



Swiss-Shinkyokushin-Association

SSKA

Member of WKO & EKO



**Coach Information
for KUMITE
Swiss-Open Juniors 2014**



- 1.) It is necessary for all fighters you have the following protection:
The hand and leg protection must be made of soft material.

Boys: Cat. 1 – 12

Feet-Instep, Groin, Hands-, Head protection,

Head protection will be provided.

Girls: Cat. 1 – 10

Feet-Instep, Hands-, if you need Breast-, Head protection

Headprotection will be provided.

Boys: Cat. 15 with weight-classes

Feet-Instep, Groin, Hand protection, **Tooth protection optional,**

Head protection optional will be provided

Girls: Cat. 15 with weight-classes

Feet-Instep, Hands-, breast protection (must be the cup type)

Tooth protection optional, Head protection optional will be provided.

The coach is responsible before fighting will start, the competitor have all protection.

- 2.) Fighting-time:

first Round, 2-minutes, second Round, 2-minutes, no weight difference

third Round, 1-minutes

3.) Competition-Regulations:

The competition will be fought with full contact.

All Shin - Kyokushin technique are allowed.

Fighting-time is 2x2 Minutes, Prolongation 1 Minute

Half a point = Waza - Ari.

Full point = Ippon.

In order to win, leading half a point is necessary.

If there is hikiwake (equal) there is a first prolongation. After a second equal in the second prolongation, the fighters` weight will be compared.

In categories 1-12 there has to be a difference of 2 kilo in order to win.

In category 15 the weight difference has to be 3 kilos. If the weight difference should be too low in any of the categories, there is one last prolongation which will be decided by the referee.

Last year not all competitors have all protection. Please make sure you have all protection, it is very important for the save for the fighters.

So please, if you have any changes in Kata or Kumite or anybody is sick, tell me not later as **7. April 2014**

Osu Shihan Peter

Allowed protectors



Breast protection (must be the cup type)

