

# KYOKUSHIN **Poneke DOJO**

## OSU!

On behalf of Kyokushin Poneke Dojo IKONZ, I would like to invite you and your fellow students to take part in the 2016 New Zealand Kyokushin National Tournament which is to be held in Wellington.

### Tournament Details:

Date: Saturday 21<sup>st</sup> May 2016  
Venue: Pipitea Marae  
55-59 Thorndon Quay  
Wellington

### Registrations

- Individual and team competitors are required to register via the following link:

<http://goo.gl/forms/fSLUXhyxHA>

- Registrations close on 14<sup>th</sup> May 2016
- All late entries (post 14<sup>th</sup> May 2016) will incur a \$50 penalty fee.
- NO entries will be permitted on the day of the tournament.

### Division Changes:

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

If you have any questions please email Poneke Dojo on [kyokushin@paradise.net.nz](mailto:kyokushin@paradise.net.nz)

Thank you.

Shihan Chris Gower  
(Branch Chief IKO NZ)

Jett Ranchhod  
(Tournament Organizer)

Registration Link: <http://goo.gl/forms/fSLUXhyxHA>

## 2016 Kyokushin NZ Nationals



### FRI 20TH MAY: PRE-REGISTRATION @ PONEKE DOJO

6:30pm – 7:30pm	<ul style="list-style-type: none"><li>• Preliminary registration &amp; weigh-in for competitors from all divisions.</li><li>• Poneke Dojo, Salisbury Terrace North End Carpark, Mount Cook, Wellington.</li></ul>
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### SAT 21ST MAY: TOURNAMENT @ PIPITEA MARAE

8:30am:	<ul style="list-style-type: none"><li>• Outstanding junior registrations and weigh-ins.</li></ul>
9:15am:	<ul style="list-style-type: none"><li>• All junior &amp; colt competitors to assemble in the warm up area</li><li>• Doors open to the General Public.</li></ul>
9:30am:	<ul style="list-style-type: none"><li>• Opening Ceremony - Juniors &amp; Colts. <i>Note: Trophies/medals for juniors &amp; colts will be awarded at the conclusion of each division</i></li></ul>
10:00am:	<ul style="list-style-type: none"><li>• KATA competition begins.</li></ul>
11:00am:	<ul style="list-style-type: none"><li>• KUMITE competition begins.</li><li>• Outstanding senior registrations and weigh-ins.</li></ul>
1:00pm:	<ul style="list-style-type: none"><li>• Opening Ceremony – Seniors <i>Note: Trophies/medals for senior &amp; elite competitors will be awarded at the conclusion of the tournament.</i></li></ul>
5:00pm – 6:00pm	<ul style="list-style-type: none"><li>• Approx. finish time.</li></ul>
7:00pm - late:	<ul style="list-style-type: none"><li>• Sayonara Party @ Southern Cross (corner Cuba St/Abel Smith St)</li></ul>



### ENTRY FEES:

#### Juniors/Colts

- 1st event \$35.00.
- Each extra event is \$15.00

#### Seniors

- 1st event \$50.00.
- Each extra event is \$30.00

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

*Bank Account #: 03 0510 0787595 001*

#### Notes:

- You will be given your competitor pack at the weigh-in/or on arrival
- You must pin your ticket to your shirt
- No one will be admitted without a ticket.
- Competitors must wear their armbands at all times.

#### Spectators (to be paid on entry):

- Adults: \$15.00
- Children: \$7.00 (under 16yrs)
- Family Pass: \$35.00 (2 adults & 2 children)

### MISCELLANEOUS:

- The draws and programs will be drawn up prior to the Tournament
- There will be **NO ENTRIES** accepted on the day of the tournament.
- Competitors will be **FINED** for failing to turn up and also for entering into the wrong division. (For detailed explanation see Tournament Rules)



**SAFETY:**

Division/Grade	Equipment	Requirement
Juniors/Colts	• Gloves	• Compulsory
	• Shin Pads	• Compulsory
	• Mouth Guard	• Compulsory
	• Headgear	• Compulsory
	• Groin Guard	• Compulsory
Senior Women – Novice	• Gloves	• Compulsory
	• Shin Pads	• Compulsory
	• Chest Protector (soft)	• Compulsory
Senior Men – Novice	• Gloves	• Compulsory
	• Shin Pads	• Compulsory
	• Groin Guard	• Compulsory
Senior Women – Elite	• Chest Protector (soft)	• Compulsory
	• Mouth Guard	• Recommended
Senior Men - Elite	• Groin Guard	• Compulsory
	• Mouth Guard	• Recommended

**Notes:**

1. Mouth guards are strongly recommended for all competitors
2. Instructors must bring headgear for junior/colt competitors otherwise Poneke Dojo will provide.



### **KUMITE - FIGHT DURATION:**

<b>Division/Grade</b>	<b>Fight</b>	<b>Extensions</b>
Juniors	90 seconds	2x 1 minute
Colts – Novice	90 seconds	2x 1 minute
Colts – Elite	2 minutes	2x 90 seconds
Seniors – Novice	2 minutes	2x 2 minutes
Seniors – Elite	3 minutes	2x 2 minutes

### **KATA COMPETITION:**

#### **Kata (Individual):**

- All competitors must prepare 2x KATA.
- Competitors will be graded on their 1st KATA.
- If there is a draw, competitors will be asked to perform a 2nd KATA.

#### **Kata (Team):**

- Teams must consist of no more than 3 competitors.
- Unfortunately we cannot include BUNKAI.

## ACCOMMODATION:

The following accommodation options are included for information purposes. Please make your own accommodation arrangements.

Hotel/Motel	Details
The Set up on Manners Serviced Apartments	<ul style="list-style-type: none"><li>• 57 Manners Street, Te Aro, Wellington</li><li>• (04) 830 0990</li></ul>
Willis Wellington Hotel (Formerly Leisure Inn Wellington)	<ul style="list-style-type: none"><li>• 355 Willis Street, Wellington</li><li>• (04) 803 1000</li></ul>
The Thorndon Hotel Wellington by Rydges	<ul style="list-style-type: none"><li>• 24 Hawkestone Street, Wellington</li><li>• (04) 473 2208</li></ul>
The Set up on Dixon Hostel	<ul style="list-style-type: none"><li>• 15 Dixon Street, Te Aro, Wellington</li><li>• (04) 803 0990</li></ul>
Shepherds Arms Hotel	<ul style="list-style-type: none"><li>• 285 Tinakori Road, Thorndon, Wellington</li><li>• (04) 472 1320</li></ul>
Cambridge Hotel	<ul style="list-style-type: none"><li>• 28 Cambridge Terrace, Wellington</li><li>• (04) 385 8829</li></ul>
YHA Wellington	<ul style="list-style-type: none"><li>• 292 Wakefield Street, Wellington</li><li>• (04) 801 7280</li></ul>
Base Wellington	<ul style="list-style-type: none"><li>• 21 – 23 Cambridge Terrace, Wellington</li><li>• (04) 801 5666</li></ul>
Hotel Waterloo & Backpackers	<ul style="list-style-type: none"><li>• Bunny Street, Wellington</li><li>• (04) 473 8482</li></ul>
The Dwellington	<ul style="list-style-type: none"><li>• 8 Halswell Street, Thorndon, Wellington</li><li>• (04) 550 9373</li></ul>
Lodge in the City	<ul style="list-style-type: none"><li>• 152 Taranaki Street, Wellington</li><li>• (04) 385 8560</li></ul>

### Poneke Dojo

- Available for anyone wanting free accommodation
- Marae style but BYO mattress
- For bookings please contact:
  - Keeghan McGarry on (021) 1631727