

2026 ØRESUND KYU CUP



**KATA
GOHON
KUMITE
IPPON SHOBU**



**NOVEMBER 1
HØRSHOLM
DANMARK**

INFORMATION



LOCATION

Tournament adress: Usserød Skole, GI Byvej 10, 2970 Hørsholm

**It is approximately 23 km from Helsingør If you take the ferry
Helsingborg/Helsingør**

**The driving distance from the Øresund Bridge to Hørsholm is approximately 43
km**

TIME SCHEDULE

09.15 AM Coach meeting

09:30 Tournament starts

**The tournament schedule will be available on our website
shobuippondanmark.dk along with the match lists.**

SPECTATORS

**Parking is available in the area around the school. Please be aware of parking
fees and regulations**

It is possible to purchase refreshments inside the hall.

FIGHTERS

Safety for the fighters

**Participation in the Shobu Ippon Tournament is at the fighter's own
responsibility and risk.**

There will be a medical doctor present.

COACHES

Coach Dress Code: Coaches only in Club track suit.

**Please note the rules regarding gi and equipment on
the last page of this invitation.**

ORGANIZER

**ØRESUND KYU CUP is a collaboration between Shobu Ippon Denmark and Hørsholm
Karate Club. You can contact Shobu Ippon Denmark via email:
Shobuippondanmark@gmail.com**

ØRESUND KYU CUP 2026



REGISTRATION



PRICE

DKK 300,- Covering both Kumite and Kata

DEADLINE

Deadline for registration: October 21- 2026

MAIL

**Registration to be sent to:
Shobuippondanmark@gmail.com**

PAYMENT

**Bank - Nordea
ACCOUNT: 2670 9031617461
IBAN: DK09 2000 9031 6174 61
BIC: NDEADKKK**

**Remember to write name/club & Shobu Ippon Tournament on
the payment and registration**



EXAMPLE

PARTICIPANTS								
Nr.	FIRST NAME	LAST NAME	GENDER	AGE	HEIGHT	KYU GRADE	Kumite (yes/no))	Kata (yes/no))
1	Peter	Andersen	Male	12	167	4. kyu	yes	yes
2								
3								
4								
5								
6								
7								
8								
9								

ØRESUND KYU CUP 2026

GENERAL RULES



RULES

Kumite—rules on our website www.shobuippondanmark.dk – Organization – Shobu ippon rules

INDIVIDUAL CLASSES

Kumite rules:

Children and adults from 10th kyu to 5th kyu perform Gohon Kumite (jodan and chudan all the way and in the final)

Children and adults from 4th kyu to 1st kyu perform Ippon Shobu Kumite.

Fight time is 2 min.

Kata rules:

10th kyu to 4th kyu perform Shitei Kata + Taikyoku shodan in the preliminary rounds and in the final – flag all the way.

3rd kyu to 1st kyu perform Shitei Kata in the preliminary rounds, and one optional Shitei ore Sentei Kata in the final – flag all the way

Shitei Kata: Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan and Tekki Shodan

Sentei Kata: Bassai Dai, Jion, Kanku Dai and Enpi

PROTECTION

Transparent or white mouthguard and white, thick gloves are compulsory. In all kinds of kumite, groin and chest protection (for women) are optional. Body protection and foot/leg protection are not allowed. Rules about dogi see last page "info coaches".

DIVISION INTO CLASSES

All adults will be divided into groups according to grade and age.

All children will be divided into groups according to age, grade, and height.

We will strive to adapt this as fairly as possible so that everyone has a good experience.

INFO COACHES



OBLIGATORY KUMITE



NOT ALLOWED KUMITE



ALLOWED DOGI



NOT ALLOWED DOGI



ALLOWED PROTECTIVE GEAR



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LISELOTTE FJELDGAARD ANDERSEN

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