

The 45th Shidokan Open International Championship & Yousef Shihan Memorial Cup

Announcement and Invitation to Participate

Dear Sir or Madam,

We hope this message finds you in good health and spirits.

We are always deeply grateful for your generous support and cooperation in the activities of Shidokan.

We are pleased to announce that we will be holding:

The 45th Shidokan Open International Championship & Yousef Shihan Memorial Cup.

This event is made possible thanks to the warm guidance and encouragement of all those involved.

From all over Japan, top selected competitors will gather to aim for the pinnacle of full-contact karate, offering impressive demonstrations of spirit, technique, and physical prowess that inspire and move all who watch.

This championship also serves as a powerful goal for the youth who strive to improve both their skills and character.

Although we understand that this is a busy time of year, we kindly ask for your participation and support.

Additionally, this tournament will be held in memory of Shihan Yousef, who passed away seven years ago.

Details

Event Name	The 45th Shidokan Open International Championship & Yousef Shihan Memorial Cup
Date	Sunday, November 9, 2025
Opening Ceremony	10:00 AM
Main Matches	10:30 AM
Venue	Former Ito Municipal Nishi Elementary School
Address	1-5 Koocho, Ito City, Shizuoka Prefecture, Japan

Entry Guidelines and Notes for Participants

<u>Event Title</u>	The 45th Shidokan Open International Championship & Yousef Shiha Memorial Cup
<u>Organizer</u>	World Karate Association The Shidokan
<u>Event Date</u>	Sunday, November 9, 2025
<u>Match Schedule</u>	Opening Ceremony at 10:00 AM, Main Matches Start at 10:30 AM
<u>Venue</u>	Former Ito Municipal Nishi Elementary School
<u>Address</u>	1-5 Koocho, Ito City, Shizuoka Prefecture, Japan

Competition Rules

Matches will be conducted under the rules of the World Karate-do Federation Shidokan (on mats).

Application Deadline Must arrive by Friday, September 19, 2025 (strict deadline)

Participation Fee

High school students and above: 10,000 yen per person per category

※ For double entry, the second category is half price.

※ Participation in Kata only: 5,000 yen

Children's Division: 5,000 yen per person per category

※ For double or triple entries, each additional category is half price.

Check-in and Weigh-in

Please check in and complete weigh-in by **9:00 AM on November 9, 2025**, and prepare for the match as instructed. (Weigh-in the day before is also possible; see below.)

All competitors in Glove Karate and Full Contact Karate (light and middleweight) must weigh in

Advance Weigh-in

November 8, 2025 (Saturday) from 3:00 PM to 5:00 PM at the tournament venue

Other Notes

Keep fingernails short and do not wear anything on hands or feet.

※ Exceptions allowed only with prior approval (e.g. for injuries/taping).

Groin guards must be prepared and worn under the karate uniform.

Mouthguards are optional but recommended.

A medical professional will be present for safety, and first aid will be provided during matches.

The organizer bears no responsibility for injuries or accidents.

Competitors must bring a copy of their health insurance card and are advised to have sports insurance.

Competitors must adhere strictly to their weight class.

Those exceeding weight will be disqualified and cannot be moved to another class.

Competitors must be aware of their match times and be ready in advance.

Absence at the start time will result in disqualification.

If a competitor becomes unable to participate, report immediately.

Participation fees are non-refundable under any circumstances.

Those in poor health or with unresolved injuries should refrain from participating.

Parking is limited. Do not park around the venue.

Use public transport due to anticipated congestion.

Competitors and spectators must place shoes in a plastic bag and keep them with them. Do not leave shoes at the entrance.

Each competitor must bring their own head guard (with full face cover).

※ Punching gloves are required for boys and girls under junior high school in Full Contact Karate.

Judging Regulations

Shidokan Karate (Categories ①–③)

Match Time

Preliminary: 3 minutes → Extension: 1 minute → Decision

(If a draw, the lighter competitor by weight wins)

Final: 3 minutes → Extension: 2 minutes → Re-extension: 2 minutes → Decision

(If a draw, the lighter competitor by weight wins)

Judges

3-Judge System: 1 Head Judge (2 points), 2 Side Judges (1 point each)

Victory by decision requires at least **2 points total**, and a **lead of at least 1 point** over the opponent

Victory & Judgment (Full-Contact Rules)

Direct strikes allowed

Ippon (Full Point Win): Two Waza-ari (half-points) = Ippon

Decision Win: Win by judges' points (see above)

Caution: Two cautions = 1 point deduction (equivalent to a Waza-ari)

Disqualification: Two point deductions = disqualification (equivalent to Ippon)

Valid Techniques Include:

Throwing techniques, chokes, joint locks

Grabbing allowed up to 3 seconds, ground techniques up to 5 seconds

Prohibited Techniques:

Hand strikes to the head

Groin attacks

Protective gear

Bare hands and bare feet (no gloves or pads)

Groin guards are mandatory (metal cup preferred)

Failure to wear one and sustain injury may result in disqualification

Full-Contact Karate (Categories ④–⑦)

Match Time

General (Advanced): Same as Shidokan Karate General

General (Beginner/Intermediate), Seniors, Women:

Preliminary: 2 minutes → Extension: 1 minute → Decision

(If draw, winner is lighter competitor)

Final: 2 minutes → Extension: 1 minute → Re-extension: 1 minute → Decision

(If draw, winner is lighter competitor)

Judges

Based on Shidokan Karate judging regulations

Victory & Judgment

Same as Shidokan Karate rules **except:**

Throws, chokes, joint locks, ground techniques are prohibited

Knee strikes to the face are prohibited

✕ *Allowed only in Advanced General category*

Protective gear

Advanced General: Bare hands and feet

Beginner/Intermediate General, Seniors: Shin guards and punching gloves required

Women: Chest guard, shin guards, and fist protectors required

Judging Regulations – Glove Karate Division (Categories ②⑧–③①)

Match Duration

Preliminary / Main Rounds: 3 minutes → Extension 1 minute → Decision
(If draw: Winner determined by weigh-in – lighter competitor wins)

Finals: 3 minutes → Extension 2 minutes → Re-extension 2 minutes → Decision
(If draw: Winner determined by weigh-in – lighter competitor wins)

Judges

Based on Shidokan Karate judging regulations

Victory & Decision Criteria

Ippon (Full Point Win):

If opponent is knocked down for 3 seconds or becomes unresponsive

Effective Techniques:

Hand strikes (straight punches, hooks, uppercuts, backhands)

Kicks (excluding attacks from behind)

Attacks from a clinch (neck grab allowed)

Fouls (Prohibited Techniques):

Attacking a downed opponent

Elbow strikes above shoulder level

Any form of throwing techniques

Disqualification:

2 cautions = 1 point deduction (equivalent to a Waza-ari)

2 point deductions = disqualification

Equipment & Rules for Competitors

Mouthguards and groin protectors are mandatory

Hand wraps (bandages) are optional, but must be checked in advance

Gloves for the match are **provided by the organizer**

Uniform: Must wear a **karate gi** or **kenpo gi** (Kickboxing shorts or others are not allowed)

Glove Handicap Rules

Weight Difference	Glove Setup
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3–6 kg (2 oz diff)	10 oz vs 12 oz gloves
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6–9 kg (4 oz diff)	10 oz vs 14 oz gloves
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9+ kg (6 oz diff)	10 oz vs 16 oz gloves
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Judging Regulations – Sport Karate Division (Non-Contact Point System) – Categories ③1–③2

Match Time

General Division:

Main Match: 2 minutes → Extension: 1 minute

First competitor to score a point in extension round wins.

Victory & Points Criteria

Ippon (Full Point Victory):

First to 6 points

Waza-ari (3 Points):

Precise non-contact upper-level kicks or back kicks

Example: Straight punch to the centerline of the face or accurate upper-level kick
with clear technique

Yuko (2 Points):

Combination techniques with punches (e.g., head + abdomen)

Punch and kick combinations

Example: Accurate techniques to the midsection or ribs

Koka (1 Point):

Single punch or kick

Techniques slightly shallower than Yuko but still valid and accurate

Judgment Criteria

Proper posture

Maintaining appropriate distance during attacks

Strong and fast techniques

Powerful kiai (spirit) through hikite (pulling hand) and voice

Sharp and accurate strikes to the target

※If both competitors score simultaneously with valid techniques, it is considered ai-uchi (simultaneous hit), and both receive 1 point.

Judges

One head judge and 2 to 4 assistant judges, selected according to Shidokan regulations

Fouls & Disqualifications

Any form of direct contact strike

Grabbing

Not following referee's instructions

Unsportsmanlike conduct, such as insults or provocation

2 fouls = 1 point deduction

1 serious foul = immediate disqualification

Notes for Competitors

Karate uniform must be worn

Fingernails must be trimmed

Mandatory gear:

Headgear

Shin guards

Fist protectors

Groin guard

Girls must wear soft chest guard (optional for elementary school and under)

※No metallic or dangerous accessories may be worn that could harm the opponent.

Judging Regulations – Kata Division (General & Youth)

– Category ③③

Format & Time

Preliminary and final rounds follow a selection format based on performance ranking

Kata Performance

Free selection of kata

Competitors must perform **different kata** in preliminaries and finals

Scoring & Judging

Judged by **three judges**, each scoring out of **100 points** (Total: 300 points)

Due to variations among styles, judges evaluate based on the **three main principles** of kata as well as overall impression

Reference: 5 Key Kata Elements

1. Strength variation (strong vs. soft)
2. Body expansion and contraction (large vs. small)
3. Speed variation in techniques (fast vs. slow)
4. Focus
5. Kiai (spirit)

Judging Regulations – Samurai Rules – Categories ③④–③⑥

Match Structure

Round 1: Karate

Round 2: Kickboxing

Round 3: Mixed Martial Arts (MMA)

Each round: 2 minutes, with **1-minute break** between rounds

Rule Overview

Round 1 – Karate:

Follows **Shidokan Karate Judging Regulations**

Round 2 – Kickboxing:

Follows **Glove Karate Judging Regulations**

Round 3 – MMA:

1. Fighters wear **5-ounce open-finger gloves**
2. All **joint locks** are allowed (shoulder, elbow, wrist, knee, ankle)
3. **Choke techniques** like rear-naked choke and guillotine choke are permitted
4. **Fouls include:**
 - Striking the head on the ground
 - Biting
 - Pulling the ears or hair
 - Eye gouging, inserting or hooking fingers
 - Frontal neck chokes
 - Pinching the skin
5. If a stalemate occurs on the ground, the **referee may restart** in standing position
6. Victory by:
 - Knockdown on the feet
 - Tap out
 - Verbal submission ("Give up")
 - Referee stoppage

Judging Criteria

10-point must system per round

Total score after 3 rounds determines the winner

Two warnings = -1point penalty

Two penalties = Disqualification

Judging Regulations – Full Contact Karate (Youth Division ①–⑱)

Match Time

Elementary & Junior High School Students:

Match: 1 minute 30 seconds → Extension: 1 minute → Decision (must-win system)

Victory Criteria (Ippon Match)

Contact rule applies (full-contact rules)

Classification	Criteria
Yuko (Effective)	Successful high kick, regardless of damage.
	One-sided defense from continuous attacks.
Waza-ari (Half Point)	Clear hit causing the opponent to lose balance.
	Or after scoring three Yuko.
Ippon (Full Point)	Knockdown by a technique.
	Opponent gives up fighting spirit as judged by referee.
	Two Waza-ari accumulated.

3-Judge System:

1 Head Judge (2 points), 2 Side Judges (1 point each)

Victory by decision requires at least **2 total points** and a lead of **1 or more points**

Fouls and Penalties:

2 warnings = 1-point deduction (equal to Waza-ari)

3 warnings = 2-point deduction (equal to Ippon) → **Disqualification**

Major Fouls

Grabbing, hooking, throwing

Hand strikes to the head

Knee strikes to the face

Groin strikes

Attacking a downed opponent

Attacks from behind

Pushing with hands

Protective Gear & Mandatory Items

Junior High School (Middle School):

Must wear: headgear, shin pads, punching gloves

Boys: groin guard (metal cup) required

Girls: soft-type chest guard and underguard required

Elementary School and Under:

Must wear: headgear, shin pads, fist protectors

Boys: groin guard (metal cup) required

Girls: soft-type chest guard and underguard optional

※If competitor doesn't wear groin guard and is injured, they may be forced to forfeit

※Use of open-finger gloves or hand supporters is prohibited for junior high and above

※Mouthguard is **optional but allowed**

※Injuries sustained during matches must be covered by the competitor's organization insurance

Judging Regulations – Sport Karate

(Non-Contact Point System for Youth ①9–③5)

Match Duration

Youth Division:

Main Match: 1 minute 30 seconds → Extension: 1 minute

The first to score a point in the extension wins.

Victory & Scoring System

Classification	Points	Description
Ippon (Full Point Victory)	6 Points	First to reach 6 points
Waza-ari (3 Points)	3 Points	Upper-level kick, back kick, or an accurate non-contact technique such as a straight punch to the centerline of the face
Yuko (2 Points)	2 Points	– Combination punches (e.g., to head and body)
		– Punch and kick combinations
		– Accurate strikes to midsection or ribs
Koka (1 Point)	1 Point	– Single punch or kick
		– Light but accurately placed techniques

Scoring & Judging

Proper posture

Maintenance of correct distance during attacks

Strong and fast techniques

Spirit through hikite (pulling hand) and kiai (shouting)

Accurate, sharp techniques with decisive control

※ both competitors land valid techniques simultaneously, both are awarded 1 point (ai-uchi).

Judges and Match Supervisor

One Head Judge and 2 to 4 Side Judges selected per Shidokan rules

One **Match Supervisor** is assigned to oversee fairness and match flow

Fouls and Disqualifications

Direct contact attacks

Grabbing

Disobeying referee's instructions

Unsportsmanlike behavior (insults, provocation, etc., against Bushido spirit)

2 fouls = 1-point deduction

1 serious foul = Disqualification

Competitor Notes

Karate gi (uniform) must be worn

Fingernails must be trimmed

Mandatory Gear:

Headgear

Shin guards

Fist protectors

Groin guard

Girls: Soft chest guard (optional for elementary school children and under)

※No metal or dangerous objects may be worn that could cause harm to the opponent.

Tournament Rule

In the event all 3 competitors each have one win and one loss in a 3-person bracket, victory is determined by body weight (lighter competitor wins).

※Any injury during the tournament must be covered by **the competitor's organization** or sports insurance.

Categories Number

No.	Division	Gender	Category (Age/Level)	Class	Weight
①	Shidokan Karate	Male	Adult (HS+)	Advanced	Under 65kg
②	Shidokan Karate	Male	Adult (HS+)	Advanced	Under 75kg
③	Shidokan Karate	Male	Adult (HS+)	Advanced	Over 75kg
④	Full Contact Karate	Male	Adult (HS+)	Advanced	Under 65kg
⑤	Full Contact Karate	Male	Adult (HS+)	Advanced	Under 75kg
⑥	Full Contact Karate	Male	Adult (HS+)	Advanced	Over 75kg
⑦	Full Contact Karate	Male	Adult (HS+)	Beginner-Intermediate	Under 65kg
⑧	Full Contact Karate	Male	Adult (HS+)	Beginner-Intermediate	Under 75kg
⑨	Full Contact Karate	Male	Adult (HS+)	Beginner-Intermediate	Over 75kg
⑩	Full Contact Karate	Male	Senior (40+)	Advanced	Under 65kg
⑪	Full Contact Karate	Male	Senior(40+)	Advanced	Under 75kg
⑫	Full Contact Karate	Male	Senior(40+)	Advanced	Over 75kg
⑬	Full Contact Karate	Male	Senior (40+)	Beginner-Intermediate	Under 65kg
⑭	Full Contact Karate	Male	Senior(40+)	Beginner-Intermediate	Under 75kg
⑮	Full Contact Karate	Male	Senior(40+)	Beginner-Intermediate	Over 75kg
⑯	Full Contact Karate	Female	Adult (HS+)	Advanced	Under 50kg
⑰	Full Contact Karate	Female	Adult (HS+)	Advanced	Under 60kg
⑱	Full Contact Karate	Female	Adult (HS+)	Advanced	Over 60kg
⑲	Full Contact Karate	Female	Adult (HS+)	Beginner-Intermediate	Under 50kg
⑳	Full Contact Karate	Female	Adult (HS+)	Beginner-Intermediate	Under 60kg
㉑	Full Contact Karate	Female	Adult (HS+)	Beginner-Intermediate	Over 60kg
㉒	Full Contact Karate	Female	Senior (40+)	Advanced	Under 50kg
㉓	Full Contact Karate	Female	Senior(40+)	Advanced	Under 60kg
㉔	Full Contact Karate	Female	Senior(40+)	Advanced	Over 60kg
㉕	Full Contact Karate	Female	Senior (40+)	Beginner-Intermediate	Under 50kg
㉖	Full Contact Karate	Female	Senior(40+)	Beginner-Intermediate	Under 60kg
㉗	Full Contact Karate	Female	Senior(40+)	Beginner-Intermediate	Over 60kg
㉘	Glove Karate	Male	Adult (HS+)		Under 65kg
㉙	Glove Karate	Male	Adult (HS+)		Under 75kg
㉚	Glove Karate	Male	Adult (HS+)		Over 75kg
㉛	Sport Karate	Male	Open-weight		
㉜	Sport Karate	Female	Open-weight		
㉝	Kata	Mixed			
㉞	Samurai Rules	Male	Adult (HS+)		Under 65kg
㉟	Samurai Rules	Male	Adult (HS+)		Under 75kg
㊱	Samurai Rules	Male	Adult (HS+)		Over 75kg

※ Note: Categories may be merged if the number of participants is insufficient.

Youth Categories Number

No.	Style	Gender	Division	Weight Class
①	Full Contact Karate	Mixed	4–6 years old	
②	Full Contact Karate	Male	7 years old	
③	Full Contact Karate	Male	8 years old	
④	Full Contact Karate	Male	9 years old	
⑤	Full Contact Karate	Male	10 years old	
⑥	Full Contact Karate	Male	11 years old	
⑦	Full Contact Karate	Male	12 years old	
⑧	Full Contact Karate	Female	7 years old	
⑨	Full Contact Karate	Female	8 years old	
⑩	Full Contact Karate	Female	9 years old	
⑪	Full Contact Karate	Female	10 years old	
⑫	Full Contact Karate	Female	11 years old	
⑬	Full Contact Karate	Female	12 years old	
⑭	Full Contact Karate	Male	13–15 years old	Under 45kg
⑮	Full Contact Karate	Male	13–15 years old	Under 55kg
⑯	Full Contact Karate	Male	13–15 years old	Open-weight
⑰	Full Contact Karate	Female	13–15 years old	Under 45kg
⑱	Full Contact Karate	Female	13–15 years old	Open-weight
⑲	Sport Karate	Male	7 years old	
⑳	Sport Karate	Male	8 years old	
㉑	Sport Karate	Male	9 years old	
㉒	Sport Karate	Male	10 years old	
㉓	Sport Karate	Male	11 years old	
㉔	Sport Karate	Male	12 years old	
㉕	Sport Karate	Female	7 years old	
㉖	Sport Karate	Female	8 years old	
㉗	Sport Karate	Female	9 years old	
㉘	Sport Karate	Female	10 years old	
㉙	Sport Karate	Female	11 years old	
㉚	Sport Karate	Female	12 years old	
㉛	Sport Karate	Male	13–15 years old	Under 45kg
㉜	Sport Karate	Male	13–15 years old	Under 55kg
㉝	Sport Karate	Male	13–15 years old	Open-weight
㉞	Sport Karate	Female	13–15 years old	Under 45kg
㉟	Sport Karate	Female	13–15 years old	Open-weight
KATA				
㊾	Kata	Mixed	7–12 years old	
㊿	Kata	Mixed	13–15 years old	

The 45th Shidokan Open International Championship & Yousef Shihaan Memorial Cup

【Group Entry Form】

Date: November 9, 2025 **Venue:** Former Ito Municipal Nishi Elementary School

Dear Tournament Secretariat,

I hereby declare that all information provided above is true and correct. We pledge to participate with integrity and in accordance with the rules of the tournament.

In the event of any accident or injury during the match, we will not hold the organizer liable.

Dojo Name / Style	Mailing Address	T
Representative / Instructor	Phone Number	

[illegible]

The 45th Shidokan Open International Championship & Yousef Shiha Memorial Cup 【Group Entry Form】

Date: November 9, 2025 **Venue:** Former Ito Municipal Nishi Elementary School

Dear Tournament Secretariat,

I hereby declare that all information provided above is true and correct. We pledge to participate with integrity and in accordance with the rules of the tournament.

In the event of any accident or injury during the match, we will not hold the organizer liable.

Dojo Name / Style	Mailing Address	T
Representative / Instructor	Phone Number	

[illegible]

The 45th Shidokan Open International Championship & Yousef Shihan Memorial Cup

【Individual Entry Form】

Date: November 9, 2025 **Venue:** Former Ito Municipal Nishi Elementary School

To the Tournament Secretariat

I hereby declare that the above information is accurate and correct. I pledge to compete with honor and in accordance with the tournament rules.

In the event of any accident or injury during the match, I will not hold the organizers responsible.

No.	Name	Gender	Age	Grade	Height	Weight	Rank	Entry Category	Youth Category (if applicable)	Fee (JPY)	Membership Status
1											
2											
3											

Entry Table Format

No.	Name	Gender	Age	Grade	Height	Weight	Rank	Entry Category	Youth Category (if applicable)	Fee (JPY)	Membership Status
1	Ichiro Suzuki	Male	25		170	74	3rd Dan	2		10,000	No
2								31		5,000	No
3								33		2,500	No

※ Please enter one event per row for double or triple entries.

※ Submit one sheet per participant.

※ Submit this form to your instructor or dojo representative.