

IKA POLAND

ELITE EUROPEAN CUP



1. ORGANIZER

INTERNATIONAL KARATE ASSOCIATION POLAND

2. DEADLINE

11/04/2027 (SUNDAY), TIME. 9.00 – GETTING STARTED COMPETITIONS

3. PLACE

RASZYN SPORTS CENTER, SPORTOWA UL. 30

4. CONTACT

KRZYSZTOF CHAŁUPKA – tel. 48 695 246 000, e-mail: biuro@gosoku-ryu.pl

5. FEES

- 1 individual competition – 60 zł /15 euro
- team –160 zł /40 euro
- pairs – 120 zł /30 euro

International Karate Association Poland
05-090 Raszyn, Al. Krakowska 75
Tel. +48 695 246 000
e-mail: biuro@gosoku-ryu.pl



Categories

4 MATS

A. KATA

- SYSTEM SCORE; NOTES 6.0-8.0 WITH ACCURACY TO 0.1
- TWO ROUNDS (ELIMINATIONS, FINALS- 5 PLAYERS),
- ELIMINATIONS AND FINALS – EXECUTIONER MAYBE TO BE REPEATED DOWN 8 KYU,
- KATA: SHOTOKAN, WADO-RYU, SHITO-RYU, SHORIN-RYU, KYOKUSHIN, GOJU-RYU, GOSOKU-RYU,

KATA			
No.	BOYS/MEN	No.	GIRLS/WOMEN
K1	6-7 years old	K14	6-7 years old
K2	8 years	K15	8 years
K3	9 years	K16	9 years
K4	10 years	K17	10 years
K5	11 years	K18	11 years
K6	12 years	K19	12 years
K7	13 years old	K20	13 years old
K8	14-15 years old	K21	14-15 years old
K9	16-17 years old	K22	16-17 years old
K10	18-21 years old	K23	18-21 years old
K12	22-40 years old	K24	22-40 years old
K13	Over 41 years old	K25	Over 40 years old

B. JURUKEN/FANTOM

- TIME DURATION ROUNDS: 15 SECONDS, FINAL 20 SECONDS

JURUKEN/FANTOM			
N o.	BOYS	No.	GIRLS
J1	6-7 years old	J6	6-7 years old
J2	8 years	J7	8 years 9
J3	9 years	J8	years
J4	10 years	J9	10 years
J5	11 years	J10	11 years

C. KUMITE SANBON SHOBU – WKA abridged recipes

KUMITE SANBON SHOBU			
No.	BOYS/MEN	No.	GIRLS/WOMEN
S1	6-7 years old	S14	6-7 years old
S2	8 years	S15	8 years
S3	9 years	S16	9 years
S4	10 years	S17	10 years
S5	11 years	S18	11 years
S6	12 years	S19	12 years
S7	13 years old	S20	13 years old
S8	14-15 years old	S21	14-15 years old
S9	16-17 years old	S22	16-17 years old
S11	18-21 years old	S23	18-21 years old
S12	22-40 years old	S24	22-40 years old
S13	Over 41 years old	S25	Over 41 years old

D. KUMITE IPPON SHOBU – WKA abridged regulations

KUMITE IPPONSHOBU			
No.	BOYS/MEN	No.	GIRLS/WOMEN
IP 1	6-7 YEARS 8-9	IP 9	6-7 YEARS 8-9
IP 2	YEARS 10-11	IP 10	YEARS 10-11
IP 3	YEARS 12-13	IP 11	YEARS 12-13
IP 4	YEARS OLD 14-15	IP 12	YEARS OLD 14-15
IP 5	YEARS OLD	IP 13	YEARS OLD
IP 6	16-17 YEARS OLD	IP 14	16-17 YEARS OLD
IP 7	UNDER 40 YEARS	IP 15	UNDER YEARS
IP 8	OVER 40 YEARS OF AGE	IP 16	OVER 40 YEARS OF AGE

E. MIX TEAM KUMITE

MIX TEAM KUMITE	
No.	MIX
KU1	6-8 MIXED TEAM KUMITE
KU2	9-11 MIXED TEAM KUMITE
KU3	12-15 MIXED TEAM KUMITE
KU4	16 + MIXED TEAM KUMITE

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KATA, PAIRS KATA, TEAM KATA

SCORING SYSTEM: Scores from 6.0 to 8.0, in increments of 0.1.

TWO ROUNDS: Eliminations and Finals (5 competitors or teams qualify for the finals).

ELIMINATIONS AND FINALS: Competitors up to and including 8th kyu may repeat the same kata.

KATA: Shotokan, Wado-Ryu, Shito-Ryu, Shorin-Ryu, Kyokushin, Goju-Ryu, Gosoku-Ryu – combining different karate styles is permitted.

PEOPLEWITHDISABILITY

JURUKEN/FANTOM

JURUKEN/FANTOM is intended for younger competitors. Competitors are designated as AKA (red) and SHIRO (white).

The bout lasts 30 seconds and is performed on a freestanding punching bag, with contact required.

Three judges evaluate the quality, quantity, and variety of techniques performed.

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KUMITE SANBON SHOBU

COMPETITORS AGED 12 AND UNDER:

Competitors participate in NIHON SHOBU (two full points).

Bout duration: 1 minute 30 seconds.

Registration is under the SANBON SHOBU category.

Mandatory protective equipment: Gloves, body protector, headgear, shin guards and foot protectors.

COMPETITORS AGED 13–17:

Competitors participate in SANBON SHOBU (three full points).

Bout duration: 2 minutes.

Mandatory protective equipment: Gloves, body protector, shin guards, foot protectors, mouthguard and groin protector.

COMPETITORS AGED 18 AND OVER:

Competitors participate in SANBON SHOBU (three full points).

Bout duration: 3 minutes.

Protective equipment: Gloves, mouthguard and groin protector. Shin guards and foot protectors are optional.

KUMITE IPPON SHOBU

All competitors participate in IPPON SHOBU (one full point).

Bout duration: 2 minutes.

Protective equipment: The same requirements apply as in SANBON SHOBU for the respective age categories.

TEAM KUMITE

Each team consists of three competitors, who compete in the following order: 1 vs. 1, 2 vs. 2, 3 vs. 3.

Bout duration and competition rules: The same as in SANBON SHOBU.