

KUMITE 14/15 year

Poulesystem, each fight 90 seconds

Obligatory protection: white shin/instep protection(see photo), white fingerless mitts(see photo), head guard and groin protection.

Upperbody protection(see photo) will be provided by the organization

Not using a teeth protection is on their own risk!

Rules:

ShinKyokushin Full contact rules as the seniors, but extra:

no kakato-geri, no mae-geri jodan, no knock-out/knock-down kicks to the head(only controlled kicks, so pull back the foot after the skin touch on the helmed), no mawashi-geri gedan.

All knock-out/knock-down techniques to the upperbody are allowed(including the tobi-geri techniques).

A well executed kick on the helmed will be awarded with waza-ari.

The weight divisions will be made at the tournament.



KUMITE 16/17 year

Poulesystem, each fight 2 minutes

Obligatory protection: white shin/instep protection(see photo), head guard, groin protection(only for boys). The girls also have to wear bust protectors/"cups"(see photo, but bust plates are not allowed) and a white t-shirt of white sports top/bra under the gi.

Not using a teeth protection is on their own risk!

Rules:

ShinKyokushin Full contact rules as the seniors, but extra:

no kakato-geri, no mae-geri jodan, no knock-out/knock-down kicks to the head(only controlled kicks, so pull back the foot after the skin touch on the helmed).

A well executed kick on the helmed will be awarded with waza-ari.

The weight divisions will be made at the tournament.

