



IKO Matsushima Edinburgh and Sensei Miroslaw Pawlicki (4th dan) would like to invite You to the **2st International Open Kyokushinkai Karate Tournament** on the **11th of May 2013** and the seminar with Shihan **Klaus Rex (6 dan)** on the **12th of May 2013** Klaus Rex is The Chairman for European Kyokushin-Karate Organisation. The man who Completed the Hyakunin Gumite (Hundred Men), test against only black belts.

The tournament and Seminar will both take a place in Edinburgh, Scotland at the Portobello Town Hall at 147-149 Portobello High Street, Edinburgh EH15 1AF. The doors open at 10 am. Tournament starts 11am. Spectator cost - £5 Saionara party after tournament-additional £10

TOURNAMENT CATEGORIES:

KUMITE

boys : 12-13 and 14-15 year old
girls : 12-13 and 14-15 year old
boys/girls : 16 to 18 year old
women knockdown - open
men semi contact: -70kg/-80kg/+80kg
men knockdown : -70kg/ -80kg/ +80kg

KATA (any)

kids: up to 6 year old
7-8 year old
9-10 year old
10-11year old
boys/girls: 16-18year old
men/women

All fights require shin/foot pads and groin protectors. Women will wear breast protectors (not provided as well as kids shin pads and kids gloves)
Starting Fee - £10 per each category

SEMINAR PROGRAM:

Kihon, as taught be Sosai / Stationary practice with partner (application of Kihon waza) / Dynamic practice with partner (application of traditional Kyokushin Ippon Kumites) / Traditional Kyokushin Kumite combination training / Tournament Psychology/ Japanese Terminology (Dojo, Shôbu, Budoshakai).

The seminar starts at 10 to 12 Then hour lunch break. Second session starts at 13 to 15 Cost: £20 (including lunch).

Please let us know about the number of participants and if you want to stay for seminar till the end of March so we could arrange accommodation.

**Entry Form Is Attached To This e-mail. Please send it to:
EDINBURGHTIGERDOJO@HOTMAIL.CO.UK**

WE HOPE TO SEE YOU THERE - OSU!!!