



*Stanislaw
Hozuna*



Christophe Pinna



LEGENDS CUP

TOURNAMENT

AND KUMITE
SEMINAR

KOSTRZYN, POZNAN, POLAND

OCTOBER 11- 12
2025

1. ORGANIZER

Klub Karate Raion, WUKF POLAND NATIONAL FEDERATION



2. DATE

12.10.2025 (Sunday), 9:00 AM

3. VENUE

Sports Hall at Primary School No. 1, Piasta Street 1, 62-025 Kostrzyn, Poland – *the competition will take place in Kostrzyn, 25 minutes from the Poznań Ławica airport.*

4. CONTACT

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5. FEES

1 category – 60 PLN (13 EUR)

2 category – 100 PLN (22 EUR)

3 category – 130 PLN (29 EUR)

4 category – 150 PLN (33 EUR)

Team category- 100 PLN (22 EUR)

Coaches – free

Spectators – 5 euro

6. REGISTRATION

Athlete registration deadline: **October 8, 2025**, via UVENTEX platform (coaches only).

WUKF Rules with amendments will apply.

A. KATA

- Scoring system: Eliminations (6.0–8.0), Finals (7.0–9.0)
- Two rounds: Eliminations and Finals (6 athletes in finals)
- Kata can be repeated up to orange belt; from green belt, two different katas of the same style are required
- Accepted styles: Shotokan, Wado-Ryu, Shito-Ryu, Shorin-Ryu, Kyokushin, Goju-Ryu, Gosoku-Ryu, others

KATA			
Nr	BOYS	Nr	GIRLS
K1	7 years and under	K11	7 years and under
K2	8 years	K12	8 years
K3	9 years	K13	9 years
K4	10 years	K14	10 years
K5	11 years	K15	11 years
K6	12 years	K16	12 years
K6	13 years	K17	13 years
K8	14-15 years	K18	14-15 years
K9	16-17 years	K19	16-17 years
K10	18+ years	K20	18+ years

B. KUMITE FANTOM

(hitting the bag, evaluating the technique)

- Round time: 15 sec, Finals: 20 sec

KUMITE FANTOM			
Nr	BOYS	Nr	GIRLS
F1	6 years and under	F6	6 years and under
F2	7 years	F7	7 years
F3	8 years	F8	8 years
F4	9 years	F9	9 years
F5	10 years	F10	10 years

C. KUMITE SHOBU NIHON / SHOBU SANBON

- Up to age 13 (inclusive): Nihon Shobu, fight time – 1.5 min

- From age 14: Sanbon Shobu, fight time – 2 min

- Mandatory: groin guard and mouthguard

- Up to age 12: headgear mandatory

KUMITE SHOBU SANBON, SHOBU NIHON			
Nr	BOYS	Nr	GIRLS
S1	6 years and under	S12	6 years and under
S2	7 years	S13	7 years

S3	8 years	S14	8 years
S4	9 years	S15	9 years
S5	10 years	S16	10 years
S6	11 years	S17	11 years
S7	12 years	S18	12 years
S8	13 years	S19	13 years
S9	14-15 years	S20	14-15 years
S10	16-17 years	S21	16-17 years
S11	18+ years	S22	18+ years

D. KUMITE IPPON SHOBU

KUMITE SHOBU IPPON			
Nr	BOYS	Nr	GIRLS
S1	11 years	S7	11 years
S2	12 years	S8	12 years
S3	13 years	S9	13 years
S4	14-15 years	S10	14-15 years
S5	16-17 years	S11	16-17 years
S6	18+ years	S12	18+ years

E. TEAM KUMITE

TEAM KUMITE NIHON/SANBON			
Nr	BOYS	Nr	GIRLS
S1	10 years and under	S6	10 years and under
S2	11-12 years	S7	11-12 years
S3	13-14 years	S8	13-14 years
S4	15-17 years	S9	15-17 years
S5	18+ years	S10	18+ years

F. KODACHI (Foam Sword Fighting)

- Fight to 3 points
- Each correct technique = 1 point
- Target zones: head, torso, upper/lower limbs
- Fight time – 1 min

KODACHI			
Nr	BOYS	Nr	GIRLS
T1	6 years and under	T8	6 years and under
T2	7 years	T9	7 years
T3	8 years	T10	8 years
T4	9 years	T11	9 years

T5	10 years	T12	10 years
T6	11 years	T13	11 years
T7	12 years	T14	12 years

G. EQUIPMENT REQUIREMENTS

- Hand protectors (white, red)
- Foot protectors (white)
- Chest protector (white) – mandatory for athletes up to 12 years
- Groin guard
- Mouthguard
- Helmet (white or red) – mandatory up to 12 years
- Belts (red, white)

Each competitor must provide their own equipment.

Exact date of birth determines the athlete's category.

For any technical issues on registration, please contact support@wukf.org

For all other matters please contact Aleksandra Zgórecka, karategirl9908@gmail.com