

EUROPEAN SHITO RYU KARATE FEDERATION

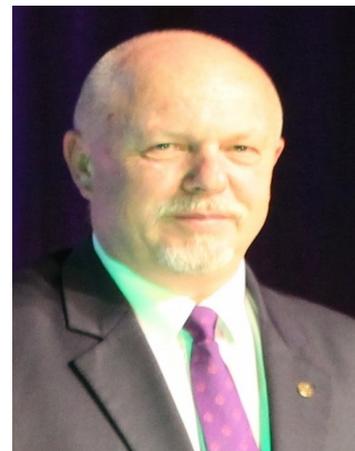


BULLETIN 1

ESHRKF Video online Championships

CHILDREN, CADETS, JUNIORS & SENIORS

MAY 6. 2021 - JUNE 8. 2021



Dear Shito Ryu Karate friends,

As the situation with the Covid 19 pandemic in Slovakia and many countries is very bad, we must change our decision related to the 8th ESHRFF Championships and postpone it on the next year 2022, so that we do not cause financial and organizational problems for our members with their participation.

We cannot rely on the situation in the next 2 - 3 months to improve so much that we will be able to organize the competition without any problems.

Last year we hoped that the situation with the pandemic would improve so much that we would be able to meet and compete as we all did until 2019. Unfortunately, this did not happen and we are still in the same situation as last year and some countries even worse.

Many clubs of our member organizations have not had regular training in gym or sports halls for almost a year due to government bans. And even if they train only through video training, which does not guarantee their real quality of performance, which we would expect from them at the level of such a high-ranking competition. Some organizations organize competitions through video competitions. Although the level of such a competition cannot be compared to a direct competition on the tatami, it is at least a substitute for the competitors who train in their homes. For the above reasons, we have decided to conduct the competition this year through a video competition.

In the in the next below we present you the program and information about the competition. We will manage the competition via the website www.sutazekarate.sk. It will be divided into Kata competition and Kumite competition. Competition will have two rounds, Elimination and Final. Kata categories are divided by age, kumite by age also by weight. Kata competition will be individual Male and Female, team Male and Female mixed age team, two categories form 9 to 15 year and +16 year, Final round will be without Bunkai.

We hope you will enjoy this form of competition and will fulfill your expectations.

Thank you for participating in the competition and wishing good luck to the participants.

**Peter Baďura
President of ESHRKF**

Competition rules and system of judging online video Kata ESHRKF Championships

PARTICIPATION:

Only federations and individuals with full and provisional membership of the ESHRKF and invited unregistered groups or individuals may participate in the competition. Limits of participants from registered ESHRKF members federations is **two** competitors in each age category and **one** competitor from nonmembers federation.

REGISTRATION:

Registration will be on the website www.sutazekarate.sk . Federation, group or individual will have to create a registration on the website, which will provide an account to which they will register competitors. Federations that are already registered at website will be able to register their competitors. **Registration of competitors start in April 27. 2021. By May 5. 2021 you will send to as the exact name of organization as you registered on www.sutazekarate.sk and you will be able to upload videos.**

ENTRY FEES:

Entry fees: 15 Euro per competitor in each individual (kata + kumite 30€) and 25 Euro for team category will be paid till May 7. 2021 on account ESHRKF Code IBAN: SK 501111000001191803002 Code Swift: UNCRSKBX The transfer of money will be confirmed by the participant by sending a photocopy of the statement of payment from the bank.

SYSTEM OF COMPETITION:

1.The WSSHRF competition will take place in two rounds Elimination and Final, in each round will be performed different kata. **On www.sutazekarate.sk will be section of Elimination and Final round.**

2. In Elimination round will competitors performe one kata from the Shitei kata list for the given age category and one kata from the Tokui kata. The sum of points will be made from these two to advance to the final round. The first six competitors and teams in each age category will advance to the final round, in the final round the order will be determine 1. 2. 3. 4. 5 .6. place.

3. In Final round, the competitors or team who get to Final will performe one kata from the list below of the Tokui kata. Tokui kata for final round are divided into six categories according to the difficulty that has a specified coefficient for the performed kata. Team Final without Bukai.

4.The competitor will upload his video to his appropriate age category. In the competition can competitor take part only in one age category. Exception is Karate kata and Kobudo Bo kata competition category +16 year. By uploading the video to the system, it agrees with the GDPR, the conditions and the competition system!

5.The video must be shot in Karate-gi adjusted according to the requirements of WSSHRF - blue or red belt or wear a belt in the color of the appropriate Dan or kyu grade. Video recording is performed barefoot, except when recording video in harsh conditions (areas outside the apartment or in nature). In these cases, the competitor may wear sports shoes.

6. Due to the COVID 19 pandemic situation, many competitors do not have the opportunity to train in the gym, it is possible to record videos in other areas. The video can be recorded anywhere – from sport hall, rooms, corridors, garages anywhere inside to outside (playground, meadow) simply where you can best show your performance. Make sure the recording location is quiet and has

adequate light conditions. Before exercise, make sure that the place is safe and remove all objects that could injure you. The kata can be interrupted by adjusting the embusen (floor plan of the kata) and to move the wear distance. The competitor can thus adjust the stance so that the kata can be performed in the area with the least possible restriction.

Example of performance of kata in room with insufficient space, such a performance are accepted for evaluation. You can see example from webpage sutazekarate-sk Slovak cup of cadet, junior, U21 Elimination round. Open the page Categories and after that click on blue circle with star and you will find videos with kata or kumite :

https://www.sutazekarate.sk/sutaze_sutazkat.php?sutaz=381 Kata as example:

<https://www.dropbox.com/s/ziidgac7l8xbafj/381-19820-1387-20201128202937.MOV?dl=0>

REFEREES AND SYSTEM of EVALUATION:

1. ESHRKF will delegate referees and judges.
2. The panel consists of five judges, in the overall evaluation of five judges the highest and lowest evaluation are deleted. In case of equality of points, the procedure is in accordance with Appendix No.1 to these rules. **When deciding the elimination round, the judge must determine the order of the first six competitors who will advance to the final round. In the final round, must appoint medalists 1.- 3.place.**
3. Evaluation: Each evaluated competitor can get a maximum of 12 points from the judge in the range from 0 to 12 points. The points are divided into 8 evaluation categories (points ranging from 0 to 1.5 will be awarded for each of the categories).

The two categories for evaluation:

Technical points:

- 1) Correct stances from 0 to 1.5 points
- 2) Correct techniques from 0 to 1.5 points
- 3) Correct transitional movements from 0 to 1.5 points
- 4) Kime Focus from 0 to 1.5 points
- 5) Timing from 0 to 1.5 points

Physical points:

- 6) Strength from 0 to 1.5 points
- 7) Speed from 0 to 1.5 points
- 8) Balance from 0 to 1.5 points

In the Final will be added into final score + coefficient of difficulty.

Appendix 1.

Resolving ties In the event that Competitor obtain the same number of points, the tie should be resolved according to the following procedure embedded in the electronic judging system:

1. Compare TECHNICAL scores, comparing the lowest score not excluded. The highest win.
2. Compare TECHNICAL scores, comparing the highest score not excluded. The highest win.
3. Compare PHYSICAL scores, comparing the lowest score not excluded. The highest win.

4. Compare PHYSICAL scores, comparing the highest score not excluded. The highest win.
5. Compare TECHNICAL scores, comparing the highest score among the lowest scores excluded. The highest win.
6. Compare TECHNICAL scores, comparing the lowest score among the highest scores excluded. The highest win.
7. Compare PHYSICAL scores, comparing the lowest score among the lowest scores excluded. The highest win.
8. Compare PHYSICAL scores, comparing the highest score among the lowest scores excluded. The highest win.

Assessment of technical and physical criteria of performed kata

Judges during evaluation of Kata performance must take in consideration the following foulds in the criteria of evaluation:

1. Stances:

- a) Incorrect stances - too wide, long or short stances, points deduction form 0.2 to 0.6 points.
- b) Incorrect distribution of the body's center of gravity on the legs in the stance, points deduction form 0.2 to 0.6 points.

2. Techniques:

- c) Performing a techniques in an incomplete manner such as failure to fully execute a block, kick or punch, points deduction from 0.2 to 0.6 points
- d) Performing a movement in the wrong direction the block, kick or punch off the target, changing the target (Jodan, Chudan, Gedan), point deduction from 0.2 to 0.6 points.
- e) Slapping the chest, arms, or Karate-gi during a techniques execution, point deduction from 0.4 to 0.6 points

3. Transitional movements:

- f) Proper tension in the abdomen, bobbing up and down of the hips when moving forward or backward, maintaining the direction of movement **Enbusen**, point deduction from 0.2 to 0.6 points
- g) Proper tension in the legs feet flat on the floor, so that the heel of back foot do not lift during and after transitional movement, point deduction from 0.2 to 0.6 points.

Clause g) does not apply to the performance of kata Heiku, Paiku, Pachu, Anan - Anan 2 in which the heels of yori ashi / suri ashi naturally raise when moving in postures. This fact must be taken into account due to the fact that these kata come from the Ryuei ryu style in which this movement is natural.

4. Kime focus:

- g) Proper tension when performing arms and legs techniques with inappropriate exhalation and focus of attention **Chakugan** - too loud exhalation etc., point deduction from 0.2 to 0.6 points.

5. Timing:

- h) Asynchronous movement, such as delivering a technique before the body transition is completed, point deduction from 0.2 to 0.6 points.
- l) Long pauses between sequences of kata or after combination of techniques (3 or more seconds), point deduction from 0.2 to 0.6 points.

6. Strength:

j) Powerless movements without of development explosive energy during of execution of techniques, point deduction from 0.2 to 0.6 points

7. Speed:

k) Speed of transitional movements from stances to stance and their continuity, speed of execution of offensive and defensive techniques, from 0.2 to 0.6 points

8. Balance:

l) Minor loss of balance, from 0.2 to 0.4 points

m) Serious loss of balance, from 0.5 to 0.9 points

During the evaluation of individual performance, the judge must award a point according to the above criteria, so as to ensure the objective order of the competitors in the group that the judge is evaluating.

If the competitor meets the all individual criteria, he will be awarded the full number of points.

The role of the judge in the Elimination Round of the competition is to determine the first six competitors who will advance to the finals.

In the Final Round, he must determine the competitor in the first, second, third to sixth place.

How to proceed with the video competition

You must do all the steps at www.sutazekarate.sk.

Procedure

1. Log in to sutazekarate.sk as Federation, Group, Individual.
2. Find the given category and click on the green circle. You will see a list of competitors.
3. For your competitors, behind the name of the button - a yellow circle with a camera. Click on it.
4. A new tab will open where you can upload a video. Make sure that the category on the card is the shift of your competitor. Select the file and upload. The process can take a few minutes, depending on the size of the video.
5. After the recording is finished, a green message will appear: The video recording has been completed.
6. When you refresh the list of competitors of item 3, you will see a link to the recorded video for your competitors. If you click on it, the recorded video will be displayed. If you do not see the link, the upload was not successful.

Notes:

- a. Video can be uploaded by coach, parents or someone else, you do not have to give access to your account, just copy the web address from PROCEDURE point 5.2. After its completion, it is no longer possible to record the video.
- b. If you make a mistake and record the wrong video, it is possible to repeat the process, while only the last video for the given competitor remains active.
- c. The size of the video can be max. 299MB. If the exerciser trains longer kata, set the camera to a lower resolution. For the needs of the competition, HD resolution is enough.
- d. During registration, links to videos of only of your competitors are visible. No other federation, group, individual can see your videos.

Start VIDEO KATA by visibly publishing the competition code as Elimination round or Final round, which can be displayed on a separate "medium" with a display, or legibly written on pure white paper in A4 size. Then save the displayed code so that it does not interfere with your performance. You will find Code at the www.sutazekarate.sk in "DOWNLOADS"

Time schedule of the competition: Elimination round

Uploading of video-recorde	May 6. 2021 to May 14. 2021 to 24:00 hours
Evaluation of video-recorde	from May 15. 2021 to May 19. 2021 to 24:00
Publication of result	May 20.2021

Time schedule of the competition: Final round

Uploading of video-recorde	May 27. 2021 to Jun 02.2021 to 24:00 hours
Evaluation of video-recorde	from Jun 03.2021 to Jun 07.2021 to 24:00
Publication of result	Jun 08.2021

ESHRKF Competition categories

EUROPEAN SHITO RYU KARATE FEDERATION CHAMPIONSHIPS COMPETITION DISCIPLINE, AGE CATEGOR.							
For 1 st ESHRKF Video Championships 2021							
GENERAL	CATEGORIES						
	CHILDREN 1	CHILDREN 2	CHILDREN 3	CADET	JUNIOR	SENIOR	
<p>A. The competition will last for 1 day (Sunday). Member Federation (MF) can register two (2) competitors and Non member (NMF) one (1) competitor per competition discipline in each ages and weight category.</p> <p>B. The championship will be displayed in 4 or 5 competition areas, depending on the stadium's availability.</p> <p>C. When at the end of Championsh. registration will be in competition category registered less as 4 competitors organizing committee will use following system: a) in Kata competition their will start in older age category b) in Kumite will start in same age category but in highest weight category</p>	Individual Kata (age 8/9)	Individual Kata (age 10/11)	Individual Kata (age 12/13)	Individual Kata (age 14/15)	Individual Kata (age 16/17)	Individual Kata (+ 16) (+35) (+45) (+55)	
	Male Female	Male Female	Male Female	Male Female	Male Female	Male Female	Male Female
	Male Individual Kumite (age 8/9)	Male Individual Kumite (age 10/11)	Male Individual Kumite (age 12/13)	Male Individual Kumite (age 14/15)	Male Individual Kumite (age 16/17)	Male Individual Kumite (age +18)	
	-27Kg	-30Kg.	-38Kg.	-55Kg.	-59Kg.	-65Kg.	
	-32Kg	-36Kg.	-44Kg.	-68Kg.	-72Kg.	-80Kg.	
	+32Kg	-43Kg. +43Kg.	-50Kg. +50Kg.	-67Kg. +67Kg.	-72Kg. +72Kg.	+80Kg. OPEN+18+35+45 +55	
	Female Individual Kumite (age 8/9)	Female Individual Kumite (age 10/11)	Female Individual Kumite (age 12/13)	Female Individual Kumite (age 14/15)	Female Individual Kumite (age 16/17)	Female Individual Kumite (age + 18 year)	
	-27Kg	-37Kg.	-42Kg.	-48Kg.	-50Kg.	-53Kg.	
	-32Kg	-45Kg.	-48Kg.	-55Kg.	-58Kg.	-60Kg.	
	+32Kg	+45Kg.	+48Kg.	+55Kg.	+58Kg.	+60Kg. OPEN+18+35 +45 +55	
						Mixed Kata Team Female - Male	
						Kobudo Bo Male – Female age +16	
	Total	8	9	9	9	9	25

List of Kata for Elimination and Final round and coefficient of difficulty for Final:

1. Coefficient 0,00

Juni No Kata 1 - 3, Kihon Kata 1 - 5

2. Coefficient 0,12

Ananko, Itosu Rohai 1 - 2 - 3, Hean/ Pinan 1 - 5, Shinsei 1 , 2, Chi No Kata, Te No Kata, Naifanchin 1 -2, Saifa, Rohai Matsumura Rohai, Bassai Sho,

3. Coefficient 0,14

Aoyagi, Myojo, Shimpa, Haufa, Matsukase, Bassai Dai, Kosokun Shiho, Juroku, Ishimine Bassai, Seinchin, Niaifanchin 3

4. Coefficient 0,16

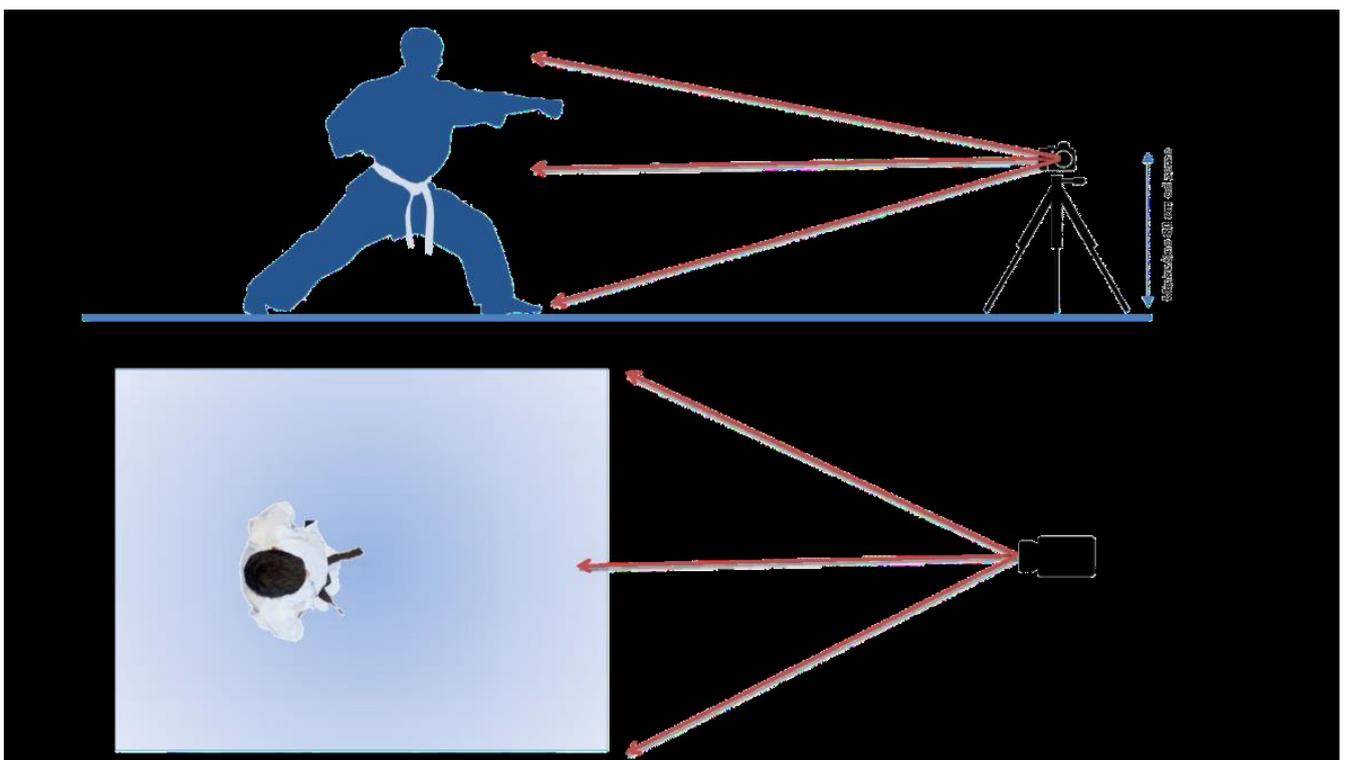
Heiku, Seisan, Jion, Jitte, Jiin, Hakucho, Kosokun Sho, Shisochin, Sanseru, Chintei, Niseishi, Wanshu

5. Coefficient 0,18

Gojushiho, Chinto, Kururunfa, Seipai, Kosokun Dai, Nipaipo, Paiku, Pachu, Tomamri Bassai, Sochin, Matsumura Bassai

6. Coefficient 0,20

Annan 1 - 2 , Chatan Yara Kushanku, Suparinpei, Papuren, Unshu



Camera position for recording

In below, we present the evaluation tables as an aid for the judges in evaluating the individual performance. The tables are divided into part of the evaluation of the technical and physical level of the performance. The evaluation must be divided into a technical and a physical part due to solve the possible equality of the final score of the competitors.

SCHEDULE OF ESHRKF COMPULSORY (SHITEI) KATA

Age Category : 8 – 9 year

**Juni no Ichi – Kihon Kata Ichi
Juni no Ni – Kihon Kata Ni
Hean/ Pinan Nidan
Chi No Kata - Shinsei
Hean/Pinan Shodan**

Age Category: 10 - 11 year
**Juni no Ichi – Kihon Kata Ichi
Hean/ Pinan Shodan
Ten No Kata - Shinsei Ni
Hean/ Pinan Sandan
Chi No Kata - Shinsei**

Age Category: 12 – 13 year
**Hean/Pinan Shodan
Hean/Pinan Yondan
Chi No Kata – Shinsei
Bassai Dai
Matsumura Rohai**

Age Category: 14 year and over
**Jion
Matsumura Rohai
Bassai Dai
Seienchin
Nipaipo**

Competition rules and system of judging online video Kumite ESHRKF Championships

SYSTEM OF COMPETITION:

- a. The ESHRKF competition will take place in two rounds Elimination and Final. **On www.su-tazekarate.sk will be section of Elimination and Final round.**
- b. In Elimination and Final rounds will competitors performe simulative attacks to prescribed targets. Evaluation will be made as in kata competition with points system Each competitor can get a maximum of 12 points from the judge in the range from 0 to 1.5 points. The points are divided into 8 evaluation categories (points ranging from 0 to 1.5 will be awarded for each of the categories). The sum of points will be made from these two to advance to the final round. The first six competitors in each age category will advance to the final round, in the final round the order will be determine 1. 2. 3. 4. 5 .6. place.
- c. The competitor will upload his video to his appropriate age and weight category. In the competition can competitor take part only in one category. By uploading the video to the system, it agrees with the GDPR, the conditions and the competition system!
- d. The video must be shot in karate-gi adjusted according to the requirements of WSSHRRF - blue or red belt, grade belt. Video recording is performed barefoot, except when recording video in harsh conditions (areas outside the apartment or in nature). In these cases, the competitor may wear sports shoes. Competitor during performance should wear prescribed red or blue gloves an instep protectors.
- e. Due to the COVID 19 pandemic situation, many competitors do not have the opportunity to train in the gym, it is possible to record videos in other areas. The video can be recorded anywhere – from sport hall, rooms, corridors, garages anywhere inside to outside (playground, meadow) simply where you can best show your performance. Make sure the recording location is quiet and has adequate light conditions. Before exercise, make sure that the place is safe and remove all objects that could injure you.

REFEREES AND SYSTEM of EVALUATION:

1. ESHRKF will delegate referees and judges.
2. The panel of judges consists of five judges, in the overall evaluation of five judges the highest and lowest evaluation are deleted. In case of equality of points, the procedure is in accordance with Appendix No.1 to these rules. **When deciding the elimination round, the judge must determine the order of the first six competitors who will advance to the final round. In the final round, must appoint medalists 1.- 3.place.**

TARGETING AREA: two tennis balls - one for a chudan and one for a jodan attack, attached to one line (rope, rubber) at the height of the belt/chest and second at the height of head. An adequate replacement can be used where the targets fixed rod + attached hand guards at the height of jodan and chudan.

Technical points:

- 1) Correct arms techniques (uchi, cuki) - from 0 to 1.5 points
- 2) Correct leg techniques (geri) - from 0 to 1.5 - points
- 3) Correct distance and control of techniques (geri, cuki, uchi) - from 0 to 1.5 points

- 4) Variability of techniques (combination of leg and arm techniques) - from 0 to 1.5 points
- 5) Difficulty of techniques (Jodan kicks – mawashi and uramawashi geri with combination of arm techniques) from - 0 to 1.5 points

Physical points:

- 6) Strength and Speed of techniques - from 0 to 1.5 points
- 7) Transitional movements and concentration (explosiveness of displacement) - from 0 to 1.5 points
- 8) Total activity during the specified exercise time, endurance - from 0 to 1.5 points

Penalty:

1. Assessing a penalty for contact made on the scoring area is defined in the WSSHFRF Competition rules for individual age categories and must be respected even in video contest.

2. In the event that the control of techniques conducted on Jodan in categories up to 17 years is not according to the rules, the judge may penalize the competitor by deducting up to 0,5 point from the criteria of the correct distance. **Correct distance at the Jodan attack is in categories from 8 to 17 year from 1cm to 10cm.**

Appendix 1.

Resolving ties In the event that Competitor obtain the same number of points, the tie should be resolved according to the following procedure embedded in the electronic judging system:

1. Compare TECHNICAL scores, comparing the lowest score not excluded. The highest win.
2. Compare TECHNICAL scores, comparing the highest score not excluded. The highest win.
3. Compare PHYSICAL scores, comparing the lowest score not excluded. The highest win.
4. Compare PHYSICAL scores, comparing the highest score not excluded. The highest win.
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How to proceed with the video competition

You must do all the steps at www.sutazekarate.sk.

Procedure

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2. Find the given category and click on the green circle. You will see a list of competitors.

3. For your competitors, behind the name of the button - a yellow circle with a camera. Click on it.

4. A new tab will open where you can upload a video. Make sure that the category on the card is the shift of your competitor. Select the file and upload. The process can take a few minutes, depending on the size of the video.

5. After the recording is finished, a green message will appear: The video recording has been completed.

6. When you refresh the list of competitors of item 3, you will see a link to the recorded video for your competitors. If you click on it, the recorded video will be displayed. If you do not see the link, the upload was not successful.

Notes:

a. Video can be uploaded by coach, parents or someone else, you do not have to give access to your account, just copy the web address from PROCEDURE point 5.2. After its completion, it is no longer possible to record the video.

b. If you make a mistake and record the wrong video, it is possible to repeat the process, while only the last video for the given competitor remains active.

c. The size of the video can be max. 299MB. If the exerciser trains longer kata, set the camera to a lower resolution. For the needs of the competition, HD resolution is enough.

d. During registration, links to videos of only of your competitors are visible. No other federation, group, individual can see your videos.

Start VIDEO KUMITE by visibly publishing the competition code as Elimination round or Final round, which can be displayed on a separate "medium" with a display, or legibly written on pure white paper in A4 size. Then save the displayed code so that it does not interfere with your performance.

You can see video example on webpage sutazekarate.sk Slovak cup of cadet, junior, U21 Elimination round. Open the page Categories and after that click on blue circle with star and you will find videos with kata and kumite :

https://www.sutazekarate.sk/sutaze_sutazkat.php?sutaz=378 Kumite as example:

<https://www.dropbox.com/s/1fj99n11tc25zk4/380-19804-4857-20201118215847.MOV?dl=0>

Time schedule of the competition: Elimination round

Uploading of video-recorde	May 6. 2021 to May 14. 2021 to 24:00 hours
Evaluation of video-recorde	from May 15. 2021 to May 19. 2021 to 24:00
Publication of result	May 20.2021

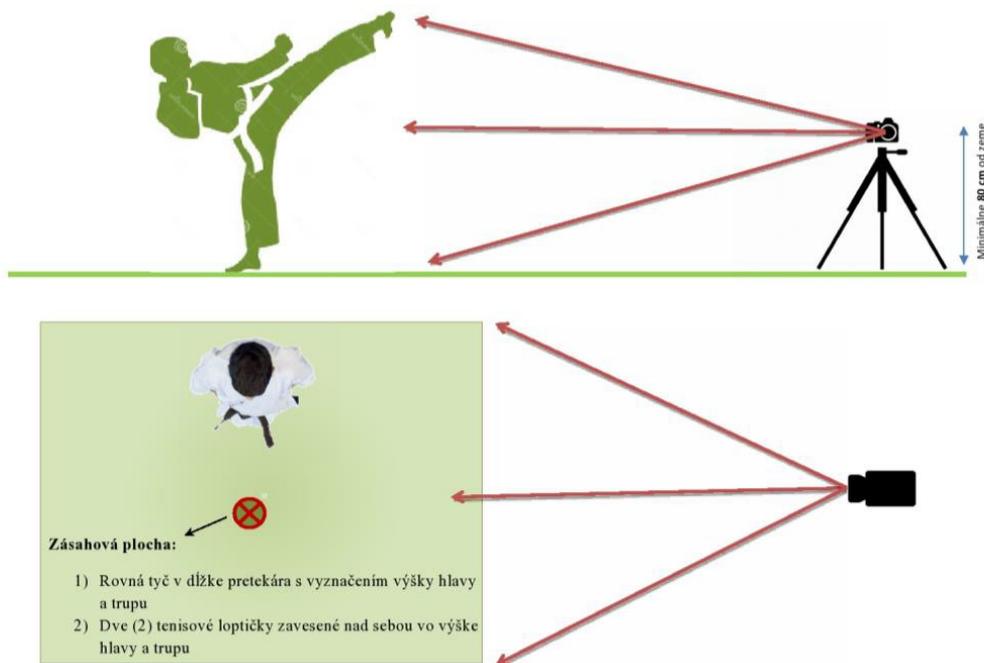
Time schedule of the competition: Final round

Uploading of video-recorde	May 27.2021 to Jun 02.2021 to 24:00 hours
Evaluation of video-recorde	from Jun 03.2021 to Jun 07.2021 to 24:00
Publication of result	Jun 08.2021

VIDEO RECORDING / SHOOTING: The competitor should be shot preferably from the profile, while during the whole shooting period the whole figure of the competitor, including the designated area, must be in a continuous shot. Recording start by bowing (REI) against the targeting area, and with instruction to start the timer. The recording ends with the instruction JAME or bowing (REI) (during the time limit, which is tracked by the recorder, or after the sound signal).

1. The time limit for video recording is set for the category from 9 to 13 years for a duration of 30 seconds.

2. The time limit for video recording is set for the category from 14 years and higher for duration of 45 seconds



Camera position for recording

In below, we present the evaluation scoreboards as an aid for the judges in evaluating the individual performance. The scoreboard are divided into part of the evaluation of the technical and physical level of the performance. The evaluation must be divided into a technical and a physical part due to solve the possible equality of the final score of the competitors.

