

# "THE 44th SHIDOKAN OPEN INTERNATIONAL CHAMPIONSHIP"

## Announcement of the tournament and request for participation

Dear Sir/Madam, I am pleased to hear that you are in good health.

We would like to express our sincere gratitude for your continued support of Shidokan's activities.

Now, we are pleased to announce THE 44th SHIDOKAN OPEN INTERNATIONAL CHAMPIONSHIP.

We are pleased to be able to hold the event.

We are extremely grateful that we were able to hold this conference thanks to the guidance and encouragement of all of you.

The participants, selected from across the country, compete to become number one in practical karate in Japan, and the exchange of their well-trained minds, skills, and bodies excites and moves the spectators. It has become a major goal for young people who are working hard to awaken their talents and hone their minds and skills.

We understand that this is a very busy time for you, but we appreciate your understanding and your participation.

Sincerely,

### Event Details

Name	" THE 44th SHIDOKAN OPEN INTERNATIONAL CHAMPIONSHIP"
event date	Sunday, October 13, 2024
Opening and Reception	9:00 AM
Opening ceremony	10:00 AM
Main Tournament	10:30 AM
venue	Yokohama Budokan Address: 2-9-10 Okinacho, Naka-ku, Yokohama, Kanagawa Prefecture TEL: 045-226-2100

## Participant recruitment guidelines and notes

Name	The 44th "SHIDOKAN OPEN INTERNATIONAL CHAMPIONSHIP"
Organizer	World Karate Federation Shidokan
event date	Sunday, October 13, 2024
game	10:00 AM Opening Ceremony 10:30 AM Main Event Begins
venue	Yokohama Budokan Address: 2-9-10 Okinacho, Yokohama, Kanagawa Prefecture TEL: 045-226-2100
Competition Rules	According to the World Karate Assosiation Shidokan rules (mats used)
Participation Fee	1.Adults and Children:6000 yen per person  2.Holders of a valid Shidokan membership card will receive a 1000 yen discount from the participation fee  3.All payments shall be made in Japanese yen  4.Please pay the participation fee on the day of the competition.
Meeting reception	Sunday, October 13, 2024: Please gather by 9:30 a.m. and follow the instructions of the staff to check in and be weighed in.  Start preparing for the match. (Weigh-in is also possible the day before) See below. All Glove Karate and Full Contact Karate (light and middle weight division) athletes must weigh in.
※Weigh-in on the day before	Weigh-in will be held at Yokohama Budokan on Saturday, October 12, 2024 from 3:00 PM to 5:00 PM.

## Participant recruitment guidelines and notes

Others

- ① Players must keep their nails short and wear no clothing on their hands or feet. However, if necessary due to injury, taping etc. may only be used if you notify us in advance and receive permission.
- ② Each participant must bring their own foul cup and wear it under their karate uniform. Participants are free to use mouthguards, but participants are encouraged to prepare and wear one if possible.
- ③ A doctor will be on hand to ensure safety and provide first aid for sudden illness or injury during the match. This will be done by the organizers.
- ④ The organizers will not be held responsible for any injuries or accidents that occur during the match. Players must bring a copy of their health insurance card in case of injury. Please enroll in sports insurance etc.
- ⑤ Athletes must strictly adhere to the weight limits for each weight class. If an athlete is over the weight limit, he or she will be disqualified and will not be allowed to move up to a higher weight class.
- ⑥ Players must be aware of the start time of each match and be sure to be ready before the start of each match. If you are not there at the start of the match you will be disqualified.
- ⑦ Players must report immediately if they are unable to participate in the match.
- ⑧ Once the participation fee has been paid to the Organizing Committee, it will not be refunded.
- ⑨ Please refrain from participating if you are not in good health or have an injury that has not yet fully healed.
- ⑩ There are limited parking spaces at the venue. Parking is prohibited around the venue. In addition, the surrounding area is expected to be very crowded with other visitors, so please use public transportation.
- ⑪ Players and spectators must place their shoes in a plastic bag and bring it to the entrance of the venue. Please help us by not leaving them there.
- ⑫ Please bring your own head guard (something that covers the face).

\*For junior high school students and above, both boys and girls will use punching gloves (full contact karate)





## Refereeing Rules

### Full Contact Karate Event Numbers ③~⑱

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- ① Match time
- General (Advanced) Shidokan Karate (same as general)
  - General (Beginners/Intermediate), Adults, Women
    - Main Tournament** 2 minutes → 1 minute extension → Judgment  
(In case of a draw, the lighter player will be the winner)
    - Final game** 2 minutes → 1 minute extension → 1 minute re-extension → Judgment  
(In case of a draw, the lighter player will be the winner)
- ② Referees
- Conforms to Shidokan Karate regulations
- ③ Win/Loss / Judgment
- It conforms to the Shidokan Karate rules, but the following items are prohibited:  
Throwing techniques, chokeholds, submission techniques, ground techniques, knees to the face (only valid for the advanced general division)
- ④ Armor
- Advanced (Advanced) Bare hands and feet
  - General (beginners /intermediate), adult Leg and fist supportre mandatory
  - Women Chest guards, leg and fist supportre be worn



## Refereeing Rules

### Sports Karate Division: Non-contact style point system Event number ㉑~㉒

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- ① Match time      **General**    Main match 2 minutes, 1 minute extension    The winner is the first to score 1 point or more.
- ② Win/Loss/Judgment      "Ippon Victory"    First to win 6 points
- 3 Points
- Upper kick, back kick
- For example, a straight punch to the midline of the face and a kick to the upper part of the body were accurately executed. In some cases.
- 2 Points
- Thrust combination techniques (continuous attacks to different locations, such as the head and stomach)
  - Combination techniques using punches and kicks
- For example, if a punch or kick to the midline or side of the abdomen is successful,
- 1 Point
- One punch or kick
  - Or when the attack is shallower than effective but precise.

③ Judgment criteria

- Correct posture
  - Maintaining the proper distance when attacking
  - Powerful and fast techniques
  - Pulling handles and vocal enthusiasm
  - Accurate attacks on targets, sharp attacks, etc.
- ※ If both attacks land simultaneously, it is a draw and one point is awarded to each player. can be done.

④ Umpire

One referee and two assistant referees selected according to the method specified by Shidokan

⑤ Foul play and disqualification

- Direct strike attacks
- Grab
- If you do not follow the instructions of the referee
- When a person behaves in a way that goes against the spirit of Bushido, such as by insulting or using provocative language.
- Two fouls result in a penalty of one point, one foul result in a loss

⑥ Notes for players etc.

- Wear a karate uniform
  - Cut your fingernails and toenails short
  - Headgear, leg and fist supports must be worn
  - Must wear a foul cup
  - Women must wear chest guards (soft type) (optional for elementary school students and younger)
- Note: Players are not permitted to wear any metal objects or other items that may be dangerous to opponents.

※ In the tournament, if all three fighters have one win and one loss, a weight judgement will be made.



## Event Number

①	Shidokan Karate	Man	General (high school students and above)	Advanced	Under 70kg
②					Over 70kg
③	Full Contact Karate	Man	General (high school students and above)	Advanced	Under 70kg
④					Over 70kg
⑤	Full Contact Karate	Man	General (high school students and above)	Beginner/Intermediate	Under 70kg
⑥					Over 70kg
⑦	Full Contact Karate	Man	Adults (40 years old and above)	Advanced	Under 70kg
⑧					Over 70kg
⑨	Full Contact Karate	Man	Adults (40 years old and above)	Beginner/Intermediate	Under 70kg
⑩					Over 70kg
⑪	Full Contact Karate	Women	General (high school students and above)	Advanced	Under 55kg
⑫					Over 55kg
⑬	Full Contact Karate	Women	General (high school students and above)	Beginner/Intermediate	Under 55kg
⑭					Over 55kg
⑮	Full Contact Karate	Women	Adults (40 years old and above)	Advanced	Under 55kg
⑯					Over 55kg
⑰	Full Contact Karate	Women	Adults (40 years old and above)	Beginner/Intermediate	Under 55kg
⑱					Over 55kg
⑲	Glove Karate	Man	General (high school students and above)		Under 70kg
⑳					Over 70kg
㉑	Sports Karate	Man	Open weight class		
㉒		Women	Open weight class		
㉓	Kata				
㉔	Samurai Rules	Man	General (high school students and above)		Under 70kg
㉕					Over 70kg

# “THE 44th SHIDOKAN OPEN INTERNATIONAL CHAMPIONSHIP”

## Full Contact & Glove & Sports Karate & Kata Participation Application Form

event date: Sunday, October 13, 2024 venue: Yokohama Budokan

**\*Please submit one application form per category.**

Event number: \_\_\_\_\_

Event you are participating in: \_\_\_\_\_

	Last name	First name	If a student, the grade	
Furigana				
Signature				
Shidokan Membership	Have • DO not have		Age	
date of birth				
Current address	Postcode	TEL		
Name of dojo (style)				
Location of dojo	Postcode	TEL		
Grade/Rank				
Combat history		height	cm	
Years of training		Weight	kg	

I hereby pledge to comply with the above and abide by the rules of this tournament and compete fairly.

In the unlikely event of an accident or injury occurring during the match, we will not take any responsibility.

Year Month Day

\_\_\_\_\_

Signature

\_\_\_\_\_

Dojo instructor

Signature

email address

\_\_\_\_\_

@

\_\_\_\_\_

## Refereeing Rules

### Full Contact Karate [Boys and Girls ①~⑩]

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- ① Match time                      **Main match, final** 1 minute 30 seconds → 1 minute extension →  
Judgment (Mast method)
- ② Judging criteria  
(single match)                      Direct striking rule (full contact rule)
- **Valid:** When an upper kick is landed accurately, regardless of whether damage is caused or not.  
When you are forced to defend yourself due to successive attacks.
  - **Waza-ari:** When the technique is successful and there is enough damage to cause the opponent to lose balance.  
If you get three valid points.
  - **Ippon:** When a technique is successful and the opponent is knocked down.  
When the referee judges that the player has lost the will to fight.  
When you get two Waza-ari.
- The referee system will consist of one chief referee (2 points) and two assistant referees (1 point x 2).
- The winner is determined by the judges' total score of 2 or more points and by being 1 point or more ahead of the opponent.
- Two warnings for a foul result in a deduction of 1 point (same score as a waza-ari), and three warnings result in a deduction of 2 points (same score as an ippon), resulting in a disqualification loss.
- ③ Major illegal moves
- Grabs, hooks and throws – Hand attacks above the neck – Knees to the face  
Attacking the groin Attacking a downed opponent Attacking from behind  
Pushing with the hands
- ④ Protective gear and rules to follow
- **Junior high school students**  
Head guards, leg and punching gloves must be worn  
※Men must wear a foul cup  
※Women must wear a chest guard (soft type) and under guard.
  - **Elementary school students and younger**  
Head guards, leg and fist supports must be worn  
※Men must wear a foul cup  
※ For women, wearing a chest guard (soft type) and under guard is optional.
- ※If a player participates without wearing a foul cup and receives damage that makes it impossible to continue the match, the player will be forfeited and the opposing player may be declared the winner.
- ※**Junior high school students and above are prohibited from using fist supports, open-finger gloves, etc.**
- ※Mouthpieces may be worn.

## Refereeing Rules

### Kata Section [Boys and Girls, Mixed, 36-37]

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- ① Match time                      Top-ranked players selected in the preliminary round
- ② Program                              freedom  
The preliminary and final competitions must be different programs.
- ③ Judging the winner              Scoring system by three judges (100 points per judge for a total of 300 points)  
Since there are some differences depending on the school, the three elements of the kata should be considered.  
Comprehensive judgment based on impressions, etc.  
Reference: Three elements of
1. Strength of force (strong/weak)
  2. Stretching and contracting the body  
(bigger/smaller)
  3. Slow and fast technique (fast/slow)
  4. Focus
  5. Spirit

# Refereeing Rules

## Sports Karate Division: Non-contact style point system [Boys and Girls ⑱~㉓]

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① Match time **boys and girls** Main course (1 minute 30 seconds → 1 minute extension)

The winner is the one who wins 1 point or more first.

② Win/Loss/Judgment "Ippon Victory" First to win 6 points

3 Points

- Upper kick, back kick

For example, a straight punch to the midline of the face and a kick to the upper part of the body were accurately executed. In some cases

2 Points

- Thrust combination techniques (continuous attacks to different locations, such as the head and stomach)

- Combination techniques using punches and kicks

For example, if a punch or kick to the midline or side of the abdomen is successful,

1 Point

- One punch or kick

- Or when the attack is shallower than effective but precise.

③ Judgment criteria

- Correct posture
  - Maintaining the proper distance when attacking
  - Powerful and fast techniques
  - Pulling handles and vocal enthusiasm
  - Accurate attacks on targets, sharp attacks, etc.
- ※ If both attacks land simultaneously, it is a draw and one point is awarded to each player.  
can be done.

④ Umpire

One referee and two to four assistant referees selected according to the method specified by Shidokan

⑤ Foul play and disqualification

- Direct strike attacks
- Grab
- If you do not follow the instructions of the referee
- When a person behaves in a way that goes against the spirit of Bushido, such as by insulting or using provocative language.
- Two fouls result in a penalty of one point, one foul result in a loss

⑥ Notes for players etc.

- Wear a karate uniform
  - Cut your fingernails and toenails short
  - Headgear, knee pads and fist supports must be worn
  - Must wear a cup
  - Women must wear chest guards (soft type) (optional for elementary school students and younger)
- Note: Players are not permitted to wear any metal objects or other items that may be dangerous to opponents.

※ In the tournament, if all three fighters have one win and one loss, a weight judgement will be made.

# THE 44th SHIDOKAN OPEN INTERNATIONAL CHAMPIONSHIP

## 【Boys and Girls Application Form】

Event Date: Sunday, October 13, 2024 venue:Yokohama Budokan

To the Tournament Secretariate

I hereby apply to participate in the tournament as detailed below. I also promise to abide by the tournament rules and play the match fairly. I will not hold the tournament organizers responsible for any injuries or accidents that occur during the tournament.

Name of organization leader

\_\_\_\_\_

**email address**

\_\_\_\_\_ @ \_\_\_\_\_

\_\_\_\_\_

Parent's name

※Please submit one application form per category.

Full Name				B	Date of Birth		
				G	Age		
address							
					TEL		
School year				Karate career	Year	Month	
Grade/Rank			height		body weight		membership
							yes / no

Please state the number and type.

Number	Entry categories					
	Gender	① Toddlers (2019/4/2~2020/04/1・2018/4/2~2019/4/1) *Please circle one				
<b>Event</b>	Boys	Full Contact Karate	Sports Karate		Full Contact Karate	Sports Karate
		②2017/4/2~2018/4/1 ③2016/4/2~2017/4/1 ④2015/4/2~2016/4/1 ⑤2014/4/2~2015/4/1 ⑥2013/4/2~2014/4/1 ⑦2012/4/2~2013/4/1	⑩2017/4/2~2018/4/1 ⑪2016/4/2~2017/4/1 ⑫2015/4/2~2016/4/1 ⑬2014/4/2~2015/4/1 ⑭2013/4/2~2014/4/1 ⑮2012/4/2~2013/4/1		⑧2017/4/2~2018/4/1 ⑨2016/4/2~2017/4/1 ⑰2015/4/2~2016/4/1 ⑱2014/4/2~2015/4/1 ⑲2013/4/2~2014/4/1 ⑳2012/4/2~2013/4/1	②⑤2017/4/2~2018/4/1 ②⑥2016/4/2~2017/4/1 ②⑦2015/4/2~2016/4/1 ②⑧2014/4/2~2015/4/1 ②⑨2013/4/2~2014/4/1 ②⑩2012/4/2~2013/4/1
	2009/4/2~2012/4/1		2009/4/2~2012/4/1		2009/4/2~2012/4/1	
	⑭under45kg ⑮under55kg		⑳under45kg ㉑under55kg		⑳under45kg ㉑Non-discrimination	
	Gender	⑳ Kata Elementary school students ㉑ Kata Junior high school students				
Affiliation School Name						

○Junior high school boys and girls will be weighed at the reception on the day of the event. if you exceed the standard,youwill be disqualified. Please check the participating classes carefully before applying

※Participants may be combined depending on the number of participants.