



IKO Matsushima
Kyokushinkaikan
Croatia

I.K.O. Matsushima Kyokushinkaikan Croatia
and
Kyokushin karate club "Domenica"
as organizer and member of
Croatian Kyokushinkai Association

KYOKUSHIN
KARATE CLUB
DOMENICA



invites you to the International Kyokushin Karate Kata and Kumite Tournament
open to all organizations and all styles of martial arts

"21st Domenica Cup"

Time: Saturday, **March 21, 2026**

Place: Sport's Hall Vladimir Deščak, Školska 4, Rakitje, **Sveta Nedelja**, Zagreb County, Croatia

Categories of Kata competition:

1. Younger kids' boys: born 2019/2018
2. Younger kids' girls: born 2019/2018
3. Older kids' boys: born 2017/2016
4. Older kids' girls: born 2017/2016
5. Younger cadets' boys: born 2015/2014
6. Younger cadets' girls: born 2015/2014
7. Older cadets' boys: born 2013/2012
8. Older cadets' girls: born 2013/2012
9. Juniors' boys: born 2011 - 2008
10. Juniors' girls: born 2011 - 2008
11. Adults' men: born 2007 and before
12. Adults' women: born 2007 and before

Categories of Kumite competition:

1. Younger kids' boys: born 2019/2018 (-30kg, -40kg and +40kg)
2. Younger kids' girls: born 2019/2018 (-30kg, -40kg and +40kg)
3. Older kids' boys: born 2017/2016 (-35kg, -45kg and +45kg)
4. Older kids' girls: born 2017/2016 (-30kg, -40kg and +40kg)
5. Younger cadets' boys: born 2015/2014 (-40kg, -50kg and +50kg)
6. Younger cadets' girls: born 2015/2014 (-35kg, -45kg and +45kg)
7. Older cadets' boys: born 2013/2012 (-50kg, -60kg, -70kg i +70kg)
8. Older cadets' girls: born 2013/2012 (-40kg, -50kg and +50kg)
9. Younger juniors' boys: born 2011/2010 (-60kg, -70kg, -80kg i +80kg)
10. Younger juniors' girls: born 2011/2010 (-45kg, -55kg and +55kg)
11. Older juniors' boys: born 2009/2008 (-65kg, -75kg, -85kg i +85kg)
12. Older juniors' girls: born 2009/2008 (-50kg, -60kg and +60kg)
13. Younger adults' men: born 2007/2006 (-70kg, -80kg, -90kg and +90kg)
14. Younger adults' women: born 2007/2006 (-55kg, -65kg and +65kg)
15. Older adults' men "C" (max. 7th Kyu): born 2005 and before (-70kg, -80kg, -90kg and +90kg)
16. Older adults' women "C" (max. 7th Kyu): born 2005 and before (-55kg, -65kg and +65kg)
17. Older adults' men "B" (max. 1st Kyu): born 2005 and before (-70kg, -80kg, -90kg and +90kg)
18. Older adults' women "B" (max. 1st Kyu): born 2005 and before (-55kg, -65kg and +65kg)
19. Older adults' men "A": born 2005 and before (-70kg, -80kg, -90kg and +90kg)
20. Older adults' women "A": born 2005 and before (-55kg, -65kg and +65kg)
21. Veterans' men: born 1986 and before (-70kg, -80kg, -90kg and +90kg)

NOTE!

- *Minimum of two competitors in category is required for a category to be held;*
- *In the case of only one competitor in a category after the deadline for applications, competitor will be offered to move to the next appropriate category if such will be available;*

- In the case of only one competitor in a category on the day of the tournament, registered competitors will be offered to move to the next appropriate category if such will be available.

Rules of Kata competition:

- Cup's system for kata competition with performing kata for 3rd place (decisions using flags);
- Competitors perform a kata of their choice in all rounds of the competition from the list of katas provided for that category and a kata performed in one round can be repeated in the following rounds.

	Kids (born 2019 – 2016)	Cadets (born 2015 – 2012)	Juniors & Adults (born 2011 and before)
List of Kata for free choice in all rounds of competition (TOKUI)	• Taikyoku ichi • Taikyoku ni • Taikyoku san • Pinan ichi • Pinan ni • Pinan san • Pinan yon • Pinan go	• Taikyoku san • Pinan ichi • Pinan ni • Pinan san • Pinan yon • Pinan go • Gekisai dai • Yantsu • Tsuki no • Saiha	• Pinan ichi • Pinan ni • Pinan san • Pinan yon • Pinan go • Gekisai dai • Yantsu • Tsuki no • Saiha • Kanku dai • Gekisai sho • Seienchin • Sushiho • Garyu • Seipai

Rules of Kumite competition:

- Cup's system of competition with a fight for the 3rd place;
- For each category is prescribed protective equipment that are determined by the specific rules in that category;
- The general rule in all categories is: prohibited are punches to the head, punches and kicks to the groin, back and when opponent is on the floor, catch, pull or push an opponent, avoid a fight by turning the back or going out of the tatami, prohibited is celebrate, cry, simulate, offend or to do anything opposite of Kyokushin ethic = warning (Chui), penalty (Genten) or exclusion (Shikaku) depending on the character and severity of the offense or its repetition.

Name of the category & No.	Protective equipment	Specific rules in each category
Kids born 2019 - 2016 (No. 1 - 4) & Younger Cadets born 2015/2014 (No. 5 & 6)	Required: • Helmet • Trunk protector (full cover the solar plexus, chest and ribbons) • Gloves • Groin guard • Foot and shin protectors Recommended: • Mouth guard	• Full powered punches and kicks is only allowed to the trunk protector. Individual technique or their series that opponent stops or moves backwards = 1 point; • Knock down to the trunk protector for 3 seconds = 2 points; • Knock out to the trunk protector for more than 3 seconds = 4 points and win; • In helmet is allowed only soft contact by Mawashi geri, Uchi haisoku geri or Kake geri = 2 points; • Knock down in head is prohibited = "Shikaku"; • Punches and kicks to the legs is prohibited = "Chui" (warning); • Second "Chui" = "Genten" (penalty) and 1 point for opponent; • Fourth "Chui" = "Shikaku" (disqualification); • Winner is whoever first reaches 4 points or has more points after the regular time or by referees' decision in the case of unresolved result after the second extension; • <i>Duration of the fight:</i> - Kids: 1'30" – 1' – weighing (4 kg) – 1'; - Younger Cadets: 2' – 1' – weighing (5 kg) – 1'.

Name of the category & No.	Protective equipment	Specific rules in each category
Older Cadets born 2013/2012 (No. 7 & 8) & Younger juniors born 2011/2010 (No. 9 & 10)	Required: • Helmet • Breasts protector (for girls) • Gloves • Groin guard • Foot and shin protectors Recommended: • Mouth guard	• Full powered punches and kicks to the legs, to the body and to the arms are allowed; • Knock down to the legs, to the body and to the arms for 3 seconds = "Wazari"; • Knock out to the legs, to the body and to the arms for more than 3 seconds = "Ippon"; • In helmet is allowed only soft contact by Mawashi geri, Uchi haisoku geri or Kake geri = "Wazari" • Knock down in head is prohibited = "Shikaku";
Older juniors born 2009/2008 (No. 11 & 12) & Older adults "C" born 2005 > (No. 15 & 16) & Veterans' men born 1986 > (No. 21.)	Required: • Helmet • Breasts protector (for girls) • Groin guard • Foot and shin protectors Recommended: • Mouth guard	• Winner is whoever first reaches Ippon or has advantage by Wazari after the regular time or by referees' decision; • <i>Duration of the fight:</i> - Older Cadets: 2' – 1' – weighing (5 kg) – 1'; - Younger juniors: 2' – 1'30" – weighing (5 kg) – 1'; - Older juniors: 2' – 2' – weighing (5 kg) – 1'; - Older adults: 3' – 2' – weighing (5 kg) – 2'; - Veterans' men: 2' – 2' – weighing (5 kg) – 1'
Younger adults born 2007/2006 (No. 13 - 14) & Older adults "B" born 2005 > (No. 17 & 18)	Required: • Breasts protector (for women) • Groin guard • Foot and shin protectors Recommended: • Mouth guard	• Full powered punches and kicks to the legs, to the body and to the arms is allowed; • Full powered kicks to the head is allowed; • Knock down for 3 seconds to the legs, to the body, to the arms and to the head = "Wazari"; • Knock out to the legs, to the body, to the arms and to the head for more than 3 seconds = "Ippon";
Older adults "A" born 2005 > (No. 19 & 20)	Required: • Breasts protector (for women) • Groin guard Recommended: • Mouth guard	• Winner is whoever first reaches Ippon or has advantage by Wazari after the regular time or by referees' decision; • <i>Duration of the fight:</i> 3' – 2' – weighing (5 kg) – 2'.

Registration fee:

- 35 EUR (Kata or Kumite) / 50 EUR (Kata and Kumite) - payment at the registration.

Registration:

- Competitors are required to complete registration within the specified time, otherwise they lose the right to participate in the competition;
- For all competitors is provided T-shirt and lunch pack;
- For all coaches is provided T-shirt and lunch.

NOTE!

- *Competitors in Kumite competition whose weight exceeds the allowed weight limit in their registered category, during weighing may have the opportunity to undergo a re-weighing within the registration period;*
- *If, after the re-weighing, a competitor's weight still exceeds the allowed weight limit, there is a possibility of transferring the competitor to the first suitable category available (in that case the competitor will be required to pay an additional fee of 20 EUR).*

Schedule:

Friday, March 20, 2026 – Sport's Hall

- 18:00 - 21:00 – Registration for Kata & Kumite competitors.

Saturday, March 21, 2026 – Sport's Hall

- 08:00 - 08:30 – Registration for Kata competitors;
- 08:30 - 11:00 – Registration for Kumite competitors;
- 09:00 – Match officials meeting for Kata competition;
- 09:30 – Kata competition and Kata Awards ceremony;
- 12:15 – Match officials meeting for Kumite competition;
- 13:00 – Opening ceremony and Kumite competition.

NOTE!

- *All competitors, coaches and match officials have to be present at the opening ceremony!*

Awards:

- 1st place – cup;
- 1st - 3rd place – medal and certificate;
- 4th place – certificate.

NOTE!

- *During the award ceremony competitors can be dressed only in Gi and Obi!*

Match officials:

- Match officials on the tournament are referees and corner judges registered by the clubs / teams for the tournament and we invite all clubs and teams to delegate their match officials;
- For match officials are provided T-shirt, lunch and compensation.

Applications deadline: Thursday, March 12, 2026 at 23:59 *(after that will not be considered!)*

Application method for competitors:

- Online at <http://karate-data.com/Tournaments/Upcoming> till March 12, 2026 at 23:59;
- Along with the online application, it is mandatory to send the next documents till March 12, 2026 at 23:59 to the email address vlado.sekelj@gmail.com:
 1. completed **Competitor application form** with all required information in excel format;
 2. valid **Medical certificate or Budo pass** for all competitors in pdf or jpeg format;
 3. signed **Statement of competitors** for all competitors in pdf or jpeg format (on behalf of kids, cadets and juniors, their parents have to sign it);
 4. **sizes of T-shirts** for competitors (as well as for coaches and match officials).

NOTE!

- *We warmly recommend travel health insurance with an additional amount for participation in amateur sports for every competitor;*
- *Following our experience of going to tournaments of abroad, it is very small amount (about 2 EUR per competitor per day) but all of our competitors in that case are insurance with amount of 15.000 EUR for the case of any injuries on the way including participation on the tournament;*
- *In that amount are covered hospital's costs as well as transport back home, so we hope that this option of insurance of competitors for this price you have in your country also and that you will use it.*

Application method for match officials:

- By sending the **Match officials application form** till March 12, 2026 at 23:59 on: vlado.sekelj@gmail.com

Order method for T-shirts:

- T-shirt sizes for competitors, coaches and match officials have to be submitted by email no later than March 12, 2026 at 23:59, along with all documents (Competitors application form, their statements and medical certificates, and Match officials' application forms);
- When ordering, please use the following T-shirt sizes, sorted from children to adults: 5/6 – 7/8 – 9/11 – 12/14 – S – M – L – XL – XXL.

Accommodation:

- Tourist Board of the city of Sveta Nedelja: <http://www.svetanedelja.hr/en/>
- Tourist Board of the city of Samobor: <https://www.samobor.hr/en/visit/>
- Zagreb County Tourist Board: <http://www.tzzz.hr/en/>

Reports from previous Domenica Cups you may find on:

<https://www.karate-kyokushinkai.hr/en/domenica-cup/>

Results & statistics from the 20th Domenica Cup you may find on:

<http://karate-data.com/Tournament/20th-domenica-cup/About/169>

See you in Sveta Nedelja on “21st Domenica Cup”,

OSU!

Sensei Vladimir Sekelj, 4 Dan

President of Kyokushin Karate Club “Domenica” Sveta Nedelja
Branch Chief of I.K.O. Matsushima Kyokushinkaikan Croatia
President of the Croatian Kyokushinkai Association