





**17th edition of the Tournament of Traditional Karate - do**

**"Wratislavia World Cup 2024"**

**Date: March 9, 2024**

**Place: WKK Sport Center** <https://wkk.org.pl/wkk-sport-center/>

 ul. **Czajcza** 19, 51-422 **Wrocław**

**Hotel for cometitors**: **Hotel Active** <https://activehotel.pl/>

**Organizer:** Fundacja Białoczerwona; Dolnośląska, Akademia Karate we Wrocławiu

**Program of the stay:**

**Hotel ACTIVE:** [**https://activehotel.pl/**](https://activehotel.pl/)

**Proposed program of the team's stay in Wrocław**

Thursday,March 7

Arrival to Wrocław and accommodation at the Hotel

6 pm – Dinner at the hotel

Friday, March 8:

7am-10am Breakfast at the Hotel

12h-16h-visit to Wroclaw

5-7 Master Course - Sensei Nelson Carrion Director TKI

7 pm – Dinner at the hotel

Saturday, March 9

7am-9am Breakfast at the Hotel

13:00-14:00- Dinner at the hotel

10h-19h-Wratislavia Cup 2024 tournament

7pm - Dinner at the hotel

20:00 - guest meeting

Sunday , March 10:

7am-10am Breakfast at the Hotel

11:00-13:00 Master Course - Sensei Nelson Carrion Director TKI

12h-16h-visit to Wroclaw

6 pm – Dinner at the hotel

Monday,March 11

7am-10am Breakfast at the Hotel

11h-17h-Tour around the area and tourist program

6 pm – Dinner at the hotel

Tuesday,March 12

7am-10am Breakfast at the Hotel

12h-16h-tourist program/ AQA PARK  Wrocław

5 pm – Dinner at the hotel

7 pm-joint training with DAK in Wrocław

Wednesday,March 13th

7am-10am Breakfast at the Hotel

12h-16h-tourist program Wroclaw/ZOO Wrocław

5 pm – Dinner at the hotel

7 pm-joint training with DAK in Wrocław

Thursday,March 14h

7am-10am Breakfast at the Hotel

12h-16h-tourist program Wroclaw/Panorama of Racławice

5 pm – Dinner at the hotel

7 pm-joint training with DAK in Wrocław

Friday, March 15:

7am-10am Breakfast at the Hotel

12h-15h-visit to Wroclaw/Free Tim

5 pm – Dinner at the hotele

6 pm – Seminar With Paulo Afonso and Guillermo De Vettori

Saturday, March 16

7am-9am Breakfast at the Hotel

10am -departure(possible second day of the seminar and departure on Sunday)

**Price with accommodation and meals at the Hotel 7 March (Thursday), to16 March (Saturday):**

Single room- 3060 PLN / 754,$

Two-person room-1980 PLN / 481$- per person

A triple room:1800 PLN/ 438$-per person

**Count o charge directly by Hotel Activ!!!**

Clubs making reservations at the Active Hotel directly at the anna Bartczak desk via e-mail

anna.bartczak@activehotel.pl can count on a discount by entering the password: Wratislavia Cup.

**The negotiated price valid until the end of November 2023**

**Price for the  tourist program 800 PLN / per person/payment on the spot in Poland**

**Master Course - Sensei Nelson Carrion 8 DAN Director of TKI 20 EUR per person on the spot in Poland**

**Entry fee for Wratislavia Cup 150 PLN/- per person/payment on the spot in Poland**

This is my suggestion, if you would like to change something, please send me an e-mail

**Contact:**

e-mail: biuro@karate.info.pl

phone: Paweł Kasperkiewicz+48 695 404 205

website: https://karate.info.pl/

**See you in Wrocław!**

**Program and Rules**

**” Wratilsavia World Cup 2024”**

**March 9, 2024**

* godz. 9:00 – arrival
* godz. 9:30 – warm-up and official opening of the Tournament
* godz. 9:45 -15:00 - eliminations and finals for group A, B, C, D, I
* 12:00 – 14:00 – distribution of dinners
* 15:00 – 19:00 - eliminations and finals for groups E, F, G, H,
* 19:15 – end of the Tournament
* **During the competition there will also be a team kumite between teams from Europe and the continent**

**of North and South America.**

**Categories:**

* **Grupa A** 2017 and younger
* **Grupa B** 2016 and 2015
* **Grupa C** 2014 and 2013
* **Grupa D** 2012 and 2011
* **Grupa E** 2010 and 2009
* **Grupa F** 2008 and 2007
* **Grupa G** 2006 and 2005
* **Grupa H** 2004 and older
* **Grupa I Master +40**

**Attention!**

**All groups A.B.C.D will be graded with the exception of the 3rd kyu and dan groups.**

**In the event of an insufficient number of competitors in a given category (min. 4 people), competitors entered in these competitions will be transferred to other groups in the same ranks!!!**

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| **INDYWIDUAL KATA** |
| **Group A (7 years and younger) born 2017 and younger**  | **Group B (8 i 9 years) born 2016 i 2015**  | **Group C (10 i 11 years) born 2014 i 2013** | **Group D (12 i 13 years) born 2012 i 2011** |
| **9 kyu,8 kyu** **7 kyu, 6 kyu and above.****Preliminaries-Semifinals-Finals: HEIAN Kata.****Kata matched to lower degree.****Announced by the referee.****Scoring: flag system. Repasses.** | **9 kyu,8 kyu****7 kyu, 6 kyu, 5 kyu, 4 kyu.****Preliminaries-Semifinals-Finals: HEIAN Kata.****Kata matched to a lower rank.****Announced by the referee.****Scoring: flag system. Repasses.****3-1 kyu.****Preliminaries-Semifinals:** **HEIAN kata.****Announced by the referee.****Final:****Bassai Dai, Ji-On,Kan-Ku -dai****Announced by the competitor.** | **9 kyu,8 kyu****7 kyu, 6 kyu, 5 kyu, 4 kyu.****Preliminaries-Semifinals-Finals: HEIAN Kata.****Kata matched to a lower rank.****Announced by the referee.****Scoring: flag system. Repasses.****3-1 kyu.****Preliminaries-Semifinals:** **HEIAN kata.****Announced by the referee.****Semi-Finals-Finals:** **Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi - choice of (finals other kata (TOKUI-KATA).****Announced by the competitor****.** | **9 kyu,8 kyu****7 kyu, 6 kyu, 5 kyu, 4 kyu.****Preliminaries-Semifinals-Finals: HEIAN Kata.****Kata matched to a lower rank.****Announced by the referee.****Scoring: flag system. Repasses.****3-1 kyu.****Preliminaries-Semifinals:** **HEIAN kata.****Announced by the referee.****Semi-Finals-Finals:** **Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi - choice of (finals other kata (TOKUI-KATA).****Announced by the competitor** |
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| **Group E (14 i 15 years) born 2010 i 2009** | **Group F (16 i 17years) born 2007 i 2006** | **Group G (18-20 years) born 2005 I 2003** | **Grupa H -Senior) born 2003 and older** |
| **9-7 kyu, 6-4 kyu.****Preliminaries-Semifinals-Finals:****Kata HEIAN.** **Announced by the competitor.****Scoring: flag system****3 kyu-dan.****Preliminaries:****Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi.****Announces the player****Scoring :point system****Final:****Any championship kata other than in the preliminaries. (TOKUI-KATA).****Announced by the competitor****Scoring :point system** | **9-7 kyu, 6-4 kyu.****Preliminaries-Semifinals-Finals:****Kata HEIAN.** **Announced by the competitor.****Scoring: flag system****3 kyu-dan.****Preliminaries:****Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi.****Announces the player****Scoring :point system****Final:****Any championship kata other than in the preliminaries. (TOKUI-KATA).****Announced by the competitor****Scoring :point system** | **9-7 kyu, 6-4 kyu.****Preliminaries-Semifinals-Finals:****Kata HEIAN.** **Announced by the competitor.****Scoring: flag system****3 kyu-dan.****Preliminaries:****Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi.****Announces the player****Scoring :point system****Final:****Any championship kata other than in the preliminaries. (TOKUI-KATA).****Announced by the competitor****Scoring :point system** | **9-7 kyu, 6-4 kyu.****Preliminaries-Semifinals-Finals:****Kata HEIAN.** **Announced by the competitor.****Scoring: flag system****3 kyu-dan.****Preliminaries:****Bassai Dai, Ji-On, Kan-Ku Dai, En-Pi.****Announces the player****Scoring :point system****Final:****Any championship kata other than in the preliminaries. (TOKUI-KATA).****Announced by the competitor****Scoring :point system** |
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| **Groupa I (+40 years “Between Generations” Weteran)** | **Grupa J (+40 years “Between Generations” Masters)** |
| **9-7 kyu, 6-4 kyu.****Preliminaries-Semifinals-Finals:****Kata HEIAN.** **Announcer****Scoring : flag system****3 kyu-2 dan.****Preliminaries:****Any master kata.****Finals:****Other than in the preliminaries. (TOKUI-KATA).****Announced by the competitor.****Scoring system.** | **3 dan and above.****Preliminaries:****Any master kata.****Finals:****Other than in the preliminaries. (TOKUI-KATA).****Announced by the competitor.****Scoring: point system.** |

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| **INDYWIDUAL KUMITE** |
| **Grupa A (7 years and older 2017and younger** | **Grupa B (8 i 9 years) born 2016 i 2015**  | **Grupa C (10 i 11 years) born 2014 i 2013** | **Grupa D (12 i 13 years) born 2012 i 2011** |
| **Competition is not played for this group** | **Kihon Ippon Kumite** **No protector!****ATTACK:** **9-7 kyu****1.Oi zuki jodan x1****2.Oi zuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1 (from 6 kyu)****DEFENSE: GO-NO-SEN****1.Age-uke / Gyakuzuki****2.Soto or Uchi-uke / Gyakuzuki****3.Gedan-barai / Gyakuzuki****4.Uchi-uke/jodan****\* hidari or migi zenkutsu-dachi position.****Evaluation:** **Overall impression of "overwiev".****In the situation of a tie - an indication without overtime - the flag system.****Repassages** | **Kihon Ippon Kumite** **No protector!****ATTACK:** **9-7 kyu****1.Oi zuki jodan x1****2.Oi zuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1 (from 6 kyu)****DEFENSE: GO-NO-SEN****1.Age-uke / Gyakuzuki****2.Soto or Uchi-uke / Gyakuzuki****3.Gedan-barai / Gyakuzuki****4 . Uchi-uke / yodan****\* hidari or migi zenkutsu-dachi position.****Evaluation:** **Overall impression of "overwiev".****Repassages****5 and 4 Jiyu Ippon Kumite** **Protectors Mandatory!****ATTACK:****1.Kizamizuki jodan x1****2.Gyakuzuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1****5.Ushirogeri chudan x1****\* hidari zenkutsu-dachi position.****\* execution of attack up to 10 seconds.****DEFENSE: GO-NO-SEN****- any counterattack****\* hidari or migi zenkutsu-dachi position.****Evaluation:** **wazari technical point.****In the situation of a tie - an indication without overtime - the flag system.****Repasses.****Group C (3-1 kyu)** **Preliminaries :Jiyu Ippon Kumite in FINAL.****Ko-Go Kumite.****Evaluation:** **according to the rules of Ko-Go Kumite.****In the situation of a tie - indication without overtime – flag system.** | **Kihon Ippon Kumite** **No protector!****ATTACK:** **9-7 kyu****1.Oi zuki jodan x1****2.Oi zuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1 (from 6 kyu)****DEFENSE: GO-NO-SEN****1.Age-uke / Gyakuzuki****2.Soto or Uchi-uke / Gyakuzuki****3.Gedan-barai / Gyakuzuki****4.Uchi-uke/jodan****\* hidari or migi zenkutsu-dachi position.****Evaluation:** **Overall impression of "overwiev".****Repassages****5 and 4 Jiyu Ippon Kumite** **Protectors Mandatory!****ATTACK:****1.Kizamizuki jodan x1****2.Gyakuzuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1****5.Ushirogeri chudan x1****\* hidari zenkutsu-dachi position.****\* execution of attack up to 10 seconds.****DEFENSE: GO-NO-SEN****- any counterattack****\* hidari or migi zenkutsu-dachi position.****Evaluation:** **wazari technical point.****In the situation of a tie - an indication without overtime - the flag system.****Repasses.****Group D (3-1 kyu)****Preliminaries:Jiyu kumite in FINAL Jiyu Kumite (free combat).****Evaluation:** **According to the rules of Jiyu Kumite.****In the situation of a tie - indication without overtime – flag system.** |
| **Group E (14 i 15 years) born 2010 i 2009** | **Group F (16 i 17 years) born 2008 i 2007** | **Group G (18-20 years) born 2006 I 2005** | **Group H (21 years and older - Senior)**  |
| **Kihon Ippon Kumite** **No protector!****ATTACK:****9-7 kyu****1.Oi zuki jodan x1****2.Oi zuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1 (from 6 kyu)****\* hidari zenkutsu-dachi position.****DEFENSE: GO-NO-SEN****1.Age-uke / Gyakuzuki****2.Soto or Uchi-uke / Gyakuzuki****3.Gedan-barai / Gyakuzuki****4.Uchi-uke/jodan****\* hidari or migi zenkutsu-dachi position.****Evaluation:** **Overall impression of "overwiev".****Repassages****6 and 4 Jiyu Ippon Kumite** **Protectors Mandatory!****ATTACK:****1.Kizamizuki jodan x1****2.Gyakuzuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1****5.Ushirogeri chudan x1****\* hidari zenkutsu-dachi position.****\* execution of attack up to 10 seconds.****DEFENSE: GO-NO-SEN****- any counterattack****\* hidari or migi zenkutsu-dachi position.****Evaluation:** **wazari ,ippon technical point.****In the situation of a tie - an indication without overtime - the flag system.****Repasses.****Group D 3-dan kyu****Preliminaries: Ko-Go Kumite****Quarter-Finals-Semifinals-Finals: Jiyu Kumite****Evaluation:** **In the situation of a tie - indication without overtime – flag system.** | **Kihon Ippon Kumite** **No protector!****ATTACK:****9-7 kyu****1.Oi zuki jodan x1****2.Oi zuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1 (from 6 kyu)****\* hidari zenkutsu-dachi position.****DEFENSE: GO-NO-SEN****1.Age-uke / Gyakuzuki****2.Soto or Uchi-uke / Gyakuzuki****3.Gedan-barai / Gyakuzuki****4.Uchi-uke/jodan****\* hidari or migi zenkutsu-dachi position.****Evaluation:** **Overall impression of "overwiev".****Repassages****6 and 4 Jiyu Ippon Kumite** **Protectors Mandatory!****ATTACK:****1.Kizamizuki jodan x1****2.Gyakuzuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1****5.Ushirogeri chudan x1****\* hidari zenkutsu-dachi position.****\* execution of attack up to 10 seconds.****DEFENSE: GO-NO-SEN****- any counterattack****\* hidari or migi zenkutsu-dachi position.****Evaluation:** **wazari ,ippon technical point.****In the situation of a tie - an indication without overtime - the flag system.****Repasses.****Group D 3-dan kyu****Preliminaries: Ko-Go Kumite****Quarter-Finals-Semifinals-Finals: Jiyu Kumite****Evaluation:** **In the situation of a tie - indication without overtime – flag system.** | **Kihon Ippon Kumite** **No protector!****ATTACK:****9-7 kyu****1.Oi zuki jodan x1****2.Oi zuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1 (from 6 kyu)****\* hidari zenkutsu-dachi position.****DEFENSE: GO-NO-SEN****1.Age-uke / Gyakuzuki****2.Soto or Uchi-uke / Gyakuzuki****3.Gedan-barai / Gyakuzuki****\* hidari or migi zenkutsu-dachi position.****Evaluation:** **Overall impression of "overwiev".****Repasses.****6 and 4 Jiyu Ippon Kumite** **Protectors Mandatory!****ATTACK:****1.Kizamizuki jodan x1****2.Gyakuzuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1****5.Ushirogeri chudan x1****\* hidari zenkutsu-dachi position.****\* execution of attack up to 10 seconds.****DEFENSE: GO-NO-SEN****- any counterattack****\* hidari or migi zenkutsu-dachi position.****Evaluation:****wazari ,ippon technical point.****In the situation of a tie - indication without overtime - pennant system.****Repasses.****Group 3kyu-dan****Preliminaries:Jiyu kumite in FINAL Jiyu Kumite (free combat).****Evaluation:** **According to the rules of Jiyu Kumite.****In the situation of a tie - indication without overtime – flag system** | **Kihon Ippon Kumite** **No protector!****ATTACK:****9-7 kyu****1.Oi zuki jodan x1****2.Oi zuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1 (from 6 kyu)****\* hidari zenkutsu-dachi position.****DEFENSE: GO-NO-SEN****1.Age-uke / Gyakuzuki****2.Soto or Uchi-uke / Gyakuzuki****3.Gedan-barai / Gyakuzuki****\* hidari or migi zenkutsu-dachi position.****Evaluation:** **Overall impression of "overwiev".****Repasses.****6 and 4 Jiyu Ippon Kumite** **Protectors Mandatory!****ATTACK:****1.Kizamizuki jodan x1****2.Gyakuzuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1****5.Ushirogeri chudan x1****\* hidari zenkutsu-dachi position.****\* execution of attack up to 10 seconds.****DEFENSE: GO-NO-SEN****- any counterattack****\* hidari or migi zenkutsu-dachi position.****Evaluation:****wazari ,ippon technical point.****In the situation of a tie - indication without overtime - pennant system.****Repasses.****Group 3kyu-dan****Preliminaries:Jiyu kumite in FINAL Jiyu Kumite (free combat).****Evaluation:** **According to the rules of Jiyu Kumite.****In the situation of a tie - indication without overtime – flag system** |
| **Grupa I, +40 years “Between Generations” Weteran)** | **Grupa I, +40 years “Between Generations” Masters)** |
| **Kihon Ippon Kumite** **(9-7kyu)****No protector!****ATTACK:****1. oi zuki jodan x1****2. oi zuki chudan x1****3. maegeri chudan x1****\* hidari zenkutsu-dachi position.****DEFENSE: GO-NO-SEN****1.Age-uke / Gyakuzuki****2.Soto or Uchi-uke / Gyakuzuki****3.Gedan-barai / Gyakuzuki****\* Hidari or migi zenkutsu-dachi position.****Evaluation: overall impression of "overwiev".****Repasses.****In the situation of a tie - indication without overtime - pennant system.****(6-4 kyu)****Jiyu Ippon Kumite** **Protectors Mandatory!****ATTACK:****1.Kizamizuki jodan x1****2.Gyakuzuki chudan x1****3.Maegeri chudan x1****4.Mawashigeri jodan x1****5.Ushirogeri chudan x1****\* hidari zenkutsu-dachi position.****\* execution of attack up to 10 seconds.****DEFENSE: GO-NO-SEN****- any counterattack****\* hidari or migi zenkutsu-dachi position.****Evaluation: technical point wazari, ippon. Repasses.****In the situation of a tie - indication without overtime - pennant system.****3kyu-2dan** **Jiu Kumite semifinal and final****Scoring: technical point wazari ippon,** **according to the rules, Jiyu Kumite. Repasses.****In the situation of a tie after overtime - indication - pennant system.** | **3 dan and above****Preliminaries: Jiyu Kumite****Finals: Jiyu Kumite****Evaluation:** **technical point wazari ippon,** **by rules, Jiyu Kumite. Repasses.****In the situation of a tie after overtime - indication - pennant system.** |

**Start conditions for competitors:**

1. Suitable age: according to the age groups mentioned.

2. Appropriate grade.

3. Protectors:

Mouth guard is obligatory for all groups starting from Jiyu Ippon KUMITE.

Obligatory crotch protectors for boys and chest protectors for girls from group C, whereby protectors must be put on regardless of the applicable attire - karate-gi.

Competitors without the required protectors will not be allowed to start.

4. Safety of starters

Each competitor taking part in the KUMITE competition must not wear:

• long fingernails and toenails must be cut short, otherwise the competitor will not be allowed to start in the KUMITE competition,

• rings, chains, earrings, glasses, watches, hairpins and hairpins (or other hard objects pinned in the hair), orthoses (or other hard stiffeners for limbs or parts of the body, in addition to medical board-approved competitions).

5. Payment of the starting fee

6. Signing by the manager of the team / club of the declaration of the competition organizer that competitors have accident insurance, up-to-date medical examinations, consent to publicize the image, GDPR and Covid statement.

**Fees:**

**The amount of the starting fee will vary depending on the deadline for registration and meeting the conditions by players and clubs.**

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| **L.p.** | **Application deadline** | **The amount of the starting fee** |
| I term | February 26, 2023 (Sunday) | One individual competition - PLN 120Two individual competitions - PLN 150 |
|  | March 5, 2023 (Sunday) | One individual competition - PLN 140Two individual competitions - PLN 170 |

**Regards**

**Sensei Paweł Kasperkiewicz 5 DAN**

**Chairman of the Board Academy**