



Osu

On behalf of Levin Hard Knocks Kyokushin Karate Dojo we would like to invite you and your students to take part in the 2025 Central Zone Tournament to be held in Levin on Saturday 5th April at the Levin Events Centre.

IMPORTANT CHANGES:

Juniors 15 yrs and Under

For the safety of our juniors there will be NO Jodan Mae Geri (front face kick) permitted for 15 yrs and under.

Kata Changes

- The Kata competition will be for Kyokushin students ONLY
- As we will be aligning kata in our NZ Syllabus with the Japanese requirements, we've updated the kata selection process in the online entry form to align with the appropriate kata per grade.

Compulsory Kata

Preliminary Rounds – Everyone will perform a compulsory kata per their grade division – the TOP 4 from each division will then get to perform their chosen 2nd kata (this **must** be within their grade range). The Kata grade range sheets are attached.

Division Changes

Other divisions may change to a One Match Challenge, or a Round Robin, depending on the entry numbers. You will be notified in advance if this happens.

Registrations with payments close Saturday 15th March 2025

Late entries will NOT be accepted.

If you have any questions, please email Sensei Garin Duggan
levinkarate@gmail.com

Thank you

OSU

Sensei Garin Duggan
(Tournament Organiser)

Age Groups & Weight Divisions

Junior Age Groups	Senior Divs (18+)	Women's Weights	Men's Weights
Junior Up to 5yrs	Elite (4+ comps.)	Under 60kg	Under 70kg
Junior 6-7yrs	Masters (35+ yrs)	60-70kg	70-80kg
Junior 8-9yrs	Novice (<4 comps.)	Over 70kg	80-90kg
Junior 10-11yrs	Individual Kata		Over 90kg
Junior 12-13yrs	UG – 9 th kyu		
Junior 14-15yrs	8 th – 5 th kyu	Team Kata (3-5 members)	
Colt 16-17yrs	4 th – 1 st kyu	Junior (All members MUST be under 18yrs)	
	Black belt	Senior (Any over 18yrs - team considered Seniors)	

We will try to match up all Divisions as best we can, occasionally a Competitor may need to be moved up or down a division to allow for weight/height/experience differences. This is to ensure the safety of all participants and to give everyone a fair chance. Unfortunately, there may be times we cannot match a child in which case the Dojo Operator will be contacted and the situation assessed.

Draws The draws and programs will be generated prior to the Tournament; there will be **NO LATE ENTRIES!** Competitors will be **FINED** for failing to turn up and also for entering into the wrong division. (Explained in depth in Tournament Rules)

Safety **ALL Competitors MUST have their OWN OFFICIAL TOURNAMENT GEAR**
See Official NZ Tournament Gear List (attached at the end)

Ring time Juniors: 1 x 1 min 30 sec plus 2 extensions of 1 min
Colts 16-17yrs: 1 x 1 min 30 secs plus 2 extensions of 1 min 30 sec
Novice/Masters: 1 x 1 min 30 secs plus 2 extensions of 1 min 30 sec
Elite Adults: 1 x 3 min plus 2 extensions of 2 min

Kata (Individual) All competitors must perform a compulsory kata within their grade level (no more than 2 above or 2 below their grade). The top 4 from each division will continue into the Final Round and perform their second kata (see detailed list of grades and kata attached).

Division	Compulsory Kata **
UG (White belt) to 9th kyu (Orange, black stripe)	Taikyoku Sono Ni
8th kyu (Blue belt) to 5th kyu (Yellow, black stripe)	Pinan Sono Ni
4th kyu (Green belt) to 1 st kyu (Brown, black stripe)	Gekisai Sono San
Black belt	Bassai

Kata (Team) All teams must consist of no less than 3 or no more than 5 team members i.e., you can NOT have a team of 1, 2 or 6 and more.



2025 Central Zones Full Contact Tournament

Saturday 15th March 2025

Midnight Registration CLOSE

Friday 4th April 2025

6-8pm Early weigh-in, **Hard Knocks Levin Dojo, 300 Oxford St, Levin**

Saturday 5th April 2025

7.30am Weigh-in for those traveling on the day, Juniors first, then Seniors
Weigh-in will close at 8.30am – unless pre-arranged with the tournament organizer
Doors open to public

9.00am Tournament starts

4.00pm Approximate finish time

Entry fees:

Competitors	Juniors	1 st event NZ\$35 extra events \$15 each
	Seniors	1 st event NZ\$45 extra events \$25 each

PLEASE PAY your Instructor

Dojo Instructors PLEASE collate your teams entries and pay directly in one lump sum to:

Levin Kyokushin Karate

01-0666-0322313-00

All entry fees **must** be paid when submitting your entry form

At the weigh-in you will receive a wristband or a pass

You must wear your wristband or carry your pass at all times

NO ONE WILL BE ADMITTED WITHOUT A PASS

Spectators **Adults** (18yrs+) \$20 **Child** (5-17yrs) \$10 **Family** \$50 (under 5 free)

Sayonara

Saturday 5th April 2025 from 6pm till late

Venue: TBC

Accommodation

Please make your own arrangements for accommodation.

Official NZ Tournament Gear Required for Each Division

IKO1 Tournament Gear are acceptable

Juniors/ Colts



Limited stock



This version is optional

Black or white ok



NO closed boxing gloves



Novice & Masters



Men



Women



Elite Men



Elite Women



NOTE:

PROTECTION GEAR: Can be bought from www.fighttimes.com

DOJO: may provide their own chest protectors & head gear

MASTERS: is optional to wear head gear

FEMALES: if you own suitable insert chest protectors, these are also acceptable
PLEASE **NO hard or full plastic ones**

MALES: must wear groin protection inside their dogi

Compulsory Kata for Tournaments

Division	Compulsory Kata **
UG (White belt) to 9th kyu (Orange, black stripe)	Taikyoku Sono Ni
8th kyu (Blue belt) to 5th kyu (Yellow, black stripe)	Pinan Sono Ni
4th kyu (Green belt) to 1st kyu (Brown, black stripe)	Gekisai Sono San
Black belt	Bassai

	Belt Colour	Kyu	Tenure	Kata
	White	n/a	3mos. (48hrs)	Taikyoku 1, 2, Sokugi Taikyoku 1
	Orange	10th kyu	3mos. (48hrs)	Taikyoku 3
	Orange, black stripe	9th kyu	3mos. (48hrs)	Sokugi Taikyoku 2, 3
	Blue	8th kyu	3mos. (48hrs)	Pinan 1
	Blue, black stripe	7th kyu	3mos. (48hrs)	Pinan 2, Sanchin
	Yellow	6th kyu	3mos. (48hrs)	Pinan 3, Yantsu
	Yellow, black stripe	5th kyu	3mos. (48hrs)	Pinan 4, Tsuki no Kata
	Green	4th kyu	6mos. (96hrs)	Pinan 5, Gekisai 1
	Green, black stripe	3rd kyu	6mos. (96hrs)	Gekisai 2, Tekki 1. Taikyoku Ura 1-3
	Brown	2nd kyu	6mos. (96hrs)	Gekisai 3, Tekki 2
	Brown, black stripe	1st kyu	6mos. (96hrs)	Pinan Ura 1-5, Saifa
	Black	1st Dan	2yrs or more	Selenchin, Garyu, Tekki 3, Bassai
	Black	2nd Dan	3yrs or more	Seipai
	Black	3rd Dan	4yrs or more	Kanku
	Black	4th Dan	5yrs or more	Sushiho, Tensho





Kata for a student to choose

Some examples below of kata for different grades e.g. a student can perform katas from 2 grades below and 2 grades above their current grade

	Belt Colour	Kyu	Kata
	White	n/a	Taikyoku 1, 2, Sokugi Taikyoku 1
	Orange	10th kyu	Taikyoku 3
	Orange, black stripe	9th kyu	Sokugi Taikyoku 2, 3
	Blue	i.e. White belt/Ungraded can only do kata 2 grades above	
	Blue, black stripe		

	Belt Colour	Kyu	Kata
	White	i.e. Blue belt, black stripe – 7th kyu, can only do kata 2 grades below, their grade and 2 grades above	
	Orange		
	Orange, black stripe	9th kyu	Sokugi Taikyoku 2, 3
	Blue	8th kyu	Pinan 1
	Blue, black stripe	7th kyu	Pinan 2, Sanchin
	Yellow	6th kyu	Pinan 3, Yantsu
	Yellow, black stripe	5th kyu	Pinan 4, Tsuki no Kata
	Green	4th kyu	Pinan 5, Gekisai 1



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	Yellow	i.e. Brown belt – 2nd kyu, can only do kata 2 grades below, their grade and 2 grades above	
	Yellow,		
	Green	4th kyu	Pinan 5, Gekisai 1
	Green, black stripe	3rd kyu	Gekisai 2, Tekki 1. Taikyoku Ura 1-3
	Brown	2nd kyu	Gekisai 3, Tekki 2
	Brown, black stripe	1st kyu	Pinan Ura 1-5, Saifa
	Black	1st Dan	Seienchin, Garyu, Tekki 3, Bassai
	Black	2nd Dan	Seipai
	Black	3rd Dan	Kanku

	Brown	2nd kyu	Gekisai 3, Tekki 2
	Brown,	i.e. Black belt – Yondan, can only do kata 2 grades below, their grade	
	Black		
	Black	2nd Dan	Seipai
	Black	3rd Dan	Kanku
	Black	4th Dan	Sushiho, Tensho