



**International Traditional Karate Federation**

Str. Naroden Front 14, 1000 Skopje Macedonia  
[www.itkfkarate.org](http://www.itkfkarate.org) email: office@itkfkarate.org

To: ITKF National Federations members  
Re: 21<sup>st</sup>. ITKF WORLD TRADITIONAL KARATE  
CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS,  
CADETS  
1<sup>st</sup>. ITKF WORLD CUP FOR CHILDREN  
"SENSEI HIDETAKA NISHIYAMA"

On behalf of the International Traditional Karate Federation, I am proud and honored to invite all ITKF members to take part in the **21<sup>st</sup>. ITKF WORLD TRADITIONAL KARATE CHAMPIONSHIP FOR VETERANS, SENIORS, YOUTHS, JUNIORS and CADETS** and on the **1<sup>st</sup>. ITKF WORLD CUP FOR CHILDREN "SENSEI HIDETAKA NISHIYAMA"** witch will be held on the **11 – 13 November 2022 in City of Skopje, North Macedonia.**

Sincerely Yours,

Univ. Prof. Vladimir Jorga M.D.Ph.D.,  
ITKF Chairman

Prof. Vencislav Nedev,  
President of Organizing Committee  
ITKF Vice-president



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21<sup>st</sup>. ITKF WORLD TRADITIONAL KARATE CHAMPIONSHIP FOR VETERANS, SENIORS, YOUTHS, JUNIORS and CADETS  
1<sup>st</sup>. ITKF WORLD CUP FOR CHILDREN "SENSEI HIDETAKA NISHIYAMA"

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### **I.** GENERAL INFORMATION

**Title:** 21<sup>st</sup>. ITKF WORLD TRADITIONAL KARATE CHAMPIONSHIP FOR VETERANS, SENIORS, YOUTHS, JUNIORS and CADETS  
1<sup>st</sup>. ITKF WORLD CUP FOR CHILDREN "SENSEI HIDETAKA NISHIYAMA"

Sanctioned by: International Traditional Karate Federation (ITKF)

Hosted by: Macedonian Traditional Karate Federation

Tournament venue: Sport Hall \*Sport center Kale\*, Skopje, North Macedonia



## II. PARTICIPANTS

All athletes that are selected by the respective ITKF National Federations to compete must fulfill the following conditions:

1. They must be current member of national federation in a good standing of the ITKF.
2. Age in agreement with their competition category.
3. They must know, fully understand and be able to compete in accordance with the ITKF competition rules.
4. They must be free of any physical or mental handicap that might cause a breach of the ITKF rules.
5. All KUMITE, KO-GO and FUKU-GO athletes are obliged to wear the official ITKF KUMITE GLOVES in accordance with ITKF rules. For hygienic reasons gloves cannot be shared between athletes. Mouth (tooth) guards are also mandatory to be worn. (Breast-protection for women, groin protector for men is optional, but recommended safety equipment).
6. They must have his/her own international traveling insurance and also personal accident insurance issued by their respective National Federations.
7. They must belong to a National Federation which is a full and paid-up member of the ITKF including the year 2022.
8. Only individuals holding a valid ITKF Certified Coaches Qualification and properly registered with the Tournament Controlling Body will be allowed to represent and coach athletes during the competition.
9. They must present Medical Release and International Health Insurance to Medical Emergencies.
10. All countries must bring their national anthem (on a CD) and two national flags.



### III. CATEGORIES

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#### Age and competition categories

21st. ITKF WORLD TRADITIONAL KARATE CHAMPIONSHIP FOR VETERANS, SENIORS, YOUTHS, JUNIORS and CADETS

#### COMPETITION CATEGORIES

CADETS / 14 – 15 years old / born in 2008 and 2007

Individual Kata Men	No limit per country	
Individual Kata Women	No limit per country	
Fuku-Go Men	No limit per country	Using Ko-Go Kumite
Fuku-Go Women	No limit per country	Using Ko-Go Kumite
Synchronized Kata Men	No limit per country	
Synchronized Kata Women	No limit per country	
Individual Ko-go Men	No limit per country	
Individual Ko-go Women	No limit per country	

JUNIORS / 16 – 17 years old / born in 2006 and 2005

Individual Kata Men	No limit per country	
Individual Kata Women	No limit per country	
Individual Kumite Men	No limit per country	Using Ko-Go Kumite
Individual Kumite Women	No limit per country	Using Ko-Go Kumite
Fuku-Go Men	No limit per country	Using Ko-Go Kumite
Fuku-Go Women	No limit per country	Using Ko-Go Kumite
Synchronized Kata Men	No limit per country	
Synchronized Kata Women	No limit per country	
En-Bu Men	No limit per country	
En-Bu Mixed	No limit per country	
Individual Ko-go Men	No limit per country	
Individual Ko-go Women	No limit per country	



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### YOUTHS /18-20 years old / born in 2004, 2003 and 2002

Individual Kata Women	No limit per country	Team Kata Women	1 team/Country
Individual Kata Men	No limit per country	Team Kata Men	1 team/Country
Ind. Fuku-Go Woman	No limit per country	Enbu Woman/Man	1 team/Country
Ind. Fuku-Go Men	No limit per country	Enbu Man/Man	1 team/Country
Ind. Kogo-Kumite Women	No limit per country	Kumite team women	1 team/country
Ind. Kumite Men	No limit per country	Kumite Team Men	1 team/Country

### SENIORS, YOUNGER GROUP / 21 - 34 years old/born from 2001-1988

Individual Kata Women	No limit per country	Team Kata Women	1 team/Country
Individual Kata Men	No limit per country	Team Kata Men	1 team/Country
Ind. Fuku-Go Woman	No limit per country	Enbu Woman/Man	1 team/Country
Ind. Fuku-Go Men	No limit per country	Enbu Man/Man	1 team/Country
Ind. Kogo-Kumite Women	No limit per country	Kumite team women	1 team/country
Ind. Kumite Men	No limit per country	Kumite Team Men	1 team/Country

### SENIORS, OLDER GROUP / 35 – 49 years old/born from 1987-1973

Individual Kata Women	No limit per country	Team Kata Women	1 team/Country
Individual Kata Men	No limit per country	Team Kata Men	1 team/Country
Ind. Fuku-Go Woman	No limit per country	Enbu Woman/Man	1 team/Country
Ind. Fuku-Go Men	No limit per country	Enbu Man/Man	1 team/Country
Ind.Kogo-Kumite Women	No limit per country	Kumite team women	1 team/country
Ind. Kumite Men	No limit per country	Kumite Team Men	1 team/Country

### VETERANS

Kumite age category	Kata age category	Fuku Go age category
50 to 54 year	50 to 54 year	50 to 54 year
55 to 59	55 to 59	55 to 59
60 to 64 year	60 to 64 year	60 to 64 year
65 to 69	65 to 69	65 to 69
70 and older	70 and older	70 and older



**1<sup>st</sup>. ITKF WORLD CUP FOR CHILDREN "SENSEI HIDETAKA NISHIYAMA"**

**3. COMPETITION CATEGORIES**

**A. CHILDREN I. AGE 6-7 YEARS (BORN IN 2016-2015 AND YOUNGER)**

Individual Kata Girls	No limit per country	Team Kata Girls	No limit per country
Individual Kata Boys	No limit per country	Team Kata Boys	No limit per country
Individual Kihon Girls	No limit per country	Individual kihon – ipon Girls	No limit per country
Individual kihon Boys	No limit per country	Individual kihon –ipon Boys	No limit per country

**B. CHILDREN II. AGE 8-9 YEARS (BORN IN 2014-2013)**

Individual Kata Girls	No limit per country	Team Kata Girls	No limit per country
Individual Kata Boys	No limit per country	Team Kata Boys	No limit per country
Individual Kihon Girls	No limit per country	Individual kihon – ipon Girls	No limit per country
Individual kihon Boys	No limit per country	Individual kihon –ipon Boys	No limit per country

**C.CHILDREN III. AGE 10-11 YEARS (BORN IN 2012-2011)**

Individual Kata Girls	No limit per country
Individual Kata Boys	No limit per country
Ind. Jiyu-Ippon-Kumite Girls	No limit per country
Ind. Jiyu-ippun kumite Boys	No limit per country
Individual Kihon Girls	No limit per country
Individual Kihon Boys	No limit per country
<i>Team Kata Girls</i>	No limit per country
<i>Team Kata Boys</i>	No limit per country
<i>Team Jiyu-ippun kumite Boy</i>	No limit per country
<i>Team Jiyu-ippun kumite Girls</i>	No limit per country

**D.CHILDREN IV. AGE 12-13 YEARS (BORN IN 2010-2009)**

Individual Kata Girls	No limit per country
Individual Kata Boys	No limit per country
Ind. Jiyu-Ippon-Kumite Girls	No limit per country
Ind. jiyu-ippun kumite Boys	No limit per country
Individual Kihon Girls	No limit per country
Team jiyu-ippun kumite Boys	No limit per country
<i>Team Kata Girls</i>	No limit per country
<i>Team Kata Boys</i>	No limit per country
<i>Individual Kihon Boys</i>	No limit per country
<i>Team jiyu-ippun kumite Girls</i>	No limit per country



**1<sup>st</sup>. ITKF WORLD CUP FOR CHILDREN "SENSEI HIDETAKA NISHIYAMA"**

**COMPETITION RULES**

**INDIVIDUAL KATA:**

Groups A, B, C, D: eliminations, semi-finals, finals - flag system

TYPE OF KATA (individual and team):

Group A: elimination/ semi-final/ final Taikyoku, Heian 1-2-3;

Group B: elimination/ semi-final/ final Heian 1-2-3-4-5, Heian Oi Kumi;

Group C: elimination/ semi-final/ final Heian 1-2-3-4-5, Heian Oi Kumi, Bassai-Dai;

Group D: elimination/ semi-final/ final Heian 1-2-3-4-5, Heian Oi-Kumi, Bassai-Dai,

Kanku Dai, Jion, Enpi, Taiji shodan;

Team Kata: Each team will be composed of 3 contestants (1 athlete can be from the younger group).

**KIHON KUMITE:**

From natural stance must step back with Gedan-barai and start techniques from left (Hidari) stance!

**GROUP A, B**

**GROUP C, D**

1. Oi-Zuki /Jodan	forward	1. Oi-Zuki /Jodan	forward
2. Age-Uke /Gyaku-Zuki	backward	2. Age-Uke /Gyaku-Zuki	backward
3. Gyaku-Zuki /Chudan	forward	3. Gyaku-Zuki /Chudan	forward
4. Uchi-Uke /Gyaku-Zuki	backward	4. Soto-Uke /Gyaku-Zuki	backward
5. Mae-Geri /Chudan	forward	5. Mae-Geri /Chudan	forward
6. Gedan-barai /Gyaku-Zuki	backward	6. Gedan-barai /Gyaku-Zuki	backward
		7. Mawashi-Geri /Jodan	forward
		8. Uchi-Uke / Gyaku-Zuki	backward



**KIHON-IPPON KUMITE GROUP A:**

ATTACK: Natural stance: Gedan-barai step back in zenkutsu dachi and attack techniques from left (Hidari)

DEFENSE: Heiko (Yoi) dachi

1.

ATTACK: AKA - Oi-tsuki (jodan)

DEFENSE: SHIRO - Age-uke counter attack: Gyaku-Tsuki-Chudan

2.

ATTACK: AKA - Oi-tsuki (chudan)

DEFENSE: SHIRO - Soto-uke counter attack: Gyaku-Tsuki-Chudan

3.

ATTACK: AKA - Mae-geri (chudan)

DEFENSE: SHIRO - Gedan-barai counter attack: Gyaku-Tsuki-Chudan

**KIHON-IPPON KUMITE GROUP B:**

1.

ATTACK: AKA - Oi-tsuki(jodan)

DEFENSE: SHIRO -Age-uke counter attack: Gyaku-Tsuki-Chudan

2.

ATTACK: AKA - Mae-geri(chudan)

DEFENSE: SHIRO – Gedan-barai counter attack: Gyaku-Tsuki-Chudan

3.

ATTACK: AKA - Mawashi-geri(chudan)

DEFENSE: SHIRO -Uchi-uke counter attack: Gyaku-Tsuki-Chudan

**JIUY IPPON KUMITE Group C and D:**

ATTACK: Kizami-Tsuki-Jodan, Oi-Tsuki-Jodan, Gyaku-Tsuki-Chudan, Mae-Geri-Chudan, Mawashi-Geri-Jodan;

\*IN FINAL MATCHES ONLY - plus RENZOKU-KOGEKI-WAZA: Kizami-Tsuki-Jodan - Mawashi-Geri-Jodan - Uraken-Uchi-Jodan - Gyaku-Tsuki-Chudan.

DEFENSE: ONLY -Uke-waza, counter attack: Gyaku-Tsuki-Chudan

**ATTENTION:**

1. AN ATHLETE CAN PARTICIPATE IN INDIVIDUAL CATEGORIES ONLY IN HIS AGE CATEGORY.

IF HE PARTICIPATES IN TEAM CATEGORY FOR AN OLDER AGE GROUP, HE CANNOT PARTICIPATE IN THE SAME TEAM CATEGORY IN HIS AGE GROUP!





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Example: one cadet athlete can participate in individual categories for cadets. He can participate in team kata for juniors. In this case he cannot be part of team kata cadets.

### 4. APPLICATION AND REGISTRATION

#### a) Applications

Dear athletes, since, we have very little time - we are kindly asking all participants (Officials, Athletes, Coaches and Judges) to apply their applications latest by **OCTOBER 1, 2022**. Thank you for understanding in advance.

The registration must include:

1. Details of all Officials, Coaches and Judges;
2. Details of all Athletes including respective competing categories;
3. Digital passport size photo for each Official, Coach, Judge and Athlete;
4. Registration fees, accommodation and transport for all participants can be paid to the T.O.C. - MTKF bank account no. IBAN MK07200001009648354, SWIFT STOBMK2X Stopanska banka Skopje, North Macedonia
5. Once again please send all your applications latest by **OCTOBER 1, 2022**.

### PARTICIPATION FEES

EUR 30, 00 - per person, per individual category

EUR 50, 00- for En-Bu

EUR 50, 00- for Kata team

EUR 50, 00- for Kumite team

EUR 50, 00- Judges Refresher Course

### COACHES AND REFEREES REGISTRATION AND ACCREDITATION

EUR 50, 00

### ACCOMODATION

Accommodation for all delegations (athletes, judges, official) will be in the following hotels:

HOTEL IBIS SKOPJE CITY - **35 euros** double room per person per night / with breakfast included.

HOTEL NEXT DOOR PARK - **65 euros** in single room per person per night / with HB breakfast & dinner included

HOTEL NEXT DOOR PARK - **55 euros** in double room per person per night with HB breakfast & dinner included –

HOTEL NEXT DOOR PARK - **55 euros** in triple room per person per night with HB breakfast & dinner included

**In case you decide to book a hotel yourself, the organizer will charge a fine of 15 euros from each participant.**



#### IV. APPLICATIONS & REGISTRATION

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##### **A. Applications**

For logistical reasons we must receive all applications at least 6 weeks before the Championship.

Therefore, we kindly ask all National Federations to complete all registration of their Officials, Athletes, Coaches and Judges and send them on Application Forms by **1 October 2022.**

Note: Any application sent after this deadline will be processed but double fees for athletes' participation must be paid to the Tournament Organizing Committee

##### **B. Registration**

All registration has to be sent on the Application Forms to e-mail:

The registration must include:

1. details of all Officials, Coaches and Judges
2. details of all Athletes including respective competing categories
3. digital passport size photo for each Official, Coach, Judge (athlete photo is not required)
4. All to be done by **1 October 2022 deadline!!!**

Please help us run this complex operation smoothly by observing the deadline.



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### V. SCHEDULE OF EVENTS

9 November 2022 (Wednesday) ..... Arrival (Officials, Judges, Athletes)

10 November 2022 (Thursday) ..... ITKF Judges' Refresher Course  
At sport hall "Kale"

**PLEASE HAVE IN MIND THAT JUDGE REFRESHER COURSE IS MANDATORY FOR ALL JUDGES THAT WISH TO JUDGE AT THE CHAMPIONSHIP**

..... ITKF Board of Directors Meeting– HOTEL NEXT DOOR PARK

..... Special Committees Meeting– HOTEL NEXT DOOR PARK

..... Technical Committee– HOTEL NEXT DOOR PARK & SPA

..... Regional Meetings (9:00 AM – 10:00 AM) – HOTEL NEXT DOOR PARK & SPA

..... ITKF General Meeting (10:15 AM – 1:00 PM)

..... Drawing (7:00 PM – 9:00 PM) – HOTEL NEXT DOOR PARK

Place: Tournament Registration Office – HOTEL NEXT DOOR PARK & SPA

11 November 2022 (Friday) ..... 1<sup>st</sup>. ITKF WORLD CUP FOR CHILDRENS"SENSEI HIDETAKA NISHIYAMA"

Eliminations + semifinals

Place: Sport Hall KALE

12 November 2022 (Saturday) ..... 1<sup>st</sup>. ITKF WORLD CUP FOR CHILDRENS" H. NISHIYAMA"  
Finals

..... 21<sup>st</sup>. ITKF WORLD TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS and CADETS

Eliminations

OPENING CEREMONY

Place: Sport Hall KALE

13 November 2022 (Sunday) ..... 21<sup>st</sup>. ITKF WORLD TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS and CADETS

Eliminations + finals

Place: Sport Hall KALE

14 November 2022 (Monday) ..... Departure



## VI. TOURNAMENT REGISTRATION AND ACCREDITATION

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### A. DATES AND TIMES:

10 November (Thursday) ..... 10.00 a.m.-10.00 p.m.

B. PLACE: Tournament Registration Office – HOTEL NEXT DOOR PARK & SPA

## VII. PLACEMENT OF THE DRAWING

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### A. DATE AND TIME:

10 November (Thursday) ..... 7.00 p.m. - 10.00 p.m.

PLACE: Tournament Registration Office – HOTEL NEXT DOOR PARK & SPA.

### B.

#### PLACEMENT DRAWING NOTE:

All Coaches are required to attend the Draw to confirm that the names and categories of their Athletes are correctly placed before the Draw begins.

No changes or additional inclusion of competitors will be accepted after the drawing.

## VIII. JUDGES

Selection of the Judges will be made by the ITKF Technical Committee Members during the ITKF Judges Refresher Course held right before the World Championship on 10 November 2022 (Friday).



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1. Judges participating in this event have to be ITKF Registered Qualified Judges (class A, B, C) who have participated in the Judges' Refresher Course held before the tournament and completed the ITKF Judges' Refresher Course held in 2022.
2. Each judge candidate must submit the application form, fee and passport size photograph for the Judges' Refresher Course by **1 October 2022**.

All Judges must bring their own HAKAMA (black), whistle and clean KARATEGI.

### IX. CONTACT INFORMATION

All communication between National Federations and the T.O.C. should be done through:

- Dr. Dejan Nedev – ITKF General Secretary, email: [nedevdejan@gmail.com](mailto:nedevdejan@gmail.com), mob.+38970265709.
- our website: [www.itkfkarate.org](http://www.itkfkarate.org)
- our e-mail: [office@itkfkarate.org](mailto:office@itkfkarate.org)
- Our cell phone: +38970265709

If we can be of any further assistance or if you have any further questions, please don't hesitate to contact us through our website or e-mail. Update information regarding the Championship can be also found on the website.

### CONFIRMATION OF PARTICIPATION

All countries planning to participate in the 21st. ITKF WORLD TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS and CADETS are requested to send the confirmation of participation by 1 October 2022 to e-mail: [office@itkfkarate.org](mailto:office@itkfkarate.org)

Please write only general confirmation without details as regards number of participants etc.

Thank you in advance for your cooperation!

We are looking forward to seeing you in Skopje.

Univ. Prof. Vladimir Jorga M.D.Ph.D.,  
ITKF Chairman

Prof. Vencislav Nedev,  
President of Organizing Committee  
ITKF Vice-president