

8 SHOBU IPPON TOURNAMENT



7 MARCH 2026
HØRSHOLMHALLEN

SHOBU IPPON DENMARK
IN COOPERATION
WITH HØRSHOLM KARATE CLUB

INFORMATION



TIME SCHEDULE

08.15 AM Coach meeting

08.30 Tournament starts

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

SPECTATORS

Free parking in front of the hall.

It is possible to purchase refreshments inside the hall.

Spectator entrance fee 50 Danish kroner.

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.

HOTEL

Hotel Marina, Vedbæk Strandvej 391, 2950 Vedbæk, Tel. +45 45 89 17 11

Shobu Ippon Denmark receives a 20% discount on rooms. Use the discount code: event20

Rooms can be booked online at:

www.hotelmарina.dk

ORGANIZER

Shobu Ippon Tournament is a collaboration between Shobu Ippon Denmark and Hørsholm Karate Club. You can contact Shobu Ippon Denmark via email:

Shobuippondanmark@gmail.com



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REGISTRATION



PRICE

DKK 250,- Per category
DKK 450,- TEAM KATA

DEADLINE

Deadline for registration: February 15 – 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

NO.	FIRST NAME	LAST NAME	Age	CATEGORY	AMOUNT
1	Anders	Hansen	21	38	250
2	Team Kata	Hansen, Jensen, Nielsen		24	450
3					
4					
5					
6					

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GENERAL RULES



RULES ON WEBSITE

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

INDIVIDUAL CLASSES

08-11 year-olds may also compete in the following class: 12-13, but only in kata.
12-13 year-olds may also compete in the following class: 14-15, but only in kata.
14-15 year-olds may also compete in the following class: 16-17, but only in kata.
16-17 year-olds may also compete in the following class: 18-20, in both kata and kumite.
18-20 year-olds may also compete in the following class: 21-34, in both kata and kumite.
21-34 year-olds may only compete in this class.
35-44 year-olds may also compete in the following class: 21-34, in both kata and kumite.
45-54 years-olds may also compete in the following class: 35-44, in both kata and kumite.
55 years may also compete in the following class: 45-54, in both kata and kumite

PROTECTION – DOGI

See last page 'Info coaches'



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RULES KUMITE



10TH KYU TO 4TH KYU

Gohon kumite jodan and chudan all the way. White gloves and mouthguard are compulsory.

3RD KYU TO DANGRADES

Rules will be Danish Karate Federations Shobu Ippon rules. Kumite-rules on our website www.shobuippondanmark.dk – Organization – Shobu ippon rules.

Fight time is 2 min in all categories.

PROTECTION GEAR

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".



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RULES KATA



10TH KYU TO 4TH KYU

Flag system will be applied until the last 4 competitors have been decided. The main referee will choose between Taikyoku Shodan and Heian 1–5. A competitor cannot be asked to perform a kata at a grade higher than their last grading kata. The final will be decided on points.

3RD KYU TO DAN GRADES

Flag system will be applied until the last 4 competitors have been decided. The main referee will choose between Shitei Kata. The final is Tokui kata and will be decided on points

★ Note: Finals 8–11 yrs 3rd kyu – dan grade is Sentei Kata.

TEAM KATA

Team can be a mix of boys/girls and male/female. Same kata can be repeated in all rounds. Refereeing by flag till last 4, then point system.

PERMITTET KATA

Shitei Kata	Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan og Tekki Shodan
Sentei Kata	Bassai Dai, Jion, Kanku Dai og Enpi
Tokui Kata	Bassai Dai, Jion, Kanku Dai, Enpi, Hangetsu, Tekki Nidan, Tekki Sandan Bassai Sho, Kanku Sho, Nijushiho, Sochin, Chinte, Meikyo, Wankan, Unsu, Goju shiho Sho, Gojushiho Dai, Gangaku, Jitte og Jiin

★ Taikyoku Shodan is allowed in group 10th kyu to 4th kyu and team kata

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CATEGORIES KATA



KATA 10TH KYU - 4TH KYU

Category	Gender	Age	Grade	Introducer kata	Kata Finals 4 persons
1	Girls/boys	8-11	10th kyu - 4th kyu	Taikyoku Shodan, Heian 1-5	Taikyoku Shodan, Heian 1-5
2	Girls/boys	12-15	10th kyu - 4th kyu	Taikyoku Shodan, Heian 1-5	Taikyoku Shodan, Heian 1-5
3	Women/men	16-39	10th kyu - 4th kyu	Taikyoku Shodan, Heian 1-5	Taikyoku Shodan, Heian 1-5
4	Women/men	40+	10th kyu - 4th kyu	Taikyoku Shodan, Heian 1-5	Taikyoku Shodan, Heian 1-5

KATA 3RD KYU - DAN GRADE

Category	Gender	Age	Grade	Introducer kata	Kata Finals 4 persons
5	Girls/boys	8-11	3rd kyu - Dan grade	Shitei Kata	Sentei Kata
6	Girls	12-13	3rd kyu - Dan grade	Shitei Kata	Tokui kata
7	Boys	12-13	3rd kyu - Dan grade	Shitei Kata	Tokui kata
8	Girls	14-15	3rd kyu - Dan grade	Shitei Kata	Tokui kata
9	Boys	14-15	3rd kyu - Dan grade	Shitei Kata	Tokui kata
10	Women	16-17	3rd kyu - Dan grade	Shitei Kata	Tokui kata
11	Men	16-17	3rd kyu - Dan grade	Shitei Kata	Tokui kata
12	Women	18-20	3rd kyu - Dan grade	Shitei Kata	Tokui kata
13	Men	18-20	3rd kyu - Dan grade	Shitei Kata	Tokui kata
14	Women	21 -34	3rd kyu - Dan grade	Shitei Kata	Tokui kata
15	Men	21 -34	3rd kyu - Dan grade	Shitei Kata	Tokui kata
16	Women	35-44	3rd kyu - Dan grade	Shitei Kata	Tokui kata
17	Men	35-44	3rd kyu - Dan grade	Shitei Kata	Tokui kata
18	Women	45-54	3rd kyu - Dan grade	Shitei Kata	Tokui kata
19	Men	45-54	3rd kyu - Dan grade	Shitei Kata	Tokui kata
20	Women	55+	3rd kyu - Dan grade	Shitei Kata	Tokui kata
21	Men	55+	3rd kyu - Dan grade	Shitei Kata	Tokui kata



TEAM-KATA

Category	Gender	Age	Grade	Introducer kata	Kata Finals 4 persons
22	Girls/boys	8-16	10th kyu - 4th kyu	Taikyoku Shodan, Heian 1-5	Taikyoku Shodan, Heian 1-5
23	Girls/boys	8-16	3rd kyu - Dan grade	Tokui	Tokui kata
24	Women/men	17+	10th kyu - Dan grade	Tokui	Tokui kata

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CATEGORIES KUMITE



KUMITE 10TH KYU - 4TH KYU

Category	Gender	Age	Grade	Introductor kumite	Finals kumite
25	Girls/boys	8-11	10th kyu - 4th kyu	Gohon kumite jodan-chudan	Gohon kumite jodan-chudan
26	Girls/boys	12-15	10th kyu - 4th kyu	Gohon kumite jodan-chudan	Gohon kumite jodan-chudan
27	Women/men	16-39	10th kyu - 4th kyu	Gohon kumite jodan-chudan	Gohon kumite jodan-chudan
28	Women/men	40+	10th kyu - 4th kyu	Gohon kumite jodan-chudan	Gohon kumite jodan-chudan

KUMITE 3RD KYU - DAN GRADES

Category	Gender	Age	Grade	Introductor kumite	Finals kumite
29	Girls/boys	8-11	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
30	Girls	12-13	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
31	Boys	12-13	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
32	Girls	14-15	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
33	Boys	14-15	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
34	Women	16-17	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
35	Men	16-17	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
36	Women	18-20	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
37	Men	18-20	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
38	Women	21 -34	3rd kyu - Dan grade	Shobu Ippon	Shobu Sanbon
39	Men	21 -34	3rd kyu - Dan grade	Shobu Ippon	Shobu Sanbon
40	Women	35-44	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
41	Men	35-44	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
42	Women	45-54	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
43	Men	45-54	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
44	Women	55+	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon
45	Men	55+	3rd kyu - Dan grade	Shobu Ippon	Shobu Ippon



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INFO COACHES



OBLIGATORY KUMITE



NOT ALLOWED KUMITE



ALLOWED DOGI



NOT ALLOWED DOGI



ALLOWED PROTECTIVE GEAR



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SPONSORS



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