



Hereford Open Karate Championships



Open to all styles, Karate, Freestyle, Kick Boxing, Kung Fu, Taekwondo

Semi Contact Divisions

Children 15yrs & under

- | | |
|------------------------|---|
| 1. Boys & Girls -4ft | Novice - Yellow (7 th Kyu/Kup) |
| 2. Boys & Girls -4ft | Orange (6 th Kyu/Kup) - Black |
| 3. Boys & Girls -4ft 4 | Novice - Green (5 th Kyu/Kup) |
| 4. Boys & Girls -4ft 4 | Purple (4 th Kyu/Kup) - Black |
| 5. Boys -4ft 8 | Novice - Green (5 th Kyu/Kup) |
| 6. Boys -4ft 8 | Purple (4 th Kyu/Kup) - Black |
| 7. Boys -5ft | Novice - Green (5 th Kyu/Kup) |
| 8. Boys -5ft | Purple (4 th Kyu/Kup) - Black |
| 9. Boys -5ft 4 | Novice - Green (5 th Kyu/Kup) |
| 10. Boys -5 ft 4 | Purple (4 th Kyu/Kup) - Black |
| 11. Boys + 5ft 4 | Novice - Green (5 th Kyu/Kup) |
| 12. Boys + 5ft 4 | Purple (4 th Kyu/Kup) - Black |
| 13. Girls -4ft 8 | Novice - Green (5 th Kyu/Kup) |
| 14. Girls -4ft 8 | Purple (4 th Kyu/Kup) - Black |
| 15. Girls -5ft | Novice - Green (5 th Kyu/Kup) |
| 16. Girls -5ft | Purple (4 th Kyu/Kup) - Black |
| 17. Girls -5ft 4 | Novice - Green (5 th Kyu/Kup) |
| 18. Girls -5 ft 4 | Purple (4 th Kyu/Kup) - Black |
| 19. Girls + 5ft 4 | Novice - Green (5 th Kyu/Kup) |
| 20. Girls + 5ft 4 | Purple (4 th Kyu/Kup) - Black |

Cadets (16/17yrs)

- | | |
|---------------------|--|
| 21. Male -70kgs | Novice - Green (5 th Kyu/Kup) |
| 22. Male -70kgs | Purple (4 th Kyu/Kup) - Black |
| 23. Male +70kgs | Novice - Green (5 th Kyu/Kup) |
| 24. Male +70kgs | Purple (4 th Kyu/Kup) - Black |
| 25. Female Open wt. | Novice - Green (5 th Kyu/Kup) |
| 26. Female Open wt. | Purple (4 th Kyu/Kup) - Black |

Adults (18yrs +)

- | | |
|------------------|---|
| 27. Men -70kgs | Novice - Purple (4 th Kyu/Kup) |
| 28. Men -70kgs | Blue (3 rd Kyu/Kup) - Black |
| 29. Men -80kgs | Novice - Purple (4 th Kyu/Kup) |
| 30. Men -80kgs | Blue (3 rd Kyu/Kup) - Black |
| 31. Men +80kgs | Novice - Purple (4 th Kyu/Kup) |
| 32. Men +80kgs | Blue (3 rd Kyu/Kup) - Black |
| 33. Women -58kgs | Novice - Purple (4 th Kyu/Kup) |
| 34. Women -58kgs | Blue (3 rd Kyu/Kup) - Black |
| 35. Women +58kgs | Novice - Purple (4 th Kyu/Kup) |
| 36. Women +58kgs | Blue (3 rd Kyu/Kup) - Black |
| 37. Men +38yrs | Novice - Purple (4 th Kyu/Kup) |
| 38. Men +38yrs | Blue (3 rd Kyu/Kup) - Black |
| 39. Women +35yrs | Open grade |

**Medals will be presented to 1st, 2nd & 3rd place
(3rd place will be contested)**

*** Grade colours are examples as used by the ECKA, please use equivalent Kyu / Kup grades as used by your association/club.**

***Any Categories with less than 4 people will be amalgamated on the day.**

**ALL DIVISIONS WILL USE
REPECHARGE SYSTEM**

(Minimum of Two Fights Guaranteed)

Sunday 22nd May 2011

**Hereford Leisure Centre.
Holmer Road
Hereford
HR4 9UD**

Entry Fees

Competitors: Pre registered £15,
On the day £20

Spectators: Adults £5
Accompanied child Free

Fighter Check in:
Children 9.00 - 10.00am
Adults 10.30 - 11.30am

Fighting starts at 11.00am prompt.

**Closing date for pre registered entries Monday
16th May 2011**

**For further information contact Simon Small
07710 775416
hckc@hotmail.com**

Rules

All Divisions will be run on double elimination / repechage system, meaning all fighters will receive at least two contests.

The event will be run under the Semi Contact rules of The English Contact Karate Association. All legal techniques will score 1pt. The winner will be the first to score 5pts, or highest score at end of time. Contest time will be 2 minutes. For children there will be no striking to the face, however the side of head is acceptable i.e back fist. For further details or full rules contact hckc@hotmail.com

Compulsory Equipment

Head guard, enclosed finger semi contact gloves, foam shin pads, semi contact boots (up to -4ft 4, may use shin/instep due to sizing issues), groin guards (male), gum shields. It is advisable that ladies wear appropriate chest protection.

Entries & cheques payable to: "The Combat Academy", 32 Chandos Street, Hereford. HR4 0EX by 16th May 2011