

KUMITE MALE -70 kg / -80 kg / +80 kg

ShinKyokushin Full contact contact rules and no holding or grabbing.

Obligatory protection: groin and white shin/instep protection(see photo).
Not using a teeth protection is on their own risk!

Duration of a bout:

3 minutes> draw?> **2 minutes** > draw, than weighing.

No minimal weight difference of 5 kg(+80 kg = 10 kg) >

2 minutes encho-sen(with decision)

Final: **3 minutes** > draw? > **2 minutes** > draw > **2 minutes** > draw, than weighing.

No minimal weight difference of 5 kg(+ 80 kg = 1- kg) > **2 minutes encho-sen(with decision)**

KUMITE FEMALE -60 kg & +60 kg

ShinKyokushin Full contact contact rules and no holding or grabbing.

Obligatory protection: white shin/instep protection(see photo) and bust protectors/"cups"(see photo), but bust plates are not allowed.

Not using a teeth protection is on their own risk!

They have also to wear a white t-shirt of white sports top/bra under the gi.

Duration of a bout:

3 minutes> draw?> **2 minutes** > draw, than weighing.

No minimal weight difference of 3 kg(+60 kg = 8 kg) > **2 minutes encho-sen(with decision)**

Final: **3 minutes** > draw? > **2 minutes** > draw? > **2 minutes** > draw, than weighing.

No minimal weight difference of 3 kg(+60 kg = 8 kg) > **2 minutes encho-sen(with decision)**

