

Osu Shihan, Sensei, Senpai, Coaches and Instructors

WELCOME:

We would like to invite you, your dojo and members to enter our World Karate Organisation Shinkyokushinkai New Zealand (WKOSNZ) KOKORO CUP Open Championships on the 4 NOVEMBER 2023 in Napier, New Zealand.

All general information, Entry Forms, Kata and Full Contact Kumite Rules, Codes of Conduct, Anti-Doping Policies, Tournament Posters etc. are available now for download at <https://www.shinkyokushin.org.nz/kokoro2023>

We look forward to welcoming back New Zealand Kyokushin organisations and their members while also hosting a team representing Shinkyokushinkai Australia. We are also excited to welcome fellow Karate New Zealand members and other Karate styles to this year's November Kokoro Cup.

WHY ENTER THE KOKORO CUP?

The KOKORO CUP is an excellent opportunity for Kumite and Kata competitors to begin their preparations for 2024's major tournaments and an ideal starting point for new and experienced players to gain valuable tatami experience.

HOW TO ENTER:

This year we are offering dojo and competitors the ability to enter the tournament via an online form; this is in addition to the traditional printed copy. Our recommendation is that you distribute the two-sided paper-based version to your members to collect the relevant information, then enter their details online. Both the online and printed versions (emailed to us) will be accepted.

KEY TOURNAMENT INFORMATION:

- **DATE:** Saturday 4 November 2023
- **ENTRIES OPEN:** 1 September
- **ENTRIES CLOSE:** 5pm Monday 23 October, no entries on the day of the event
- **DRAWS:** In consultation with coaches, draws will be finalised by 31 October
- **VENUE:** Meeanee Indoor Sports Centre, Gavin Black Street, Meeanee, Napier
<https://goo.gl/maps/NP41phgyuJPWVzxAG6> : Changing rooms and showers available.
- **REGISTRATION AND WEIGH IN:** Kata 8am-9am Kumite: 8am-12noon
- **START TIME:** Kata 9am, Kumite 11am onwards. Approximate finish time 3-4pm
- **EVENT ORDER:** Competitor line up (morning and afternoon), official welcome and competitor oath, Kata competition followed by Kumite. There will be a short refreshment break between Kata and Kumite events.
- **GENERAL QUERIES:** Maria 021 746 103
- **FOOD:** There's a coffee cart and dairy on Meeanee road (one minute by foot from the venue).
- **COMMEMORATIVE T-SHIRT:** \$45: You may pre-order a t-shirt via the printed or online entry form.
- **SPECTATOR ENTRY:** There is a flat \$5 per person entry fee for spectators 5 years and older.

KATA COMPETITION:

The morning will start with Kata from 9am with Development, Intermediate and Premiere divisions competing in age-based competition followed by Open competition in each division. All competitors have 2 competitions per entry (age by division, then open division). Judging will be by 5 flag decision. We recommend competitors prepare 2-4 Kata's. Non Kyokushin Karate styles may perform their school's version of the listed kata. Permissible kata for each division are outlined in the table below:

<i>Development Kata White/orange/Blue Belt to 7th Kyu</i>	<i>Intermediate Kata Yellow/green belt 6th - 3rd Kyu</i>	<i>Premiere Kata Brown/Black belt Kata 2nd Kyu and up</i>
Taikyoko Ichi, Ni, San, Sokugi Ichi, Ni, San, Pinan (<i>Heian</i>) Ichi & Ni and Sanchin.	Any of the <i>Development</i> Kata plus Pinan (<i>Heian</i>) San, Yon, Go, Tsuki no Kata, (<i>Kihon Tsuki no Kata</i>), Yangtsu (<i>Ansan/hansan</i>), Gekisai dai and Tekki sono ichi (<i>Naihanchi Ichi</i>).	Any of the <i>Intermediate</i> Kata plus Gekisai Sho, Tekki Ni & San (<i>Naihanchi Ni & San</i>), Tensho, Saifa (<i>Saiha</i>), Seienchin, Bassia Dai. Seipai, Garyu, Kanku (<i>Kanku dai</i>) and Sushiho (<i>Gojushiho</i>).

KATA SUMMARY:

1. **White/Orange/Blue Belt:** Ungraded to 7th Kyu players may perform only Development Kata
2. **Yellow/Green Belt:** 6th - 3rd Kyu players may perform any Intermediate or Development Kata
3. **Brown and Black Belts:** 2nd Kyu and up players may perform any Premiere or Intermediate Kata

JUDGING ASSISTANCE: Again, we are keen to have suitably qualified corner judges from representative Kyokushin organisations assist with corner judging. This will provide a fair and transparent Kata and Kumite judging outcome. Your organisations assistance would be most appreciated.

KUMITE COMPETITION:

Kumite Protective gear and fight duration. Please review, as we have updated our junior fighters and adult women's protective equipment requirements to mostly align with WKO Shinkyokushinkai Japan.

- **Juniors 6 years and under** will wear head gear and chest armour (provided), shin pads and gloves.
- **Juniors 7 – 14 years** will wear head gear, shin pads and gloves (no chest armour)
- **Colts 15-17 years** will wear head gear and shin pads (no chest armour or gloves).
- To ensure consistency in protective gear, all competitors will wear the same protection. Upon registration and weigh in, please present your protective gear for inspection. In the event your gear differs, shin pads and gloves will be provided. Junior fights are one round of 1.5 minutes with the possibility of two additional extensions of 1 minute.
- **18-35yr novices (less than 2 prior fights) and masters competitors** will wear head gear and shin pads by default. If both fighters agree prior to the match not to wear head guards and shinpads, this will be allowed provided their coaches consent to this. Novice and masters fights are one round of 2 minutes with the possibility of two additional extensions of 1.5 minutes.
- **18-35yr experienced fighters** will wear mouth guards and groin guards (women to wear breast protectors and shin pads). These fights are (males) one round of 3 minutes,

(women) one round of 2 minutes. Both men and women divisions there's the possibility of two additional extensions of 2 minutes. Note women's breast protectors are to be individual breast cup protectors and NOT full chest and sternum guards like those used in Netball.

- An example of SHINKYOKUSHINKAI experienced fighting can be seen here:
<https://www.youtube.com/watch?v=jKGRIAvzKdY>

MOUTHGUARDS FOR KUMITE COMPULSORY. NO EXCEPTIONS. NO MOUTH GUARD, NO KUMITE.

FLIGHTS AND ACCOMODATION

The nearest New Zealand domestic Airport is "Napier" aka "Hawkes Bay"; the airport is 7-10 minutes by car from the venue. Regarding accommodation, most places in **Napier** are within a 7-10 minute drive from the venue, **Clive** 5-7 minutes, **Hastings/Havelock North** accommodation is within 10-15 minutes and **Bay View** 10-15 minutes.

PLEASE NOTE

We recommend you look into accommodation sooner rather than later. We recommend you visit www.bookings.com or www.trivago.com for accommodation options.

If you have any tournament queries, please feel free to contact me directly on 0275 359 954. We look forward to seeing you on Saturday the 4 November 2023 in sunny Napier.

Osu!

Virgil Troy | Branch Chief | Country Representative

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