



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

Dojo address:
De Gheijnstraat 115
2562 NN, The Hague
The Netherlands

dojokamakura.com
info@kamakura.demon.nl

Phone: +31(0)70-365.11.23

December 2015

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 "26th Open European Championships Kyokushinkai Karate".

This championship will be held on March 20th 2016 and is open for all styles regardless of degree and organization.

Date: Sunday March 20th 2016
Place : Sporthal Hellas
Address: Laan van Poot 353, The Hague
Start: 12.00 hrs. Hall opens at 11.00 hrs

Weighing: Sunday March 20th, 2016, 10.00 hrs till 11.00 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: March 20th 2016

Referee: Every participating country is allowed to send one referee.
Referee must wear black trouser. Poloshirt will be provided by the Kamakura organization

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

Per weight-division there is a maximum of 4 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 before March 1st 2016 to the following address:

Kamakura, P.O. Box 611, 2280 AP Rijswijk, The Netherlands
or mail to: info@kamakura.demon.nl.

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



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SUBSCRIPTION FORM

The 26th Open European Championships Kyokushinkai Karate on March 20th 2016

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 March 20th, 2016, 10.00 hrs till 11.00 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 26th Open European Championships Kyokushinkai Karate on March 20th 2016

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 backspinea
- 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

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KAMAKURA 
ORGANISES FOR THE 26TH TIME THE

OPEN EUROPEAN CHAMPIONSHIPS KYOKUSHINKAI KARATE

SUNDAY MARCH 20 2016

UNDER AUSPICES OF:



INTERNATIONALBUDOKAI.COM

**OPEN FOR ALL
STYLES KARATE
AND MARTIAL ARTS**

**SPORTHAL HELLAS
LAAN VAN POOT 353
THE HAGUE
THE NETHERLANDS**

**ZAAL OPEN: 11.00 UUR
START WEDSTRIJDEN: 12.00 UUR
ENTREE 5 EURO
GRATIS VOOR IBK-LEDEN**

INFO: DOJOKAMAKURA.COM

web- and graphicdesign by: samwork.net

Further information: dojokamakura.com