



## Some practical information

Kaizen Doryoku Cup is a competition for beginners and intermediate athletes and is organized in co-operation with the Danish Karate Federation.

The aim is to give beginners and intermediate athletes the possibility to compete at their own level and not have to compete against national team members. All participants are ensured at least two bouts and thus a good experience and a great day.

Kaizen Doryoku Cup is carried out under the competition rules of the Danish Karate Federation (WKF) and under the supervision of the Danish Referees Commission. This means that we require all participants to wear the authorized protection equipment such as mitts, foot and shin protectors in red (aka) and blue (ao).

Coaches are required to have a minimum knowledge of the competition rules and to be dressed according to these, i.e. wearing sneakers and a club track suit.

In "Bredde" Kata categories all kata can be performed. 7-9 year old are required to perform 1 kata. For all other age groups the following is required: 10 – 6. kyu are only required to perform 1 kata, 5. – 1. Kyu must perform at least two different kata. It is allowed to perform more than two different kata, but not to perform the same kata two times in a row. In Kata "Talent" categories new katas must be performed in every round.

Kumite follows the competition rules of the Danish Karate Federation.

We look forward to seeing you at the Kaizen Doryoku Cup in Kolding!

Kaizen Karate Do



Medlem af