



Asd Karate Ken To Zazen Limbiate presents:

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Sunday 03th APRil 2022

24th INTERNATIONAL ITALIAN GRAND PRIX KATA/KUMITE OPEN Competition for Individuals & Teams

Disability Sport supported by the Charity "Voglio la Luna" (Para athletes and athletes will compete in an exclusive category)

The competition is open for all the Sports Associations and Federations complying with their insurances

Where/Location: **PALAZZETTO DELLO SPORT (SPORTHALL)**- Via Inglesina 37, Gerenzano - VARESE
MOTORWAY A9 MILANO-LAGHI, exit SARONNO (PALASPORT in 4 Km)

Program: (Competition divided into 6/8 tatami)

KIDS CATEGORIES	ADULTS CATEGORIES
<i>The following times refer to the category checks, not to the actual competition starting times.</i>	
<p>08.50: Opening Ceremony</p> <p>09.00: Kids KATA – Teams 6/8 & 9/11 yrs old Individual 6/8 yrs old Categories to follow</p> <p>09.30: Kids KATA 9/10 yrs old Individual Categories</p> <p>11.00: Kids KUMITE Ind. 6/8 & 9/10 yrs old</p> <p>11.30: Kids KATA – Teams 12/14 yrs old</p> <p>12.30: Kids KATA 11/12 yrs old Individual Categories</p> <p>14.00: Kids KATA 13/14 yrs old Individual Categories</p> <p>14.30: Kids SANBON KUMITE 11/12 yrs old</p> <p>15.00: Kids SANBON KUMITE 13/14 yrs old</p> <p>17.30: End of the competition</p>	<p>08.50: Opening Ceremony</p> <p>09.00: Cadet/Junior/Senior KATA Team Individual Cadet/Junior KATA to follow</p> <p>10.30: Master Rengokai KATA</p> <p>10.30: Senior Individual KATA</p> <p>11.30: Cadet SANBON KUMITE</p> <p>12.00: Para athletes KATA</p> <p>15.30: Senior SANBON KUMITE</p> <p>16.00: Ippon & Master KUMITE</p> <p>17.00: Junior SANBON KUMITE</p> <p>19.30: End of the competition</p>
<p>The definitive categories will be published Friday afternoon April 03rd 2022 <i>Please note that the times are to be considered ESTIMATED and NOT accurate</i></p>	

Registration rules: By **Tuesday 29th MARCH 2022 (24.00 h).** No registration accepted on the day.

It is important to check the website www.kentozazen.it on the Friday before the competition to check the correct insertion of the athletes in the categories and to report any errors in the entry in advance, to avoid delays in the start time.

Registration will **ONLY** be accepted by E-mail to: info@kentozazen.it, by filling in the form found on www.kentozazen.it under "eventi" (see page 5 of this document). **FAXES, PDFS OR SCANS handwritten WILL NOT BE ACCEPTED.**

N.B.: Please doublecheck your forms have been received.

Voluntary fees: **€ 20** for one or two identical or different individual disciplines in a category:

ex. (cat. junior only kata € 20, only kumite € 20) or (cat. junior kata + junior kumite € 20) **€ 10** Disability Sport Category
€ 15 KATA TEAM Extra category (only one) € 10 Registration fees can be paid on the day, the number of participants registered will be considered for the count of the total amount due.

Every Club will have the right to a PASS every 10 registered athletes, any EXTRA PASS for photos, press, companion ecc.....€ **25** each.

Trainers and team members' presence is requested when collecting and validating passes.

Please note that for registrations will be valid the year of birth, not the day, with the exception of the KUMITE JUNIOR category where only athletes with 18 years old can participate.

KIDS category: *Kata*

SHOTOKAN-SHOTOKAI *Kids* (rules pag. 4)

6/8 Yrs (2016/15/14) - 9/10 Yrs (2013/12) - 11/12 Yrs (2011/10) - 13/14 Yrs(2009/08)

It will be considered the year of birth, not the day.

TEAM KIDS KATA: INTERSTYLE (SHOTO.SHITO,WADO,GOJU,etc) (rules pag. 4)

RS1	6/8 Yrs	W/Y/O/G/B/M	RS2	9/11 Yrs	W/Y/O/G	RS4	12/14 Yrs	W/Y/O/G
			RS3	9/11 Yrs	BL/BR/BL	RS5	12/14 Yrs	BL/BR/BL

INDIVIDUAL KIDS KATA:

2014/13/12 (6/8)				2011/10 (9/10)				2009/08 (11/12)				2007/06 (13/14)			
MN1	6/8 Yrs	W/Y	M	MN4	9/10 Yrs	W/Y	M	MN8	11/12 Yrs	W/Y	M	MN12	13/14 Yrs	W/Y	M
MN2	6/8 Yrs	O/G	M	MN5	9/10 Yrs	O/G	M	MN9	11/12 Yrs	O/G	M	MN13	13/14 Yrs	O/G	M
MN3	6/8 Yrs	BL/BR	M	MN6	9/10 Yrs	BL/BR	M	MN10	11/12 Yrs	BL/BR	M	MN14	13/14 Yrs	BL/BR	M
				MN7	9/10 Yrs	BLACK	M	MN11	11/12 Yrs	BLACK	M	MN15	13/14 Yrs	BLACK	M
FN1	6/8 Yrs	W/Y	F	FN4	9/10 Yrs	W/Y	F	FN8	11/12 Yrs	W/Y	F	FN12	13/14 Yrs	W/Y	F
FN2	6/8 Yrs	O/G	F	FN5	9/10 Yrs	O/G	F	FN9	11/12 Yrs	O/G	F	FN13	13/14 Yrs	O/G	F
FN3	6/8 Yrs	BL/BR	F	FN6	9/10 Yrs	BL/BR	F	FN10	11/12 Yrs	BL/BR	F	FN14	13/14 Yrs	BL/BR	F
				FN7	9/10 Yrs	BLACK	F	FN11	11/12 Yrs	BLACK	F	FN15	13/14 Yrs	BLACK	F

INTERSTYLE (SHITO,WADO,GOJU,etc) *Kids* (rules pag. 4)

TEAM KIDS KATA: INTERSTYLE (SHOTO.SHITO,WADO,GOJU,etc) (rules pag. 4)

RS1	6/8 Yrs	W/Y/O/G/B/M	RS2	9/11 Yrs	W/Y/O/G	RS4	12/14 Yrs	W/Y/O/G
			RS3	9/11 Yrs	BL/BR/BL	RS5	12/14 Yrs	BL/BR/BL

INDIVIDUAL KIDS KATA:

2016/15/14 (6/8)				2013/12 (9/10)				2011/10 (11/12)				2009/08 (13/14)			
MP1	6/8 Yrs	W/Y	M	MP4	9/10 Yrs	W/Y	M	MP8	11/12 Yrs	W/Y	M	MP12	13/14 Yrs	W/Y	M
MP2	6/8 Yrs	O/G	M	MP5	9/10 Yrs	O/G	M	MP9	11/12 Yrs	O/G	M	MP13	13/14 Yrs	O/G	M
MP3	6/8 Yrs	BL/BR	M	MP6	9/10 Yrs	BL/BR	M	MP10	11/12 Yrs	BL/BR	M	MP14	13/14 Yrs	BL/BR	M
				MP7	9/10 Yrs	BLACK	M	MP11	11/12 Yrs	BLACK	M	MP15	13/14 Yrs	BLACK	M
FP1	6/8 Yrs	W/Y	F	FP4	9/10 Yrs	W/Y	F	FP8	11/12 Yrs	W/Y	F	FP12	13/14 Yrs	W/Y	F
FP2	6/8 Yrs	O/G	F	FP5	9/10 Yrs	O/G	F	FP9	11/12 Yrs	O/G	F	FP13	13/14 Yrs	O/G	F
FP3	6/8 Yrs	BL/BR	F	FP6	9/10 Yrs	BL/BR	F	FP10	11/12 Yrs	BL/BR	F	FP14	13/14 Yrs	BL/BR	F
				FP7	9/10 Yrs	BLACK	F	FP11	11/12 Yrs	BLACK	F	FP15	13/14 Yrs	BLACK	F

Kata: Cadet/Junior/Senior/Master Categories

SHOTOKAN Senior/ Cadet-Junior/ Master (rules pag 4)

CAD-JUN: 2007/06/05/04/03/02						SENIOR: from 2001 to 1982								
MA1	W/Y/O		M	FA1	W/Y/O		F	MA4	W/Y/O	M	FA4	W/Y/O		F
MA2	G/BL/BR		M	FA2	G/BL/BR		F	MA5	G/BL/BR	M	FA5	G/BL/BR		F
MA3	BLACK		M	FA3	BLACK		F	MA6	BLACK	M	FA6	BLACK		F
TEAM KATA: CAD/JUN/SEN INTERSTYLE						*MASTER RENGOKAI : from 1981 (shoto-shito-wado-etc...)								
MS1	W/Y/O/G		M	FS1	W/Y/O/G		F	MD1	W/Y/O/G	M	FD1	W/Y/O/G		F
MS2	BLU/MARR/BLACK		M	FS2	BLU/MARR/BLACK		F	MD2	BLU/MARR/BLACK	M	FD2	BLU/MARR/BLACK		F

INTERSTYLE (SHITO,WADO,GOJU,etc.) Senior/ Cadet-Junior/ Master (rules pag 4)

CAD-JUN: 2007/06/05/04/03/02						SENIOR: From 2001 to 1982								
MC1	W/Y/O		M	FC1	W/Y/O		F	MC4	W/Y/O	M	FC4	W/Y/O		F
MC2	G/BL/BR		M	FC2	G/BL/BR		F	MC5	G/BL/BR	M	FC5	G/BL/BR		F
MC3	BLACK		M	FC3	BLACK		F	MC6	BLACK	M	FC6	BLACK		F
TEAM KATA: CAD/JUN/SEN INTERSTYLE						*MASTER RENGOKAI : from 1981 (shoto-shito-wado-etc...)								
MT1	W/Y/O/G		M	FT1	W/Y/O/G		F	MD1	W/Y/O/G	M	FD1	W/Y/O/G		F
MT2	BLU/MARR/BLACK		M	FT2	BLU/MARR/BLACK		F	MD2	BLU/MARR/BLACK	M	FD2	BLU/MARR/BLACK		F

Kumite Sanbon Kids - Individual:

INDIVIDUAL KUMITE:									
MR1	6/8 yrs	W/Y/A	M	OPEN	FR1	6/8 yrs	W/Y/A	F	OPEN
MR2	6/8 yrs	G/BL/BR	M	OPEN	FR2	6/8 yrs	G/BL/BR	F	OPEN
MR3	9/10 yrs	W/Y/O/G	M	-140 cm	FR3	9/10 yrs	W/Y/O/G	F	-140 cm
MR4	9/10 yrs	BL/BR/Black	M	-140 cm	FR4	9/10 yrs	BL/BR/Black	F	-140 cm
MR5	9/10 yrs	W/Y/O/G	M	+140 cm	FR5	9/10 yrs	W/Y/O/G	F	+140 cm
MR6	9/10 yrs	BL/BR/Black	M	+140 cm	FR6	9/10 yrs	BL/BR/Black	F	+140 cm
MR7	11/12 yrs	W/Y/O/G	M	-150 cm	FR7	11/12 yrs	W/Y/O/G	F	-145 cm
MR8	11/12 yrs	BL/BR/BLACK	M	-150 cm	FR8	11/12 yrs	BL/BR/BLACK	F	-145 cm
MR9	11/12 yrs	W/Y/O/G	M	+150 cm	FR9	11/12 yrs	W/Y/O/G	F	+145 cm
MR10	11/12 yrs	BL/BR/BLACK	M	+150 cm	FR10	11/12 yrs	BL/BR/BLACK	F	+145 cm
MR11	13/14 yrs	W/Y/O/G	M	-165 cm	FR11	13/14 yrs	W/Y/O/G	F	-155 cm
MR12	13/14 yrs	BL/BR/BLACK	M	-165 cm	FR12	13/14 yrs	BL/BR/BLACK	F	-155 cm
MR13	13/14 yrs	W/Y/O/G	M	+165 cm	FR13	13/14 yrs	W/Y/O/G	F	+155 cm
MR14	13/14 yrs	BL/BR/BLACK	M	+165 cm	FR14	13/14 yrs	BL/BR/BLACK	F	+155 cm

For female athletes aged between 12 and 14 the use of chest guard is compulsory.

FOR ALL THE ATHLETES IN THE KUMITE KIDS CATEGORY A HEIGHT CHECK WILL BE CARRIED OUT WHEN CALLED.

Athletes registered in a category can participate in higher categories only after they have taken part in their own category, in order to prevent overcrowding.

Kumite: Cadet/Junior/Senior/Master Categories

KUMITE: Senior/Junior/Cadet/Master e IPPON (rules pag 4)											
CADETS: (2007/06/05)				JUNIOR: (2004/03/02) <i>*Only after 18 years of age</i> (No Cadets)				SENIOR: (2001/1982) (No Cadets)			
ME1	W/Y/O/G	OPEN	M	MG1	W/Y/O/G	OPEN	M	MH1	W/Y/O/G	OPEN	M
ME2	BL/BR/BLACK	Kg -58	M	MG2	BL/BR/BLACK	Kg -60	M	MH2	BL/BR/BLACK	Kg -68	M
ME3	BL/BR/BLACK	Kg -65	M	MG3	BL/BR/BLACK	Kg -68	M	MH3	BL/BR/BLACK	Kg -78	M
ME4	BL/BR/BLACK	Kg -70	M	MG4	BL/BR/BLACK	Kg -78	M	MH4	BL/BR/BLACK	Kg +78	M
ME5	BL/BR/BLACK	Kg +70	M	MG5	BL/BR/BLACK	Kg+78	M				
FE1	W/Y/O/G	OPEN	F	FG1	W/Y/O/G	OPEN	F	FH1	W/Y/O/G	OPEN	F
FE2	BL/BR/BLACK	Kg -50	F	FG2	BL/BR/BLACK	Kg -55	F	FH2	BL/BR/BLACK	Kg -58	F
FE3	BL/BR/BLACK	Kg+50	F	FG3	BL/BR/BLACK	Kg+55	F	FH3	BL/BR/BLACK	Kg+58	F
** MASTER CATEGORY SINCE 1981											
(only SANBON): (NO Cadets/Junior/Senior)											
ML1	OPEN	Kg OPEN	M	FL1	OPEN	Kg OPEN	F				
IPPON JUNIOR/SENIOR (No Cadets)											
ML2	OPEN	Kg OPEN	M	FL2	OPEN	Kg OPEN	F				

Athletes registered in a category can participate in higher categories only after they have taken part in their own category, in order to prevent overcrowding.

FOR ALL THE ATHLETES IN THE KUMITE CATEGORY A WEIGHT OR HEIGHT CHECK WILL BE CARRIED OUT WHEN CALLED.

GREEN PASS OBLIGATORY FOR COMPETITOR AND COACH

SANBON KUMITE RULES: KIDS

Categories with less than 4 athletes will be merged without any notice

Guards will not be provided; only helmets and chest guards available. There will be a shop on premises if necessary.
For female athletes aged between 12 and 14 the use of chest guard is compulsory.

Individual Kumite:

- Fights will last for 1.30 minutes.
- Maximum score: **3 IPPONS**, both in preliminary stages and finals.
- No face contact allowed, only a light chudan contact allowed.
- COMPULSORY GUARDS:
Cup, Gloves (white, red or blue), Helmet, Chest Guard, Women Chest Guard (11/14 yrs old), Shin Guards (feet guards optional)

SANBON KUMITE RULES: CADET/JUNIOR/SENIOR/MASTER

Categories with less than 4 athletes will be merged without any notice

- Fights will last for 2 minutes in the preliminary stages.
- Finals will last for 3 minutes with a maximum score of 3 IPPONS.
- COMPULSORY GUARDS: Cup, Gloves (white, red or blue), Mouth Guard, Women Chest Guard from 12 yrs, Shin Guards (Feet Guards optional)
- ****Only Master athletes can compete in the Master Category** (No Cadet/Junior/Senior)

KATA RULES (Scores in numbers, **no flags**)

Categories with less than 4 athletes will be merged without any notice

- Styles will be divided between SHOTOKAN- SHOTOKAI and INTERSTILE (SHITO, WADO, GOJU etc).
- It will be important at the time of registration to specify the style applied.
- White, Yellow, Orange Belts can perform the same Kata in every stage of the competition.
- In the KIDS category, as athletes from different Federations will take part, the following Katas are allowed: Taikyoku, Gojushiho sho/dai, Unsu Suparimpei, or equivalent.
- In the Kids team kata there is the possibility to compose mixed teams by gender.
- * In the Rengokai Master, all of the 1st qualified athletes in every style will be awarded.

Guards are personal, Helmet and Chest Guard will be provided to athletes whose organisers won't have them.
However, a stand with competition equipment will be there.

Clubs with banners are invited to show it during the competition.

AWARDS:

Awards will be given at the end of every category

KATA or KUMITE:

- Individual Categories: Cup to the 1st athletes, Medals to 2nd and the two 3rd athletes
- Team Categories: Cup and Medals to the first four teams in every category (1st, 2nd, 3rd, 3rd)
- Extra Awards ALL of the athletes in the Disability Sport Category

Clubs:

Participation award to all of the registered athletes.

- SPECIAL Cup: for the 1st Club in Shotokan Kata, in Interstyle Kata and in Kumite.
- Cups to the first four Clubs in general classification
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HOW TO REACH THE EVENT:

From airports: <u>Linate:</u> Bus to Piazza San Babila, Tube to Milano Cadorna <u>Malpensa:</u> Malpensa Express to Saronno or Milano Cadorna <u>Bergamo:</u> Bus to Milano Linate	Once at the following train stations: <u>Milano Cadorna:</u> (towards Varese Nord – Laveno) <ul style="list-style-type: none"> • Train to Gerenzano - Turate <u>Saronno:</u> (towards Varese Nord – Laveno) <ul style="list-style-type: none"> • Train to Gerenzano - Turate 1.6 km from Gerenzano train station
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AT THE SPORTS HALL THERE WILL BE A BAR/RESTAURANT

HOTEL CONCORDE FIERA Via Giampiero Clerici 97 21040 Gerenzano VA Tel.+39 02 9682317
info@hconcorde.com Codice Coupon/Sconto: "COUPON"

REGISTRATION DIRECTIONS: NO PDF, PHOTOS AND FORMS HANDWRITTEN

Where to find and how to fill in the registration form on the site www.kentozazen.it:

- Go to page "**News e Risultati**"; alternatively, click on the competition banner on the Homepage.
- Select the Italian flag on the top right corner, under "**modulo d'iscrizione**"; an Excel file will open.
- Download the file and rename it using your club name.
- The file is protected, therefore there will parts of it you will not be able to modify.
- Start filling the form in using the first page with the following info: Club's Name; Federation; City; Style.
- Fill in the "**Nome della società**" (Club's Name) and the athletes' names in the "**Cognome e Nome**" (Surname and Name) section, specifying surname first, name afterwards.
- In the column next to the athletes' names, please select the category codes in the cells chosen (NB. Male categories starts with "M", while female ones starts with "F"). It is possible to select more than a category code in "Extra" column. If in doubt, you can find a list of the categories codes at the bottom of the page when clicking on 'kata' or 'kumite'.
- Once all the spaces have been filled in, please select another page by clicking on the red button at the bottom of the page named "**iscrizioni n°2**".
- Follow the same directions when registering Teams: please type your team's name in the first cell, the team members' surnames in the second, and the category codes in the following one.
- Once all the info has been filled in, please type the name of the club coach or president in the space labelled "**il sottoscritto**". Please also type a phone number.
- Please do not fill in with any non-requested information. The only information required for every athletes is the following:
 - Club's Name
 - Athlete's Name and Surname
 - Category code for Kata, Kumite or extra categories.
 - Categories code shall be selected only from the list, that you can find in the newsletter or in the sections "kata" or "kumite" of the application form. They shall be selected on the basis of the year of birth, the belt belonged to the athlete, the gender and the style practised by the athlete.

IT ISN'T REQUIRED TO EXPLAIN THE DATE OF BIRTH, THE GENDER OR THE BELT, the organisers will understand this data from the selected category (ex. If you chose **MN1**, you select "Shotocan KATA 6/8 yrs white/yellow male" category).
- Once the form has been filled in, save it with your Club's Name and send it only by email to info@kentozazen.it. No registration forms will be accepted if delivered by any other mean.

"INTERNATIONAL GRAND PRIX D'ITALIA"								
1	Federazione/Ente:		Città:					
2	La Società:							
3	Stile praticato (barrare con una "X")							
4	SHOTOKAN		INTERSTILE			Kumite		
5			Shotokan		Interstile		Kumite	
6	Nome società	Cognome e Nome	CAT. KATA	CAT. EXTRA KATA	CAT. KATA	CAT. EXTRA KATA	CAT. KUMITE	CAT. EXTRA KUMITE
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NO PDF, PHOTOS AND FORMS HANDWRITTEN

Liability Waiver "Master 40" 2022

With this document, the Undersigned _____

Born in _____, on the _____

Living in _____ Address _____

Declares

To have complied with the health regulations necessary, and to take full responsibility for injuries to themselves or others during the competition called "**International Grand Prix D'Italia**", therefore relieving the organisers from any legal or civil responsibility.

Legible signature

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Passport Number _____

(Please enclose copy of a certificate of good health, if available, for the current year).

Liability Waiver "Master 40" 2022

With this document, the Undersigned _____

Born in _____, on the _____

Living in _____ Address _____

Declares

To have complied with the health regulations necessary, and to take full responsibility for injuries to themselves or others during the competition called "**International Grand Prix D'Italia**", therefore relieving the organisers from any legal or civil responsibility.

Legible signature

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Passport Number _____

(Please enclose copy of a certificate of good health, if available, for the current year).