

14th FUNAKOSHI CUP

SUNDAY 9TH JUNE 2019
SPORTHAL DE HOORNSE VAART
HERTOG AALBRECHTWEG 4, 1823 DL ALKMAAR

- CLOSING** Register before 26th May 2019. Registration stops at 500 participants.
- DIVISION** The Funakoshi Cup is a kata tournament for all ages and all levels. Participants are divided into groups by belt and age (there is a separate pool for each belt).
This year we have again chosen for a clear distinction between recreational sport and competitive sport. For young people by introducing compulsory basic kata for recreational sports and free katas in the competitive sport category. With youth 8 to 15 years old, both recreational sport and competitive sport category can be entered, from 16 years not!
Also, due to success in previous years, there is again a 35+ category and with sufficient registration a 55+ category.
- TEAMS** In addition to individual competitions, team competitions in three categories: youth up to and including 11 years, youth 12/13 years, 14 years and older. Ladies, gentlemen and mixteams together. Participants may only participate in 1 team, one of the participants may be 1 year younger or older than the category.
In addition to the above teams, this year we have for the first time the category of family teams (three participants from one family). One of the team members must be at least 16 years old. Participants in a family team may also participate in a different team category.
- RULES** Teams one kata that can be repeated (NO BUNKAI).
Recreational category one kata that can be repeated.
Competitive category a different kata every round.
- KATA CHOICE** Recreational sport youth (see list of basic kata youth)
In other categories, the katachoice is free.
- REGISTRATION** € 15.00 per person. € 15.00 per team. Transfer no later than 26th May per club. NL20 RABO 03764 19 156 BIC/SWIFT RABONL2U
To: Funakoshi in Alkmaar mentioning club and number of participants and teams.
- SPECTATORS** Spectators € 5.00 per person. Children up to 12 years free admission.
- INDIVIDUAL START** up to 13 years 14 years and older
09.00 hrs 13.30 hrs
- ORGANISATION** **Karatevereniging Funakoshi**
Hargewaard 128
1824 TE Alkmaar
072-5616979
info@funakoshi.nl
- WEBSITE** www.funakoshicup.com

14th FUNAKOSHI CUP

PARTICIPANTS RECREATIONAL SPORT CATEGORY

SUNDAY 9TH JUNE 2019

SPORTHAL DE HOORNSE VAART

HERTOG AALBRECHTWEG 4, 1823 DL ALKMAAR

CLUB: _____

NAAM: _____

PHONE: _____

PARTICIPANTS RECREATIONAL SPORT CATEGORY

NAME	AGE	COLOR OF BELT	M/F

Number of teams up to 11 years	
Number of teams 12/13 years	
Number of teams 14 years and older	
Number of family teams	

The registration form must be received before 26th May 2019.
 Registration fee to NL20 RABO 03764 19 156 BIC/SWIFT RABONL2U To: Funakoshi
 By post to: Karatevereniging Funakoshi, Hargewaard 128, 1824 TE Alkmaar
 By mail to: info@funakoshi.nl Website: www.funakoshicup.com

14th FUNAKOSHI CUP

PARTICIPANTS COMPETITIVE SPORT CATEGORY

SUNDAY 9TH JUNE, 2019
SPORTHAL DE HOORNSE VAART
HERTOG AALBRECHTWEG 4, 1823 DL ALKMAAR

CLUB: _____

COACH: _____

PHONE: _____

PARTICIPANTS COMPETITIVE SPORT CATEGORY

NAME	AGE	COLOR OF BELT	M/F

The registration form must be received before 26th May 2019.
Registration fee to NL20 RABO 03764 19 156 BIC/SWIFT RABONL2U To: Funakoshi
By post to: Karatevereniging Funakoshi, Hargewaard 128, 1824 TE Alkmaar
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Funakoshi Cup 2019

Competitive sport categories

- 1 Youth 8-9 years divided into boys and girls. Participation in recreational sport category is also possible. Free choice kata, no repetition. Single elimination.
- 2 Youth 10-11 years divided into boys and girls. Participation in recreational sport category is also possible. Free choice kata, no repetition. Single elimination.
- 3 Youth 12-13 years divided into boys and girls. Participation in recreational sport category is also possible. Free choice kata, no repetition. Single elimination.
- 4 Youth 14-15 years divided into boys and girls. Participation in recreational sport category is also possible. Kata WKF list, no repetition. Single elimination.
- 5 16 years and older divided into ladies and gentlemen. Participation in recreational sport category is not possible. Free choice kata, no repetition. Single elimination.

Recreational sport categories

- 1 Youth 6-7 years boys and girls mixed, divided on belt. List of basic kata youth. Double elimination.
- 2 Youth 8-9 years boys and girls mixed, divided on belt. List of basic kata youth. Double elimination.
- 3 Youth 10-11 years boys and girls mixed, divided on belt. List of basic kata youth. Double elimination.
- 4 Youth 12-13 years boys and girls mixed, divided on belt. List of basic kata youth. Double elimination.
- 5 Youth 14-15 years boys and girls mixed, divided on belt. List of basic kata youth. Double elimination.
- 6 From 16 years men and women mixed, divided on belt. Free choice kata. Double elimination.
- 7 From 35 years men and women mixed, divided on belt. Free choice kata. Double elimination.
- 8 From 55 years men and women mixed, divided on belt. Free choice kata. Double elimination.

Number of kata's

Competitive sport categories: every round a different kata.

Recreational sport categories: kata's can be repeated.

Teams: kata's can be repeated. No bunkai.

List of basic kata's Funakoshi Cup 2019
Recreational sport category youth

<u>SHOTOKAN</u>	<u>WADO RYU</u>	<u>SHITO RYU</u>
HEIAN SHODAN	PINAN SHODAN	PINAN SHODAN
HEIAN NIDAN	PINAN NIDAN	PINAN NIDAN
HEIAN SANDAN	PINAN SANDAN	PINAN SANDAN
HEIAN YONDAN	PINAN YONDAN	PINAN YONDAN
HEIAN GODAN	PINAN GODAN	PINAN GODAN

<u>KYOKUSHINKAI</u>	<u>GOJU RYU</u>	<u>GENSEI RYU</u>
PINAN SONO ICHI	TAIKYOKU'S	GENSEI SHODAN
PINAN SONO NI	GEKISAI DAI ICHI	TEN I NO KATA
PINAN SONO SAN	GEKISAI DAI NI	CHI I NO KATA
PINAN SONO YON		JIN I NO KATA
PINAN SONO GO		