



Flanders International Kickboxing Cup
Pointfighting | Kick Light | Light Contact | Musical Forms
Sep 23 | JUNIORS Sep 24 | SENIORS

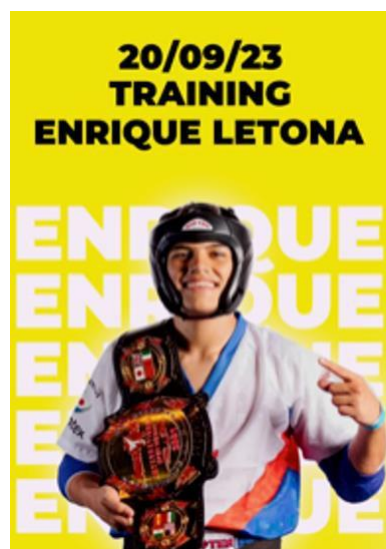
Info & updates: flanders-cup.com



Wednesday 20 September 2023

19:30 - 22:00 Training with **Enrique Letona**.

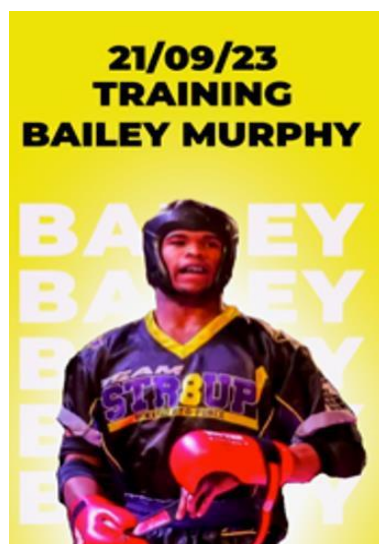
Address: Sportpark Beveren - Klapperstraat 103, 9120 Beveren



Thursday 21 September 2023

19:30 - 22:00 Training with **Bailey Murphy**.

Address: Sportpark Beveren - Klapperstraat 103, 9120 Beveren





Friday 22 September 2023

14:00 - 23:00 Weigh-in at arena

Saturday 23 September 2023

10:00 – 15:00 Weigh-in at the arena **only for Juniors, Seniors, and Masters**

8:15 – 8:45 Referee Meeting

Start Tournament: 9:00 - 17:30

All divisions - Team Events YC and OC
Musical Forms/Creative Forms: 13:00 – 17:00*

Night Show: 18:00

The following Categories will fight the final in the night show:

01 PF 019 YC M-28KG	01 PF 021 YC M-37KG	01 PF 023 YC M-47KG	01 PF 026 YC F-28 KG
01 PF 028 YC F-37KG	01 PF 030 YC F-47KG	01 PF 033 OC M-32KG	01 PF 035 OC M-42KG
01 PF 037 OC M-52KG	01 PF 039 OC M-63KG	01 PF 041 OC M+69KG	01 PF 043 OC F-32KG
01 PF 045 OC F-42KG	01 PF 047 OC F-50KG	01 PF 049 OC F-60KG	01 PF 051 OC F+65KG
01 PF 025 YC M T	01 PF 032 YC F T	01 PF 042 OC M T	01 PF 052 OC F T

**For Musical Forms participants, it's crucial to submit your music in a timely manner. Please ensure you have your music track ready on an appropriate medium and provide it at least 30 minutes before the start of the Musical Forms performances. We accept the following formats for music submission:*

- ✓ *Portable USB stick/flash drive (please note, no external hard drives; only MP3 files are accepted).*
- ✓ *Smartphones or portable media players with an audio jack, USB-C, or lighting connector.*
- ✓ *CDs.*
- ✓ *YouTube link*



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Sunday 24 September 2023

07:00 - 08:00 Weigh-in at the arena

Start Tournament 9:00 - 17:30

All Categories and Team events Juniors, Seniors, and Masters.

Night Show: 18:00

The following Categories will fight the final in the night show:

01 PF 054 J M -63KG	01 PF 056 J M -74KG	01 PF 058 J M -84KG	01 PF 060 J M -94KG
01 PF 063 J F -50KG	01 PF 065 J F -60KG	01 PF 067 J F -70KG	01 PF 071 S M -63KG
01 PF 073 S M -74KG	01 PF 075 S M -84KG	01 PF 077 S M -94KG	01 PF 080 S F -50KG
01 PF 082 S F -60KG	01 PF 084 S F -70KG	01 PF 079 S M T	01 PF 086 S F T
01 PF 125 S M GC	01 PF 126 S F GC	01 PF 127 J M GC	01PF 128 J F GC

Please note that the event program and schedule are subject to change at the discretion of the organizers. We strive to provide accurate information, but unforeseen circumstances could lead to adjustments in timings, sessions, and other details. Participants are encouraged to stay updated through official communication channels for any potential updates or modifications.

Warm regards,

Organizing Committee

Flanders International Kickboxing Cup



Mr. Marc DE BLOCK
Promotor & Organizer
Flanders International
Kickboxing Cup
President WAKO Belgium



Mr. Raymond STAUT
Technical Director
Flanders International
Kickboxing Cup
Vice President WAKO Belgium



Mr. Freddy GYSELINCK
Event Coordinator
Flanders International
Kickboxing Cup
VP of Officiating WAKO Belgium