan, before starting the 5th. OPEN BALKAN TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS and CADETS on April 7, 2023 (Friday).



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Judges participating in this event have to be ITKF Registered Qualified Judges (class A, B, C).

All Judges must bring their own HAKAMA (black), whistle and clean KARATEGI.

CONTACT INFORMATION

All communication between National Federations and the T.O.C. should be done through:

Dr. Dejan Nedev – ITKF General Secretary, email: nedevdejan@gmail.com, mob. +38970265709.

Our website: www.itkfkarate.org

Our e-mail: office@itkfkarate.org

- Our cell phone: +38970265709

If we can be of any further assistance or if you have any further questions, please don't hesitate to contact us through our website or e-mail. Update information regarding the Championship can be also found on the website.

CONFIRMATION OF PARTICIPATION

All countries planning to participate in the 5th. OPEN BALKAN TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS and CADETS are requested to send the confirmation of participation by 1 April 2023 to e-mail: office@itkfkarate.org

Please write only general confirmation without details as regards number of participants etc.

Thank you in advance for your cooperation!

We are looking forward to seeing you in Skopje.

Prof. Vencislav Nedev,
President of Organizing Committee
ITKF Vice-president