



**Corr. address:**  
Postbus 611  
2280 AP, Rijswijk  
The Netherlands

**dojokamakura.com**  
info@kamakura.demon.nl

**Dojo address:**  
De Gheijnstraat 115  
2562 NN, The Hague  
The Netherlands  
*This address will change after the summer  
(see website for details)*  
**Phone:** +31(0)70-365.11.23

March 2019

Osu Shihan, Sensei and other respected people.

**On behalf of the International Budokai / Honbu Kamakura we are very happy to invite you to participate in the "30<sup>th</sup> Open European Championships Kyokushinkai Karate".**

This championship will be held on 15 March 2020 and is open for all styles regardless of degree and organization.

**Date:** Sunday 15 March 2020

**Place :** Sporthal Hellas

**Address:** Laan van Poot 353, The Hague

**Start:** Hall opens at 09.00 hrs

**Weighing:** Sunday 15 March 2020, 09.00 hrs till 10.00 hrs (with passport/ID card)  
Place: Sporthal Hellas, Laan van Poot 353, The Hague, The Netherlands

**Instruction meeting:** Explanation tournament rules for coaches, fighters, referee's, media  
Place: Sporthal Hellas 11.30 hrs  
Date: 15 March 2020

**Referee:** Under auspices of the SKN

**Fighter/Coach fee:** All fighters free entry  
2 coaches free entry  
1 referee free entry

Per weight-division there is a maximum of 2 fighters per dojo/country

**Foreign participants: think about your VISA!!!!!!**

There will be fights in the next categories: **Men:** -75 kg, -85 kg, +85 kg  
**Women:** -65 kg, +65 kg

**Think about your weight!!**

Please find attached the fighting-rules and the subscription form.

You have to return this subscription form to the following address:

**Kamakura, P.O. Box 611, 2280 AP Rijswijk, The Netherlands**

or mail to: [info@kamakura.demon.nl](mailto:info@kamakura.demon.nl) or [internationalbudokai@gmail.com](mailto:internationalbudokai@gmail.com).

If you need additional information please do not hesitate to contact us.  
Be so kind to forward this message to your budo-friends.

OSU  
**Honbu Kamakura**

Kancho Gordeau

**Further information:** [dojokamakura.com](http://dojokamakura.com)

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## SUBSCRIPTION FORM

The 30<sup>th</sup> Open European Championships Kyokushinkai Karate on 15 March 2020

Firstname and familyname	country	weight	style	male/female

**Name Dojo/Club:**

Address:

Phone:

Fax:

e-mail:

Coach 1:

Coach 2:

Referee:

*The above mentioned people have free entrance*

The weighing will be on sunday 15 March 2020, 09.00 hrs till 10.00 hrs (with passport/ID card)

Place: Sporthal Hellas, Laan van Poot 353, The Hague, The Netherlands

Every competitor has to be present. If not they will be excluded from participation!!!!

The organization is not liable/responsible for any damage/injury occurred during this tournament.

*Signature responsible school-holder/coach:*

*(family name)*

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## RULES

### The 30<sup>th</sup> Open European Championships Kyokushinkai Karate on 15 March 2020

#### 01) Rounds:

- round 1: 2 minutes
- round 2: 2 minutes
- decision
- hikewake**: round 3: 2 minutes
- decision
- hikewake**: 1 minute encho sen

There are 3 judges during every match throughout the whole tournament.

02) The matted area for the fights shall be in **the ring**.

03) **No protection** is allowed other than groin guard (toque) and a mouthpiece **must be worn**.

Women only cups, **NO SHIELD**.

04) A participant **only wins** by knock-down, knock-out or by appointment by the referees.

#### 05) Techniques allowed:

- Punches and elbows to the body
- Knee techniques to the body, legs and head
- Kicks to the body, legs and head
- Throwing- and sweep techniques followed by an authorized technique
- Grabbing the opponent for a **split second** is allowed for throwing techniques or kneetechniques.

#### 06) Prohibited techniques : leads to Hansoku (official warning) and Shikakku (disqualification).

- Any attack to opponents head, face, groin or neck with open hand, fist or any part of the arm.
- Kicks to the groin, straight kicks to the kneecap
- Head thrusts or butts
- Any attack to an opponents backspine
- Strikes or kicks to a downed opponent, unless the attack or strike immediately follows a sweep or downing technique, in which case there is no contact allowed
- no-one may attack while opponent is down
- Failing to obey the referees instructions during a match
- Frequently retreating from or out the contest area or moves that waste time
- Persistent bad behavior or violence.

07) Minimum age of the participants must be **18 years**.

08) This competition is for **men and women**.

09) This competition is open for any grade or style.

10) Rules can be **adjusted** during the competition.

11) **Only two persons are allowed** at the ring area during the fight in trainingsuit without headgear like baseballcap etc.

12) It is NOT allowed to enter the sporthal and /or the ring with **national symbols** (country flag) and/or symbols of **religion**.

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**Sleeping accomodations:****Novotel**

Johan de Wittlaan 42-44  
2517 JR Den Haag  
Nederland  
Tel +31 (0)70 203 90 04  
Fax +31 (0)70 416 91 33  
E-mail H5389-RE@accor.com  
<http://www.novotel.com/gb/hotel-5389-novotel-den-haag-world-forum/index.shtml>

**Stayokay**

Scheepmakersstraat 27  
2515 VA Den Haag  
Nederland  
tel +31 (0)70 315 78 88  
fax +31 (0)70 315 78 77  
denhaag@stayokay.com  
<http://www.stayokay.com/en/hostel/den-haag>

**Hotel Noordzee**

Seinpostduin 24  
2586 EG Den Haag  
Nederland  
Tel: +31 (0)70 352 35 00  
Fax: +31 (0)70 352 26 83  
Email: info@hotelinscheveningen.nl  
<http://www.hotelinscheveningen.nl>

**Information about accommodations: call +31(0)900-340.35.05 or go to <http://www.denhaag.com>.**

please contact the hotel as soon as possible to make sure they will have rooms available.

You can also sleep in our dojo. In this case, bring your own sleeping bag.

**I hope that your team will be able to attend to our championship.**

Osu  
**Honbu Kamakura**

Kancho Gordeau

**Further information: [dojokamakura.com](http://dojokamakura.com)**