

5th JKS Continental Cup 2017



CONVOCAATION (version A)



And the JKS Continental Para Cup

September 1st, 2nd & 3rd 2017 Hasselt, Belgium

**Friday – JKS seminar with Kagawa Shihan and Yamaguchi sensei
Referee exam-grading exam-Coach meeting**

Saturday – Team events – all disabled categories kata-kumite

Sunday – All Individual Events- ceremony-meet and greet party

Organized under auspicien of the "Japan Karate Shoto Federation"

Host: JKS Benelux

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5th JKS Continental Cup 2017



INFORMATION

We are hereby honoured to announce that The 5th JKS Continental Cup 2017 and The JKS Continental Para cup 2017 are scheduled to be held on Friday 1st, Saturday 2nd and Sunday 3rd of September 2017 in Hasselt, Belgium.

It is our utmost pleasure to provide you with the attached schedule and we hope to see you in Hasselt.



5th JKS Continental Cup 2017



Date and time:

Friday September 1st 2017

Seminar with Kagawa Shihan and Yamaguchi Sensei

referee exams-grading exams

referee coaching for disabled categories

Coach meeting

Saturday September 2nd 2017 - All team Events – all disabled categories

Sunday September 3rd 2017 – All individual events-ceremony – meet and greet party

Place Friday:

Sports hall KA 2

Koning Boudewijnlaan 12

B-3500 Hasselt

Place Saturday and Sunday:

Sports hall Alverberg

Herkenrodesingel 33

B-3500 Hasselt

+32 11 87 30 28

Meet and greet (afterparty):

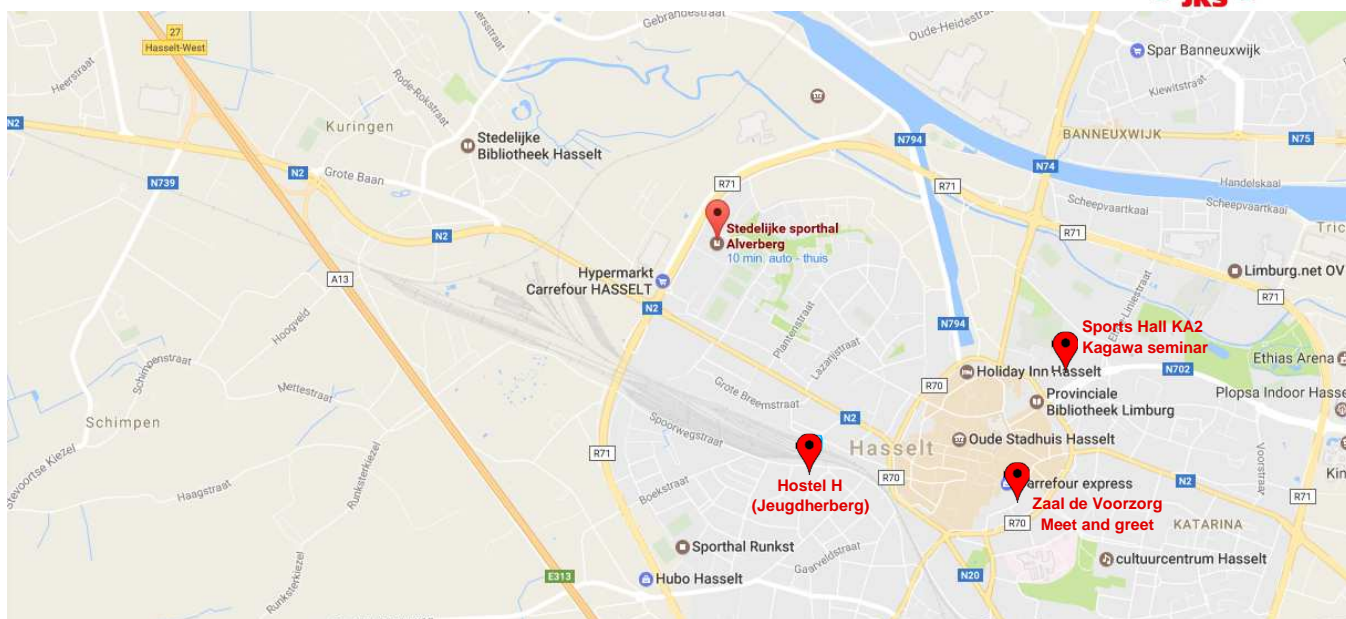
De Voorzorg

Capucienenstraat 10

B-3500 Hasselt



5th JKS Continental Cup 2017



Registration:

Friday September 1st 2017 @ 18.00-19.00 at KA2, Entrance Hall.

Saturday September 2nd 2017 @ 07.30-09.00 at Alverberg, Entrance Hall.

Sunday September 3rd 2017 @ 07.30-09.00 at Alverberg, Entrance Hall.

***International Referees, Officials & Coaches Meeting:**

Friday September 1st 2017 @ 16:00-18:00 at KA2 Koning Boudewijnlaan 12.
18.00-19.00 referee coaching disabled categories

***Seminar by Kagawa Shihan and Yamaguchi sensei:**

Friday September 1st 2017 @ 19:00-20.30 at KA2 Koning Boudewijnlaan 12, Sports Hall.

Cost: €25 per person.

***Referee Exams:**

Friday September 1st 2017 @ 19:30 at KA2 Koning Boudewijnlaan 12.
Cost to attempt exam: €25 per exam.

***Grading Exams:**

Friday September 1st 2017 @ 21:00 at KA2 Koning Boudewijnlaan 12.
Cost to attempt exam: €40 per exam.

***Entries for competitors :**

Please use sportdata to enter competitors, referees & coaches (link below)
<https://www.sportdata.org/> (except disabled categories)



5th JKS Continental Cup 2017



Closing date for applications:

August 1st 2017

Participation fees:

Individual €25 per event

Team €30 per event

Disabled Category €10 per event (not JKS is allowed but only Shotokan)

***After Championship meet and greet Party:**

Sunday September 3rd 2017 @20.00 – De Voorzorg Capucienenstraat 10 Hasselt.

Cost: €25 per person buffet and 4 drinks (Tickets must be bought in advance).

***All fees should be remitted through bank transfer:**

If this is not possible please email 5th-jks-shotokan-cup-2017@jksbenelux.com

Fees to be remitted to:

Act Name: JKS Benelux

IBAN: BE40 0635 1571 3063

5th JKS country:..... (participants)

Seminar country: (participants)

After party country: (participants)

Referee exams: name

Dan grading exams: name



Categories JKS Continental Shoto Cup

Events: KATA

Individual Kata for Children and Cadets: Boys & Girls Separate

Category	Preliminaries	Quarter-finals	Semi-finals	Finals
			Last 16	Last 8
<i>Children 9~11 years</i>	<i>Heian 2~ Heian 5 5th kyu+</i>		<i>Junro 1~2</i>	<i>Free Kata</i>
<i>Children 12~13 years</i>	<i>Heian 2~ Heian 5 5th kyu+</i>		<i>Junro 1~2</i>	<i>Free Kata</i>
<i>Children 14~15 years</i>	<i>Heian 2~ Heian 5 5th kyu+</i>		<i>Junro 1~3</i>	<i>Free Kata</i>
<i>Cadet 16~17 years</i>	<i>Heian 2~ Heian 5 5th kyu+</i>		<i>Junro 1~3</i>	<i>Free Kata</i>

List of Free Kata: Tekki Nidan, Tekki Sandan, Bassai Dai, Bassai Sho, Kanku Dai, Kanku Sho, Empi, Jion, Jiin, Chinte, Unsu, Meikyo, Wankan, Jitte, Gankaku, Hangetsu, Sochin, Nijushiho, Gojushiho Dai, Gojushiho Sho.

Individual Kata for Juniors, Seniors and Veterans: Male & Female Separate

Category	Preliminaries	Quarter-finals	Semi-finals	Finals
		Last 32	Last 16	Last 8
<i>Junior 18~21 years</i>	<i>Heian 2~ Heian 5 3rd kyu+</i>	<i>Junro 1~5</i>	<i>Sentei Kata</i>	<i>Free Kata</i>
<i>Seniors 22~39 years</i>	<i>Heian 2~ Heian 5 3rd kyu+</i>	<i>Junro 1~5</i>	<i>Sentei Kata</i>	<i>Free Kata</i>
<i>Veterans 40~49 years</i>	<i>Heian 2~ Heian 5 3rd kyu+</i>	<i>Junro 1~5</i>	<i>Sentei Kata</i>	<i>Free Kata</i>
<i>Masters 50 & over</i>	<i>shodan+</i>	<i>Sentei Kata</i>		<i>Free Kata</i>

List of Free Kata: Tekki Nidan, Tekki Sandan, Bassai Sho, Kanku Sho, Jiin, Chinte, Unsu, Meikyo, Wankan, Jitte, Gankaku, Hangetsu, Sochin, Nijushiho, Gojushiho Dai, Gojushiho Sho.

Please Note:

In the semi-finals, the list of Sentei Kata is: Bassai Dai, Kanku Dai, Empi, Jion. is to be chosen and announced by the referee.

Koten Kata: Male & Female Mixed

Category	Preliminaries	Quarter-finals	Semi-finals	Finals
				Last 8
<i>10~13 years</i>	<i>Kakuyoku Nidan</i>			<i>Free Kata</i>
<i>14~17 years</i>	<i>Kakuyoku Nidan</i>			<i>Free Kata</i>
<i>18~49 years</i>	<i>Kakuyoku Nidan</i>			<i>Free Kata</i>
<i>50 years & over</i>	<i>Kakuyoku Nidan</i>			<i>Free Kata</i>

List of Free Kata: Suishu, Kashu, Roushu, Kakuyoku Shodan, Kakuyoku Sandan, Joko Issei, Joko Nisei, Joko Sansei, Joko Yonsei, Joko Gosei, Kakusen, Rantai, Hachimon, Sensho, Kibaken, Meikyo Nidan.

Team Kata: Male & Female Separate

Category	Preliminaries	Quarter-finals	Semi-finals	Finals
				Last 8
<i>10~13 years</i>	<i>Free Kata</i>			<i>Free Kata</i>
<i>14~17 years</i>	<i>Free Kata</i>			<i>Free Kata</i>
<i>18 and over</i>	<i>Free Kata</i>			<i>Free Kata</i>
<i>Family (mixed)</i>	<i>Free Kata</i>			<i>Free Kata</i>

Team Kata rules:

- 3 persons per team and 2 substitutes - except Family Kata.
- Preliminaries and final rounds will be judged by points.
- Preliminaries and final rounds are free Kata.
- Preliminaries rounds Kata cannot be repeated in the finals.
- 2 teams team per age category per country.
- Male & Female separate – except Family Kata
- Family team (3 direct family members from 2 generations per team)

KUMITE: Individual Kumite: Male & Female Separate

Category	Preliminaries	Semi-finals	Finals
<i>Children 9~11 years</i>	<i>1 min 30 sec. Nihon Shobu 5th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>2 min. Nihon Shobu</i>
<i>Children 12~13 years</i>	<i>1 min 30 sec. Nihon Shobu 5th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>2 min. Nihon Shobu</i>
<i>Children 14~15 years</i>	<i>1 min 30 sec. Nihon Shobu 5th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>2 min. Nihon Shobu</i>
<i>Cadet 16~17 years old</i>	<i>1 min 30 sec. Nihon Shobu 5th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>2 min. Nihon Shobu</i>
Juniors <i>18~21 years female under 61kg</i>	<i>2 min. Nihon Shobu 3th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>3 min. Nihon Shobu</i>
Juniors <i>18~21 years female over 61kg</i>	<i>2 min. Nihon Shobu 3th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>3 min. Nihon Shobu</i>
Juniors <i>18~21 years male under 75kg</i>	<i>2 min. Nihon Shobu 3th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>3 min. Nihon Shobu</i>
Juniors <i>18~21 years male over 75kg</i>	<i>2 min. Nihon Shobu 3th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>3 min. Nihon Shobu</i>
Seniors <i>22~39 years female under 61kg</i>	<i>2 min. Nihon Shobu 3th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>3 min. Nihon Shobu</i>
Seniors <i>22~39 years female over 61kg</i>	<i>2 min. Nihon Shobu 3th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>3 min. Nihon Shobu</i>
Seniors <i>22~39 years male under 75kg</i>	<i>2 min. Nihon Shobu 3th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>3 min. Nihon Shobu</i>
Seniors <i>22~39 years male over 75kg</i>	<i>2 min. Nihon Shobu 3th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>3 min. Nihon Shobu</i>
Seniors <i>22~39 years OPEN</i>	<i>2 min. Nihon Shobu 3th kyu +</i>	<i>2 min. Nihon Shobu</i>	<i>3 min. Nihon Shobu</i>
Veterans <i>40~49 years</i>	Shodan+	<i>2 min Ippon Shobu</i>	
Masters 50 <i>years & over</i>	Shodan+	<i>2 min Ippon Shobu</i>	



Kumite Competitor's Protective Gear:

The protective gear is **compulsory** and the responsibility of the competitor.

- Aka will wear red hand pads, red shin & foot guards and red belt.
- Shiro will wear blue hand pads, blue shin & foot guards and blue belt.
- Mouth piece. (Clear type only)
- Chest protectors for female competitors.
- Chest protectors for all age categories, male & female competitors, up to and including 17 years old *recommended*.
- Groin Guards for male competitors. (White)

Team Kumite: ippon shobu

Category	Preliminaries	Semi-finals	Finals
<i>10~13 years</i>	<i>1 min 30 sec. Ippon shobu</i>	<i>1 min 30 sec. Ippon shobu</i>	<i>1 min 30 sec. Ippon shobu</i>
<i>14~16 years</i>	<i>1 min 30 sec. Ippon shobu</i>	<i>1 min 30 sec. Ippon shobu</i>	<i>1 min 30 sec. Ippon shobu</i>
<i>17~19 years</i>	<i>1 min 30 sec. Ippon shobu</i>	<i>1 min 30 sec. Ippon shobu</i>	<i>1 min 30 sec. Ippon shobu</i>
<i>20 years old & over</i>	<i>1 min 30 sec. Ippon shobu</i>	<i>1 min 30 sec. Ippon shobu</i>	<i>1 min 30 sec. Ippon shobu</i>

Team Kumite rules:

- 3 persons per team and 2 substitutes.
- 2 teams per age category per country.
- Male & Female separate.

Categories JKS Continental Para Cup

Dear all,

For the first time JKS will implement more disabled categories in their competition. There will be 4 major categories for kata and safe kumite. More information about the categories below.

There will be a referee coaching for the disabled categories on Friday from 18.00-19.00

We would like you to fill in a medical form, about health issue so or medical team can act sufficient in case of emergency.

General notice:

All Shotokan related disabled karateka's can participate on this competition. They are not obligated to be a member of JKS Japanese Karate Shoto Renmei.

Prior to the competition all athletes will be provided with a Classification Form to complete in order to notify JKS of their disability and IQ level in the case of intellectual impairment.

Every athlete must be accompanied by a personal attendant wearing a tracksuit who will take care of the athlete. This attendant will receive free entry to the competition and must be notified to the Disability Control Desk at inscription together with the Buddy*
(*Buddy only for wheelchair user kumite and vision impairment)

All-age participants, male and female participate together.

Preliminaries and final rounds will be judged by points, except the category intellectual impairment, kata and kumite will be flagged out.

Preliminaries and final rounds may perform the same Kata.

The personal attendant or carer must be over the age of 18 and is responsible for the athlete during the whole competition. The attendant will know the background of the athlete person and be aware of any possible medication.

In case of wheelchair athletes there are 2 floors connected one with mats one without mats. The referee and judges will always start with kata and then move to the floor with mats for kumite.

For all disabled categories kata and kumite will be executed one after the other.

The Buddy

Will perform the kumite with the disabled athlete.

shall at all times during the tournament, wear karate suit with on the back a sticker from the organization with the name "BUDDY"

It is advisable as buddy to wear groin protection for man and chest protection for woman.

The comfort referee

1 or 2 comfort referees on every floor as their impairment.

Needs to know the athlete that's why the assistant Referee can be switched on the spot.

Needs to comfort the athlete.

The first to handle the dignity of the athlete.

Makes calls to the doctor in case of emergency.

Ensures that athletes do not hurt themselves.

Communicates with the athletes in a normal and understanding way.

Acts in case off aggression.

Is allowed to restart the match again.

Can overrule all of the judges to restart but cannot decide the winners.

Comfort Referee can take the role of buddy against any athlete if required.

The Assistant Referee will assist the Referee as required

In case of more participants, categories can be split up in age, gender and disability.

1 disability coach for each country if more than 5 participants 2 coaches.

CATEGORY MARKED AS YELLOW STAR

Competition method

All levels include vision impairment, intellectual impairment, physical impairment,

Classification 501

manual, good to perfect control over body, visual impairment, no intellectual impairment

Classification 502

manual, control over body with slight deviation. Performance is still clear or not able to use 1 hand or 1 arm perfectly, or together with visual impairment or intellectual impairment IQ but more than 50

Classification 503

manual more deviation less control, performing is not clear, or not able to use 1 hand or 1 arm, or together with visual impairment or intellectual impairment more than 50 IQ

no overacting from the buddy. They need to adapt on the level of the wheelchair athlete, overacting will be punished.

All kumite's will be executed within 3 minutes.

Comfort Referee: no opinion but controls the situation and interacts with athletes

Individual Kata

Kata list: Shorin, Nirin, Sanrin, Yonrin, Gorin Kata.

500A Classification kata Mixed

kata

Choice between:

Shorin, Nirin, Sanrin, Yonrin, Gorin

Point System

Individual Kumite

500B Classification kumite advanced with abled athlete Mixed

Abled athlete does 5 different attacks with the impaired athlete.

The abled athlete is free to do a combination attack or a block and attack and it will count as 1 attack.

When there is a break of more than 2 seconds in between attacks, it will count as 2 attacks.

The athlete must do a block and counterattack
before any throw or a wristlock.

Athlete and abled athlete can move after every exercise

Use of brakes allowed and good control of wheelchair

At least one Kiai at the end

Out of wheelchair is disqualification

The movements of the abled athlete must also be judged
as a team.

Point System

CATEGORY MARKED AS ORANGE BALL**Competition method**

Classification 201: learning difficulty (IQ between 75-50), can understand combinations, can potentially enter mainstream karate.

Classification 202: learning difficulty (IQ between 50-35), less understanding of combinations, working with red and blue bracelets and pictograms.

Separate category -18 years.

Comfort Referee: no opinion but controls the situation and interacts with athletes

201A Classification kata Mixed

Heian kata

Final 8 any Shotokan kata

Flag System

Point System

Comfort Referee no counting

Allowed to repeat the kata

201B Classification kumite Sanbon Mixed, blue/red mitts protection

Sanbon kumite:

One side only, left leg in front J/C/MG basic block.

After 3rd block, counterattack fist to the body "kiai"

Comfort Referee obligated to count for the athlete

Flag System

202A Classification kata with no hikite Mixed

Heian kata

Final 8 any Shotokan kata

Flag System

Point System

Comfort Referee can count the movements of athlete

Allowed to repeat the kata

202B Classification kumite Sanbon Mixed, blue/red mitts protection

Sanbon kumite :

left leg in front. start in Jodan/age uke position.

3 times jodan blok age uke and back-

3 times chudan blok gedan barai and back all combined.

After 3rd block counterattack fist to the body "kiai"

back to block position after counterattack

Comfort Referee obligated to count for the I-athlete

Flag System



CATEGORY MARKED AS GREEN CLUBS

Competition method:

Classification 301: physical disability mobility with legs and poor mobility with one arm can understand combinations, IQ higher than 50

Classification 302: physical disability only use of legs not possible to use arms to perform in a technical standard way, can understand combinations if perfect use of only one arm the athlete needs to place in category 301 303 304
IQ higher than 50

Comfort Referee: no opinion but controls the situation and interacts with the athletes
He can take the role of buddy when the disabilities are to differentiated

301A Classification kata Mixed
Lower kata (list) athlete allowed to use one arm for all movements
Comfort Referee no counting Flag System
Final 8 higher or lower kata (list) Point System
Comfort Referee no counting
Allowed to repeat the kata

301B Classification kumite Ippon Mixed, blue/red leg protection
Best side in front : jodan, chudan, 3th choice chudan or mae geri
basic block hentai counterattack (block and counterattack same arm)
Age uke/tate tsuki or tsuki chudan
Soto uke/tetsui or tsuki chudan
Gedan barai/uraken or tsuki chudan
Comfort Referee can count movements of the athlete. Flag System
If the disabilities are to different the comfort referee can attack all the I-athletes and the judges will us the point system.

302A Classification kata Mixed
I-kata shodan geri all movements with legs
Final 8 allowed to repeat the kata or nidan geri
Comfort Referee Point System

302B Classification kumite Ippon shin protection
Ippon I-kumite One side of the body left leg in front MG, YG, WG
Block with legs, counter attack with legs.
Comfort Referee count movements of the athlete Flag System
If the disabilities are to different the comfort referee can attack all the I-athletes and the judges will us the point system.

Classification 400 VISION IMPAIRMENT walkers

Classification less than 2/10 3/10 and more not allowed
JKS approved eye protection

CATEGORY MARKED AS WHITE HART

Competition method:

Classification 401: no physical or coordination problems can understand combinations
visibility starting from and less than 2/10 JKS eye protection required

Classification 402: slight physical or coordination problems can understand combinations
visibility starting from and less than 2/10 JKS eye protection required

[Comfort Referee: no opinion but controls the situation and interacts with the athletes](#)

401-402A Classification kata Mixed

heian kata 2 markers
Final 8 any Shotokan kata

[Comfort Referee allowed to count](#)

[Point System](#)

Allowed to repeat the kata

401-402B Classification kumite advanced with abled athlete Mixed no protection

Abled athlete does 5 different attacks with the impaired athlete.

The abled athlete is free to do a combination attack

or a block and attack and it will count as 1 attack.

When there is a break of more than 2 seconds
in between attacks, it will count as 2 attacks.

The athlete must do a block and counterattack
before any throw or a wristlock.

At least one Kiai at the end.

The movements of the abled athlete must also be judged

[No Comfort Referee needed](#)

Championship Rules: JKS Rules

Important Notice Concerning Rules:

Kata match - at the end of the competitor's Kata performance, the Referee (SHUSHIN) will announce HANTEI, followed by whistle sound, then only the Judges (FUKUSHIN) will raise their flags simultaneously and after giving sufficient time for the votes to be counted (approximately 5 seconds) the flags will be lowered after an additional short whistle sound by the referee. The Referee will then declare the winner. The judges (FUKUSHIN) should decide the winner and raise either red or white flag, in the event of a draw the referee will announce Hikiwake then Saishiai (rematch).

In the rematch - at the end of the competitor's Kata performance, the Referee (SHUSHIN) will announce HANTEI, followed by whistle sound, then he will raise his flag simultaneously with the Judges (FUKUSHIN) and after giving sufficient time for the votes to be counted (approximately 5 seconds) the flags will be lowered after an additional short whistle sound by the referee. The Referee will then declare the winner. The judges (FUKUSHIN) should decide the winner and raise either red or white flag, and they should avoid a draw decision to avoid schedule delays.

In case of Kumite, after ending the time of the match, and the scores are equal, the Referee (SHUSHIN) will announce Hikiwake. Then an enchoson extension for one minute will be held, whereby the winner will be the first to score (Saki-dori). In the event of a further tie if no one scores the judges must decide aka or shiro.

Repechage: From now JKS rules will include repechage system

Repechage simply means that when you have established who your two finalists are (one from each pool or one from the top half of the draw and one from the bottom) you will know who each of these finalists has beaten to reach the final.

In each half of the draw, or in each pool, the competitors that have been beaten by the finalists come back in for bronze.

From now kumite juniors and seniors male and female will be divided in weight categories:

Female: -61 kg +61 kg and open category for seniors

Male: -75 kg and +75 kg and open category for seniors

Compulsory:

Aka will wear red hand pads, red shin & foot guards and a red belt. Auo will wear blue hand pads, blue shin & foot guards and a blue belt.

General notice:

- The competitor's age should be determined as of their age on day of the championships, to be considered eligible to compete in the declared category.
- Weight check-up Sunday morning by appeal.
- Please use sportdata to enter competitors, referees & coaches (<https://www.sportdata.org>)
- Team managers and coaches will receive an armband / pass. Any team manager or coach without an armband will not be allowed to enter the competition area.
- In case of any violations of the Rules, protest from team manager is allowed. In case of any dispute of the referee's decisions, no protest is allowed.

Visas:

All competitors and countries are responsible for their own visa applications / requirements. A letter of support can be given from the organizers if required.

Insurance:

All competitors and countries are responsible for their own insurance coverage.

Transport Information

Hasselt is well connected by road and rail.

The train station is 1.5 km from the sports hall.

By road: 11km from exit 29 (Zonhoven) on Highway E314 or 2.2 km from exit 27 (Hasselt) on Highway E313. Take exit Hasselt West.

Travelling To Hasselt By plane

Brussel international airport / train-car rental

Brussel South Airport (Charleroi) / train-car rental

Eindhoven Airport (NL) / taxi-car rental

Maastricht Airport (NL) / taxi-car rental

Dusseldorf Airport (2hours driving)

Hotel Accommodation

Hasselt has a small range of hotels, please visit :

Booking.com or

venere.com

<http://www.toerismelim>

[burg.be/nl/limburg-ontdekken/regios/hassel](http://www.toerismelim.be/nl/limburg-ontdekken/regios/hassel)

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[omgeving/overnachten-](http://www.toerismelim.be/nl/limburg-ontdekken/regios/hassel-omgeving/overnachten-hasselt-omgeving)

[hasselt-omgeving](http://www.toerismelim.be/nl/limburg-ontdekken/regios/hassel-omgeving)

Emergency Medical Treatment

There are 2 hospitals in Hasselt. The closest one to the main venue is Virga Jesse Ziekenhuis, Stadsomvaart 11 3500 Hasselt +3211335511, 2.2 km from the sports hall.

The other one is Salvatorziekenhuis,
Salvatorstraat 20 3500 Hasselt
+32335511. 5 km from the sports hall.

Drinks and Food at Venue

There will be a café that will operate throughout the day. There are also a number of vending machines onsite and nearby shops.

Disabled Access and Parking

The venue has ample parking facilities and disabled access