



FSKO

10th FRENCH OPEN of SHINKYOKUSHINKAI KARATE

**INTERNATIONAL TOURNAMENT - KO FIGHTS
SATURDAY 24 of MARCH 2018
LOOS (LILLE - NORTH OF FRANCE)**

Lille, November 30th, 2017

Shihan, Sensei, Sempai & Dojo operators,

We have the pleasure to invite you to the **10th French Open of Shinkyokushinkai Karate 2018**, International Tournament with knockdown fights, following the WKO's rules.

Saturday 24th of March 2018

This Tournament organized by **Sensei Sébastien Vanroyen**, with the help of **Shihan Pascal Rouxel** will take place in Loos (near Lille in North of France) and will be under the authority of **France Shinkyokushinkai Karate Organisation (FSKO)**.

The last date to register this tournament is fixed on March 18th, 2018 by mail to sebkyoku@aol.com.

All styles and all federations are very welcomed in order to stand a tournament of the best quality.

Before all, the spirit of the fighters is important to build up the success of the tournament. Everyone, whatever his level, must give the best of himself and fight until the end. ***Never give up!***

This spirit must not go against fighters, organisation and referees' respect.

Start your training right now to be ready on time!

We look forward to seeing you at our Open that shall give you all satisfaction.

OSU !

Tournament's director

Sensei Sébastien VANROYEN

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SATURDAY 24 of MARCH 2018
LOOS (LILLE - NORTH OF FRANCE)**

Name of the tournament: Xth French Open of Shinkyokushinkai Karate

Date: Saturday 24th of March 2018 : Men and Women (Elite and Novice), Men Seniors Elite (+35 years old)

Place: Salle Caby, 230 rue Descartes 59120 Loos (3 km from Lille).

Conditions:

- Competitors must be 18 years old and above at the day of the tournament.
- Sport licence or insurance attestation.
- Doctor's certificate from September 1st, 2017 or later, which certifies your ability to fight karate in a knock down competition.
- For women, a doctor's certificate of no pregnancy at the date of the tournament is required.
- Authorisation of pictures and discharge will be filled out on the spot.
- Discharge to be completed on site.

Categories

WOMEN ELITE & NOVICES:

| | |
|--------------|-----------------|
| Lightweight | less than 60 |
| Middleweight | less than 65 |
| Heavyweight | 65 kg and above |

MEN ELITE & NOVICES:

| | |
|-------------------|-----------------|
| Lightweight | less than 65 |
| Middleweight | less than 75 |
| Heavyweight | less than 85 |
| Super heavyweight | 85 kg and above |

SENIOR MEN ELITE:

Open Weight 35 years old and above

CAREFUL: Novice category is reserved to inexperienced or little experienced fighters.

Are off from this category:

- Competitors who were placed in the top 3 in a national senior tournament
- Competitors who are used to compete in international championships
- Competitors who were finalist in an Open Novice Tournament
- Shodan competitors (black belt) whatever the style

General Rules

This tournament will obey to the Shinkyokushinkai international rules established by the World Karate Organisation Shinkyokushinkai with the following specificities:

- White karate-Gi
- Groin protection is compulsory for all competitors
- Shin and instep pads are forbidden included women but except novices.
- Bra protection for women (cups only) is compulsory - breastplate is forbidden.
- Teeth protections are accepted
- No bandage accepted before the 1st round, accepted for the 2nd round with the signature of the tournament's doctor





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Expenses of registration by candidate: 12 € - and should be paid on spot during the registration in cash (Euros only) or by bank transfer (doc in attached).

Fighting times

- **Fighting times for novices:**
 - Until ¼ final included: 3 min. - decision / 2 min. - ENCHOSEN (compulsory decision) (so maximum 3 + 2 min = 5 min.)
 - 1/2 finals and finals: 3 min. - decision / 2 min. - decision / Scale / 2 min. - ENCHOSEN (compulsory decision) (So maximum 3 min + 2 min + 2 min = 7 min)
- **Fighting times for elites :**
 - Until ¼ final included: 3 min. - decision / 2 min. - Scale / 2 min. - ENCHOSEN (compulsory decision) (maximum 7 min)
 - ½ finals and finals: 3 min. - decision / 2 min. - decision / 2 min. - decision / Scale / 2 min. - ENCHOSEN (compulsory decision) (So maximum 9 min.)
- **Fighting times for Senior :**
 - 2 min - decision / 2 min - decision / Scale / 2 min - ENCHOSEN (compulsory decision) (so maximum 2 min + 2 min + 2 min = 6 min)

Each fighter will be asked to finish his fight as soon as possible in order to avoid being injured in long fights.

Scale rules

- Men:** 5 kg difference for Lightweight, Middleweights, Heavyweights
& 10 kg difference in Superheavyweights
- Women:** 4 kg difference in lightweight and 8 kg difference in Heavyweight
- Senior:** 10 kg difference

Judges & Referees: Each participating dojo will try to bring with, a Judge or a Referee (see application form).
The organisation will provide meals for Judges and Referees.

Coaches : The coaches will be of a maximum of 2 per dojo and will be obliged to wear jogging and a training shoes. Coaches are required to show a good behaviour, etiquette and courtesy to the Referee staff and the organizers.

SCHEDULE

- Opening of doors at 11:00
- OPENING CEREMONY at 13:00
- Beginning of fights at 13:30 to 1/8 finales included
- Break 30 minutes
- Fights ¼ et ½ finales
- Break 45 minutes
- Finales
- Awards ceremony
- End of the day around 20:00



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REGISTRATION AND WEIGHING

- ❖ **WARNING:** the registration and weighing will do only Friday evening at the official hotel Crowne Plaza Euralille, Salon Asia (2nd floor) between 17:00 and 20:00.

The draw will be produced on Friday nights for posting and distribution as soon as possible.

HOTEL OFFICIEL:




CROWNE PLAZA
LILLE - EURAILLE



The Crowne Plaza Lille-Euralille is a 4 * design hotel located just in front of the Lille-Europe train station (TGV station, Metro) and 5 minutes walk from the Lille-Flandres train station, the Euralille shopping center, and 10 minutes from Lille's Grand Place and old Lille and its many restaurants, bars and nightclubs.

Located on the ring road, it is easily accessible by car. It is possible to park just below the hotel at the pay parking of the Lille-Europe station (direct access to the hotel with lift), but also near the cemetery of Lille Est (a transit area is located in front of the hotel entrance).

Luxurious 30m2 room, sauna, fitness area, bar, restaurant, free wi-fi...

Rate per person with breakfast: Single 95€
 Twin (2 beds) or Double (double bed): 55€
 Triple: 44€ (limited number)

For organizational reasons, reservations must be made before February 14 2018, by completing the registration form.

OSU!

Sensei Sébastien VANROYEN
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