



2023 AUSTRALIAN NATIONALS

KYOKUSHIN KARATE FULL CONTACT TOURNAMENT

Info Pack 2

Sunday - 4 June 2023

Please see the following information for the 2023 Australian Nationals.



Saturday 3rd June

Location: Caringbah Dojo – 7/73 Willarong Road Caringbah

- 10:00 ~ 11:30 am Morning training (open to all)
- 12:00 ~ 2:00 pm Competitors weigh in (Kumite) and check in (Kata)
- 2:00 ~ 3:00 pm Judging Seminar (Black Belts Only)

Sunday 4th June

Location: SYLVANIA YOUTH AND COMMUNITY CENTRE
288 Box Rd, Sylvania NSW 2224

Spectator Fee: (whole day)	Adults	\$20
	Seniors:	\$15
	Kids:	\$10

Canteen: Will be available all day for lunch, tea, coffee, and refreshments.

Morning Session

Arrival Time: From 8:00am
Start Time: 9am Sharp
Divisions: All Kata Division (below black belt)
Junior Kumite Divisions (14 Years and Under)

Lunch Break: 12pm (approximate)

Afternoon Session

Arrival Time: From 11:00am
Start Time: 12:30 ~ 1pm (approximate)
Divisions: Black Belt Kata
Colts and Adults Division (15 Years and Over)

- **Kata Procedure**
- **Bout Times**
- **Required Protective gear**
All on next page

Enquires:

If you have any enquires about this tournament, please contact us at info@cujickyokushin.com
or by phone on 0431 120 950 or 02 9521 8745

Kata Procedure: (Procedure will be the same for both rounds)

- Competitor bows with OSU before walking on the mat to the start mark.
- Centre referee calls “Shomen-ni-rei” & competitor bows with OSU.
- Centre referee raises arm
 - If no ‘mokuso’ required, competitor calls name of kata, does ‘Yoi’ (double arm block to the front) and starts kata.
 - If ‘mokuso’ required, competitor goes into ‘musubi dachi’ (hands together with eyes closed), then opens eyes and calls name of kata and completes double arm block with ‘ibuki’ and starts kata.
- Once kata is completed, go back to starting position and wait for judges score.
- Centre referee calls “Shomen-ni-rei” & competitor bows with OSU.
- Competitor leaves the mat with bow and OSU before walking off.

Junior Kumite Divisions: (morning session 14 years and under)

Protective Gear:

- Shinpads
- Gloves
- Knee guard (optional)
- Groin Box (male)
- Head Gear (provided)
- Chest Guard (provided)

Fight Type

- Tournament Draw
- Round Robin
- One Match Challenge

Fight Time

- 1.5min Round (possible 1 min extension)
- 1.5min Seconds (possible 1 min extension)
- 2x 1min Round with 30second rest
(possible third round if first two rounds are even)

Colts Kumite Divisions: (afternoon session 15-17 Years)

Protective Gear:

- Shinpads
- Gloves
- Knee guard (optional)
- Groin Box (male)
- Head Gear (provided)
- Chest Guard (provided)

Fight Type

- Tournament Draw
- Round Robin
- One Match Challenge

Fight Time

- 2 min Round (possible 1.5 min extension)
- 2 min Seconds (possible 1.5 min extension)
- 2x 2min Round with 1 min rest
(possible third round if first two rounds are even)

Adults Kumite Divisions:

Mens Seniors :: Mens Novice :: Mens Senior Novice

Protective Gear:

- Shinpads
- Gloves
- Knee guard (optional)
- Groin Box (male)
- Mouth Guard

Fight Type

- Tournament Draw
- One Match Challenge

Fight Time

- 2 min Round (possible 1.5 min extension)
- 2x 2 min Round with 1 min rest
(possible third round if first two rounds are even)

Adults Kumite Divisions:

Mens Open :: Women Open :: Mens Lightweight :: Mens heavyweight One Match

Protective Gear:

- Mouth Guard
- Groin Box (male)
- Chest Guard (female)

Fight Type

- Tournament Draw
- One Match Challenge

Fight Time

- 2 min Round (possible 2 min extension)
- 2x 2 min Round with 1 min rest
(possible third round if first two rounds are even)