

Nordic Open Shobu Ippon

Ystad KK welcomes you to
the 3rd Nordic Open
in Ystad, Sweden

4th October 2025

Ystad Arena



1 MEMBER COUNTRIES

Nordic Open is for all members from the following countries who wish to compete in Shobu Ippon:

- Norway
- Sweden
- Denmark
- Finland
- Iceland

This is a Nordic Cup/Open. The competitors represent their clubs and not the country in this championship.

2 SHOBU IPPON RULES

The competition will be according to the Swedish Shobu Ippon rules.

Link <https://www.karatesweden.se/svenska-karateforbundet/kommitteer/shobu-ippunkommitten/>

Link for rules in english:

https://eska-karate.org/sites/default/files/ESKA_CompetitionRules%20dec2023_Ver4.0.pdf

Please note that all Swedish competitors from 14 years old need a competition license.

3 DATE AND TIME, PLACE AND ACCOMMODATION

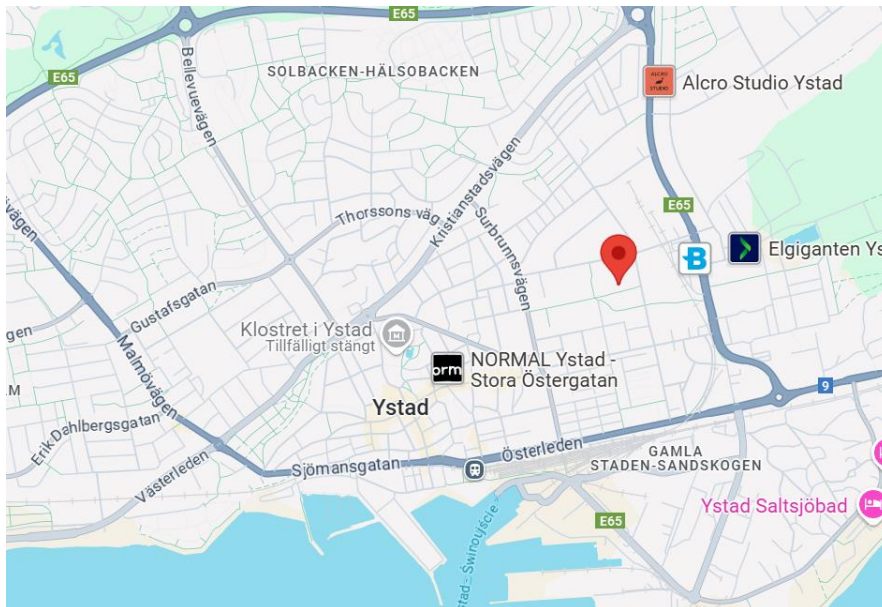
DATE AND TIME

Competition is to be organized in one day.

Saturday 4th of October 2025

9.00	Judge meeting Chief referee : Leslie Jensen
9:45	Coach meeting
10.00	Opening ceremony and Competition starts. Finals will be directly in connection with the category.
Approx. 16:00	Super Finals - Kata 18 - 34 years, female & male - Kumite 18 - 34 years, female & male

PLACE



The competition is held at Ystad Arena.

Address: Ystad Arena, Fridhemsgatan 27, 271 39 Ystad

Food and beverages:

It is possible to purchase refreshments inside the arena.

There are a couple of restaurants within 500 meters.

ACCOMMODATION

Hotell Fritiden

www.hotellfritiden.se

Continental

www.hotelcontinental.se

Ystad Saltsjöbad

www.ysb.se

As an alternative Malmö is an hour away by train.

4 PARTICIPATION FEE & REGISTRATION

PARTICIPATION FEE

Individual categories: 400 SEK for each category.

Team: 600 SEK for each team for each category.

Foreign participants

Foreign payment is to be made to Sparbanken Skåne

IBAN: SE28 8000 0831 3952 4225 7425

BIC: SWEDSESS

Swedish participants

Bg: 692-0276

Swish: 123 461 56 39 (Ystad karate klubb)

Deadline for payment 30th of September.

REGISTRATION

Registration is done in Sportdata, deadline for registration 20th of September.

Draws are downloaded by each club from Sportdata.

5 COMPETITION CATEGORIES

Individual categories in kata and kumite independent of grade.

Age definition: the date of the competition.

Individual categories independent of grade:

- 12 - 13 years
- 14 - 15 years
- 16 - 17 years
- 18 - 20 years
- 21 - 34 years
- 35 - 44 years
- 45 and above

Following contestants can compete in two categories:

- Age 12 - 13 can as well compete in the following class: 14 - 15, but only in kata.
- Age 14 - 15 can as well compete in the following class: 16 - 17, but only in kata.
- Age 16 - 17 can as well compete in the following class: 18 - 20, but only in kata.
- Age 18 - 20 can as well compete in the following class: 21 - 34, kata and kumite.

Team categories kata:

- 12 - 15 year
- 16 - 34 years

Team categories kumite:

- 16 - 17-åringar
- 18 - 34-åringar

6 COMPETITION RULES KATA AND KUMITE

Kata

Individual			
Categories		Preliminaries	Finals
12 - 13 years	Female / Male	Shitei Kata	Only flagsystem, inclusive finals
14 - 15 years	Female / Male	Shitei Kata	Only flagsystem, inclusive finals
16 - 17 years	Female / Male	Shitei Kata	Tokui kata, 4 persons
18 - 20 years	Female / Male	Shitei Kata	Tokui kata, 4 persons
21 - 34 years	Female / Male	Shitei Kata	Tokui kata, 4 persons
35 - 44 years	Female / Male	Shitei Kata	Tokui kata, 4 persons
45 years +	Female / Male	Shitei Kata	Tokui kata, 4 persons

Team			
Categories		Kata	Finals
12 - 15 years	Female / Male	Shitei / Sentei kata	4 teams, pointssystem, new kata
16 - 34 years	Female / Male	Tokui kata	4 teams, pointssystem, new kata

Team kata:

Flag system up to finals.

Finals (4 teams) is point system. Minimum 2 katas. Can compete same kata in flag system for each round. Must change kata in finals.

Group 1 / Shitei kata: Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan og Tekki Shodan
Group 2 / Sentei kata: Bassai Dai, Jion, Kanku Dai, Enpi
Group 4 / Tokui Kata: Bassai Dai, Kanku Dai, Enpi, Jion, Hangetsu, Tekki Nidan, Tekki Sandan, Bassai Sho, Kanku Sho, Nijushiho, Sochin, Chinte, Meikyo, Wankan, Unsu, Gojushiho sho, Gojushiho dai, Gankaku and Jitte

Kumite

Team kumite:

Team		
Category		Information
16 - 17	Female / Male	Consists of 3 persons (and 1 reserve)
18 - 34	Female / Male	Consists of 3 persons (and 1 reserve)

EQUIPMENT AND KARATEGI

Information for coaches.

Technical specifications of the hand mitts, white only.

Filling material : 2 components poly-urethane foam

- Surface : white Lycra
- Weight : max. 70g each
- Density : max. 0,25 kg/dm³
- Thickness : between 25 and 35 mm
- Width : max. 110 mm
- No publicity allowed, except on the wrist-bandage
- This shape has to be respected (see pictures)



Shin pads as shown, are allowed for children between 12 - 15 years old.



