

IKO NAKAMURA POLISH OPEN 2025

5th Open Kyokushin Karate Cup

Patronage: Mayor of the City of Limanowa

ANNOUNCEMENT

1. Organizer: Limanowski Kyokushin Karate Club, ul. Armińskiego 17/7, 34-600 Limanowa
Shihan Zbigniew Goliński 5th Dan – 666 902 612, Sensei Marcin Guzik 3rd Dan - 530 40 41 41

2. Date and Place: Saturday, October 25, 2025. Sports Hall at ZS no. 1, ul. Piłsudskiego 81,
Limanowa

3. Information:

The Cup is under the patronage of the Mayor of the City of Limanowa.

Media patronage: TV28.pl.

Main referee: Shihan Sławomir Dubiel 6th Dan (WKB Poland)

Technical referee: Shihan Artur Wilento 6th Dan (Kenbukai)

Head of IKO Nakamura Poland: Shihan Piotr Sawicki 6th Dan

4. Participation:

Teams from any Kyokushin organization can participate with an unlimited number of competitors in each weight category. The tournament will be held in age categories according to the IKO Nakamura world rules. In all categories, low kicks (mawashi-geri-gedan) are permitted. In the senior and masters categories, all kicks to the jodan area will be allowed. **Wazari** will be awarded for a technique that makes an impression on the opponent, and **ippon** for a technique that renders the opponent unable to fight for more than 3 seconds.

To compete, participants must have: a current medical certificate from a sports doctor confirming fitness to practice karate. The lack of this certificate will prevent participation. A photo ID stating the competitor's age (with an exact date of birth) and a clean, white Gi, as well as a complete set of mandatory personal protectors for their category. Written consent from parents or legal guardians to participate in the tournament, according to the attached form. The lack of this consent for competitors in the kumite discipline will result in automatic disqualification from the tournament.

All teams participating in the tournament must designate one referee. Failure to provide a referee will result in an additional fee of 200 PLN charged to the organizer.

5. Disciplines

The tournament will be held in the following disciplines:

- **Kumite Semi-Contact** - Main Tournament for competitors under 18 years old.
- **Kumite Full-Contact** - Senior and Masters Tournament, for competitors over 18 years old, according to the table.

SEMI-CONTACT KUMITE CATEGORIES

MAIN TOURNAMENT

Divisions will be assigned based on birth year. Participation in the Junior category (2005-2007) is determined by date of birth; competitors who are 18 years old or older on the day of the tournament will compete in the Senior Tournament. **Age categories may be subject to change, so please provide the exact weight of each competitor.**

Age	Weight				Age	Weight				
Boys 2016-2017	-30	-35.	+35		Girls 2016-2017	-30	+30			
Boys 2014-2015	-30	-40	-50	+50	Girls 2014-2015	-35	+35			
Boys 2012-2013	-40	-45	-50	-60	+60	Girls 2012-2013	-40.	-45.	-50	+50
Boys 2010-2011	-50	-55	-60	-70	+70	Girls 2010-2011	-45	-50.	-55	+55
Boys 2007-2009	-65	-70	-80	+80		Girls 2007-2009	-55	-60	+60	

FULL-CONTACT KUMITE CATEGORIES

The full-contact tournament is intended for adults. Weight categories may be subject to change, so please provide the exact weight of the competitor.

Age	Weight		
Senior (Male)	-70	-80	+80
Senior (Female)	-55		55
Masters (+35 y. o.)	-85		+85

RULES FOR THE KUMITE COMPETITION

The tournament will be played individually in a cup (knockout) system.

In the Main Tournament, there will be no third-place fights from 8th kyu onwards.

However, in the Senior Tournament, there will be third-place fights.

During the fights, competitors are protected by the gear listed in the table below:

Age	Protectors	
MAIN TOURNAMENT		
Boys, girls 2014 and younger	- White shin-instep protectors - Fist protectors (gloves) - Knee pads (optional) - Men: groin protector (cup)	- Chest protector (hogo) - Protective helmet with a face cage
Boys, girls 2007-2013	- White shin-instep protectors - Fist protectors (gloves) - Knee pads (optional) - Men: groin protector (cup) - Women: chest protector	Protective helmet with a face cage
SENIOR TOURNAMENT		
Senior (male)	Groin protector (cup) Mouthguard (optional)	
Senior (female)	White shin-instep protectors Chest protector	
Masters +35 y.o.	White shin-instep protectors Mouthguard (optional)	Helmet (optional)

Techniques and kicks to the jodan area:

(All age groups can use ushiro mawashi geri and kaiten geri)

- a) Main Tournament – 2014-2017 - **Forbidden techniques:** mae, hiza, and yoko geri jodan.
- b) Main Tournament - 2007-2013 - **Forbidden techniques:** yoko geri jodan.

It is the competitor's duty to be ready for their match within the regulation time of 1 minute with a full set of protectors. The organizer does not provide protectors. Please bring your own helmets and hogo, and ensure that competitors are ready and step onto the mat with all their protective gear (personal protectors, hogo, and helmet).

Match Duration and Flow

Main Tournament 2014-2017

1. Elimination Round: 90 sec > 60 sec
2. Semifinal and Final Rounds: 90 sec > 60 sec > weight (3 kg) > 60 sec

Main Tournament 2007-2013

1. Elimination Round: 90 sec > 90 sec
2. Semifinal and Final Rounds: 120 sec > 90 sec > weight (3 kg) > 90 sec

Senior Tournament (Male)

1. Elimination Round: 120 sec > 120 sec
2. Semifinal and Final Rounds: 180 sec > 120 sec > weight (3kg) > 120 sec

Senior Tournament (Female) and Masters

1. Elimination Round: 120 sec > 120 sec
2. Semifinal and Final Rounds: 120 sec > 120 sec > weight (3kg) > 120 sec

5. Fee

Tournament participants are required to pay an entry fee, which covers a portion of the organizational costs. The fee includes a hot meal served at the hall during the lunch break.

The fee should be paid by bank transfer to the club's account number: **54 8804 0000 0000 0018 8870 0001**, with the description "Club Name - entry fee," by October 24, 2023.

Alternatively, payment can be made in cash during verification.

Refreshments for referees are free of charge.

Entry Fees	
Main Tournament	150,00 zł
Kumite Senior, Senior Women, and Masters	200,00 zł

6. Competitor Registration will be done through the online system:

<https://www.zen.idojo.pl/signup/IKONPO2025>

Please register the team and competitors by **23:59 on October 21, 2025** at the very latest. After this deadline, the system will be closed, and it will not be possible to add any more competitors.

Any change in the system after October 23, 2025, will result in an additional fee of 100 PLN.

To ensure the highest level of competition, the number of spots in the cup is limited, so we ask clubs and centers to register their competitors as early as possible. The draw will take place on the morning of the competition day.

Competitor verification (weight and document check) will be held on Friday, October 24, from 6:00 PM at the sports hall, and before the competition on October 25, from 7:00 AM to 9:00 AM. Competitors who do not register on time will not be allowed to participate in the tournament. Competitors who fail the weight verification or do not have current medical certificates (from a sports doctor) will be removed from the start list. This does not release the club from paying their entry fee.

7. Accommodation

- a) **Limanova Hotel** (ul. G. Sikorskiego 28, Limanowa) <https://www.limanovahotel.pl/>
- b) **Hotel nad Stawem** - Sowliny 301, Limanowa More information, prices, and contact: <http://www.staw.limanowa.pl/>
- c) **Pensjonat na Wesołej** - ul. Tarnowska, Limanowa Phone: 18 3376 676
- d) **Beskid Rose & SPA** - Słopnice 440 Phone: 888 104 807
- f) **Domki Jasicówka** - Mordarka Phone: 733 800 744
- g) **Lipove Spa** - Limanowa www.lipovespa.pl
- h) **Apartamenty Limanowa** www.apartamenty.limanowa.pl

8. Awards

- a) For 1st, 2nd, and 3rd place in all kumite categories, competitors will receive commemorative trophies and certificates. There will be no third-place fights in the 2007–2017 tournament categories.
- b) In the senior, women's senior, and masters tournaments, third-place fights will take place.
- c) In the Senior, Senior Women's, and Masters categories, in addition to a commemorative diploma, cup, and medal, sponsors have provided cash prizes: 1st place: 1000 PLN 2nd place: 750 PLN 3rd place: 250 PLN
- d) For 1st, 2nd, and 3rd place in the team category, trophies and diplomas will be awarded. Team scoring will be based on individual results from all competitions:
 - **1st place** - 5 points **2nd place** - 3 points **3rd place** - 1 point

9. Saturday Schedule (Subject to minor changes)

- **7:00 AM – 9:00 AM:** Teams arrive, competitor verification
- **9:00 AM – 9:30 AM:** Referees' meeting
- **10:00 AM:** Official opening of the Tournament
- **10:30 AM:** Start of all elimination fights
- **1:00 PM:** Lunch service begins
- **5:00 PM – 6:00 PM:** End of the tournament

The awards ceremonies for competitors will take place continuously throughout the tournament.

10. Insurance

According to the Sports Act, the home clubs fielding competitors are responsible for insuring their representatives. The organizer will provide medical care throughout the tournament.

11. Final Provisions

In matters not covered by this document, the organizer's decision is final.

12. Additional Information

The organizer reserves the right to change the number of categories after verification on the day of the competition. The organizer also reserves the right to verify the clubs that have registered.

The organizer is not responsible for any lost items. Parents or guardians are responsible for the behavior of competitors and any damage they cause.

13. Contact with the Organizer

- Shihan Zbigniew Goliński 5th Dan – 666 902 612
- Sensei Marcin Guzik 3rd Dan – 530 40 41 41

See you in Limanowa!

www.karate.limanowa.pl

www.ikonpolishopen.pl

OSU!