

18th . LATVIAN OPEN KYOKUSHINKAI KARATE CHAMPIONSHIP

15th. of December

Age and weight category

8 - 9 year -30 kg.; -35kg., – full contact (1,5 min +1 +1,)
helmet and vest, shin protect, groin guard.

10 – 11 year-35kg.,-40kg.,- 45kg.,full contact (1,5 min +1 +1,)
helmet and vest, shin protect, groin guard.

12 – 13 year -40kg., -45kg.;-50kg.; +50kg.;full contact (1,5 min +1 +1,)
helmet and vest, shin protect, groin guard.

14 – 15 year -50kg., -55kg., -60kg.,-65kg.;full contact (1,5 min +1 +1,)
helmet and vest, shin protect, groin guard.

16 – 18 year -65kg., -70kg.,-75kg.,+75kg.; full contact (2 min +2 +2,)
helmet, shin protect, groin guard

Adults Male -70kg.,-80kg., full contact (3 min +3 +3,)
Shin protect, groin guard

Female and girls full contact (min +3 +3,)1,5 min +1 +1,)
helmet and vest, shin protect, groin guard.

Place: Tukuma sport hall

Adress: Tukums, Pauzera street 1

Championship open ceremony: 12:00

Weighting : 10:00 – 11:00

Fighters fee:– 20 euro