



**FSKO**

**8th FRENCH OPEN of SHINKYOKUSHINKAI KARATE**

**INTERNATIONAL TOURNAMENT - KO FIGHTS**

**SATURDAY, JUNE 13th, 2015**

**LOOS (LILLE - NORTH OF FRANCE)**

Lille, March 1st, 2015

**Shihan, Sensei, Sempai & Dojo operators,**

We have the pleasure to invite you to the **French Open of Shinkyokushinkai Karate 2015**, International Tournament with knockdown fights.

**Saturday 13th of June 2015**

**Sempai Sébastien Vanroyen and Sensei Pascal Rouxel** has always met a great success.

This 8th issue will take place in Loos (near Lille in North of France) and will be under the authority of **France Shinkyokushinkai Karate Organisation (FSKO)**.

**The last date to register this tournament is fixed on May 31<sup>st</sup>, 2015.**

All styles and all federations are very welcomed in order to stand a tournament of the best quality.

Before all, the spirit of the fighters is important to build up the success of the tournament. Everyone, whatever his level, must give the best of himself and fight until the end. ***Never give up !***

This spirit must not go against fighters, organisation and referees' respect.

Start your training right now to be ready on time !

We look forward to seeing you at our Open that shall give you all satisfaction.

OSU !

**Tournament's director**

**Sébastien VANROYEN**

Gsm. 00 33 6 70 46 15 33

Email. [Sebkyoku@aol.com](mailto:Sebkyoku@aol.com)

**President of FSKO**

**Pascal ROUXEL**

Mas OYAMA French

Branch Chief n°41546



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**SATURDAY, JUNE 13th, 2015**

**LOOS (LILLE - NORTH OF FRANCE)**

**Name of the tournament: 8th French Open of Shinkyokushinkai Karate 2014**

**Date : Saturday 13 June 2015 : Elite Women and Novice Men (18 years old and over)  
Elite Men and Seniors (35 years old and over)**

**Place : Sport Hall of LOOS (3 km far from Lille) - **Sport Hall Caby** - 230, rue René Descartes**

**Conditions:**

- Competitors must be 18 years old and above at the day of the tournament with sport licence or insurance attestation
- Doctor's certificate from September 1st, 2013 or later, which certifies your ability to fight karate in a knock down competition.
- For women, a doctor's certificate of no pregnancy at the date of the tournament is required.
- Authorisation of pictures and discharge will be filled out on the spot

**Categories**

<b><u>WOMEN ELITE</u></b>	Lightweight	less than 65
	Heavyweight	65 kg and above

<b><u>MEN NOVICES</u></b>	Lightweight	less than 70
	Middleweight	less than 80
	Heavyweight	80 kg and above

**CAREFUL :** Novice category is reserved to inexperienced or little experienced fighters. Are off from this category :

- Competitors who were placed in the top 3 in a national senior tournament
- Competitors who are used to compete in international championships
- Competitors who were finalist in an Open Novice Tournament
- Shodan competitors (black belt) whatever the style

<b><u>MEN ELITE</u></b>	Lightweight	less than 70 kg
	Middleweight	less than 80 kg
	Heavyweight	80 kg and above

**SENIOR MEN ELITE** 35 years old and above, no category



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### **General rules**

This tournament will obey to the Shinkyokushinkai international rules established by the World Karate Organisation Shinkyokushinkai with the following specificities:

### **Appearance**

- White karate-Gi
- Groin protection is compulsory for all competitors
- Shin and instep pads are forbidden included women and men novices.
- Bra protection for women (cups only) is compulsory - breastplate is forbidden.
- Teeth protections are accepted
- No bandage accepted before the 1st round, accepted for the 2<sup>nd</sup> round with the signature of the tournament's doctor

### **Fighting times**

- **Fighting times for novices:**
  - Until ¼ final included: 3 min. - decision / 2 min. - ENCHOSEN (compulsory decision) *(so maximum 3 + 2 min = 5 min.)*
  - 1/2 finals and finals: 3 min. - decision / 2 min. - decision / Scale / 2 min. - ENCHOSEN (compulsory decision)  
*(So maximum 3 min + 2 min + 2 min = 7 min)*
- **Fighting times for women and men elites :**
  - Until ¼ final included: 3 min. - decision / 2 min. - Scale / 2 min. - ENCHOSEN (compulsory decision) *(maximum 7 min)*
  - ½ finals and finals: 3 min. - decision / 2 min. - decision / 2 min. - decision / Scale / 2 min. - ENCHOSEN (compulsory decision) *(maximum 9 min.)*

*Each fighter will be asked to finish his fight as soon as possible in order to avoid being injured in long fights.*

- **Fighting times for Senior :**
  - 3 min - decision / 2 min - decision / Scale / 2 min - ENCHOSEN (compulsory decision) *(so maximum 3 min + 2 min + 2 min = 7 min)*



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### **Tameshiwari (boards breaking) for Men Elites only**

Tameshiwari will occur only for semi-finalists

- Siemen (fist)
- Shut (knife of the hand)
- Haji (elbow).

### **Scale rules**

Men: 5 kg difference for light and middleweights & 10 kg difference in heavyweights

Women: 3 kg difference in lightweight and 5 kg difference in heavyweight

Senior: 10 kg difference

### **Registration**

**Limit date for registration : May 31st, 2015** via Email to [sebkyoku@aol.com](mailto:sebkyoku@aol.com)

**Expenses of registration by candidate: 10 €** - and should be paid on spot during the registration in cash (Euros only).

### **Judges & Referees**

Each participating dojo will try to bring with, a Judge or a Referee (see form p.10).

The organisation will provide meals for Judges and Referees on Saturday and Sunday noon.

### **Coaches**

The coaches will be of a maximum of 2 per dojo and will be obliged to wear jogging and a training shoes.

Coaches are required to show a good behaviour, etiquette and courtesy to the Referee staff and the organizers.

### **SCHEDULE**

Opening of doors at 8:00 am

Starting of fights at 10:00 am

End of fights at 6:00 pm

Award ceremony at 6:15 pm (4 first per cat. + best fighter + best Tameshiwari + fastest KO + Nintai Trophy).



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### **REGISTRATION AND WEIGHING**

- ❖ Friday evening at the official hotel between 4:30 and 7:30 pm
- ❖ Saturday morning in the sport hall Caby between 8:00 and 9:00 am

### **OFFICIAL HOTEL :**

<http://www.novotel.com/fr/hotel-0427-novotel-lille-aeroport/index.shtml>



Competitors and followers are able to stay in the official hotel of the tournament, NOVOTEL, 8 km far from the sport hall.

### **PRICES:**

**Single room: 70 € by night breakfast included**  
**Double room: 43 € by night per person breakfast included**  
**Triple room: 32 € by night per person breakfast included**

*This Novotel is entirely renovated, new bedrooms and fitness room available.*

Reservation via Email to [sebkyoku@aol.com](mailto:sebkyoku@aol.com)



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**COUNTRY:** \_\_\_\_\_

**DOJO / ASSOCIATION:** \_\_\_\_\_

**STYLE or ORGANISATION:** \_\_\_\_\_

**Contact tel N°:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Category MEN NOVICES**

	FAMILY NAME - first name	Birthday	Grade	Weight
<b>- 70 kg</b>				
1				
2				
3				
4				
5				
6				
<b>- 80 kg</b>				
1				
2				
3				
4				
5				
6				
<b>+ 80 kg</b>				
1				
2				
3				
4				
5				
6				



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**STYLE or ORGANISATION:** \_\_\_\_\_

**Contact tel N°:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Category WOMEN ELITE**

	FAMILY NAME – first name	Birthday	Grade	Weight
<b>- 65 kg</b>				
1				
2				
3				
4				
5				
6				
<b>+ 65 kg</b>				
1				
2				
3				
4				
5				
6				



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**DOJO / ASSOCIATION:** \_\_\_\_\_

**STYLE or ORGANISATION:** \_\_\_\_\_

**Contact tel N°:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Category MEN ELITE**

	FAMILY NAME – first name	Birthday	Grade	Weight
<b>- 70 kg</b>				
1				
2				
3				
4				
5				
6				
<b>- 80 kg</b>				
1				
2				
3				
4				
5				
6				
<b>+ 80 kg</b>				
1				
2				
3				
4				
5				
6				



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**COUNTRY:** \_\_\_\_\_

**DOJO / ASSOCIATION:** \_\_\_\_\_

**STYLE or ORGANISATION:** \_\_\_\_\_

**Contact tel N°:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Category SENIOR (over 40 years old)**

<b>OPEN WEIGHT</b>	<b>FAMILY NAME - first name</b>	<b>Birthday</b>	<b>Grade</b>	<b>Weight</b>
1				
2				
3				
4				
5				
6				



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**LOOS (LILLE - NORTH OF FRANCE)**

**COUNTRY:** \_\_\_\_\_

**DOJO / ASSOCIATION:** \_\_\_\_\_

**STYLE or ORGANISATION:** \_\_\_\_\_

**Contact tel N°:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**JUDGES AND REFEREES**

	FAMILY NAME - first name	GRADE	QUALIFICATION	NAT/INT
1				
2				
3				
4				
5				
6				



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