

EUROPEAN KARATE ORGANIZATION

GENERAL INFORMATION

- October 25-27, EKO European Championship for Cadet, U21 and Open category in Wroclaw, Poland
- November 23-24, EFKO Selection competition for WKO-WFKO World Championship in Antwerp, Belgium
- May 31-June 1, 2025, WFKO-WKO World Championship in Tokyo, Japan
- March 21-23, 2025. Stara Wies Black Belt seminar, Poland.

News from the EKO Board



I hope this message finds you in good health.

A few days ago, this year's summer vacation passed. It was a pleasure to be able to observe the activity of your organizations during the summer training and sports camps.

It is worth noting that this year many countries have established training cooperation with Japanese instructors. I am convinced that this will contribute to an increase in the number of people affiliated with your organizations and to the promotion of karate in individual countries.

I would like to inform you that the EKO Board and EKO Committees are working continuously. You can read a lot of information about the decisions made and the issues discussed in the distributed minutes of the Board meetings. Thank you to the Board members for their commitment.

Important to the continuity of the EKO calendar are the candidates for holding the next European Championships. In recent years, after the Covid-19 pandemic, EKO has experienced a regression in applications from candidates to take on the European Championships. I want to thank Lithuania and

Hungary for their decision to have the 2025 ECs held in their countries. During the seminar in Hungary and the Batumi tournament, I discussed these issues with leaders from Belgium, Croatia, Greece, Georgia and Latvia. Thank you very much for your understanding and willingness to take organizational action. It now seems that we can be sure of the EKO calendar until the end of 2027. I would like to encourage other European organizations to cooperate.

For several years, an important issue signaled by many organizations has been the membership of SportAccord. Since my EKO presidency, I have been trying to seek solutions in this area. We have discussed this several times in joint meetings with President Midori and Executive Director Koi. I hope that our joint efforts will achieve the desired effect.

The 1st Fullcontact World Championships in 2025 is fast approaching. The Fullcontact movement will allow fighters from many kyokushin organizations to face each other in one tournament. Valuable places and a pass to the 1st World Championship will be won at a selection tournament in Antwerp on November 23, 2024.



Not so long ago, in May, we enjoyed a great atmosphere during the perfectly prepared European Championships in Valencia, and you are probably already in the process of preparing for the Cadets, Youth and Open Adults European Championship in Wroclaw. I wish all the preparing national teams successful preparations. I sincerely invite everyone to Poland for the European Championships.

EUROPEAN KARATE ORGANIZATION

Remigiusz Karpinski
President

News from the Referee Committee



WORLD CHAMPIONSHIP SELECTION

Next World Championship in weight categories will be in Tokyo, Ariake Arena at 31 of May-1 of June. Special circumstance with this world championship is that it is a joint arrangement of World Full Contact Karate Organization and the World Karate Organization. For Europe it means that the selection of competitors will be from both EKO and EFKO. New decision is that Europe now have in total 4 competitors in each weigh category plus two more (M+W) as below.

EC, Valencia

1st from each Weight Category, men and women.

EC, Wroclaw

1st Open Category (participate according to their own weight), men and women.

EFKO Cup, Antwerp

1st, 2nd and 3rd from each Weight Category, men and women.

EUROPEAN FULL CONTACT KARATE ORGANIZATION SELECTION COMPETITION

The EFKO is arranging its selection competition **The 2nd European Full Contact Karate Cup** to the World Championship 23-24 of November 2024 in Antwerp, Belgium. The two finalists and 3rd price winner will be selected to the World Championship. This competition is open for all countries in Europa, all organizations, and dojos. With that, a competitor in EKO have three chances to be selected.

For your information: <https://app.kumitetechnology.com/en/tournament/12/>

EKO will have 25 referees at this competition. They were recommended after application by the EKO Referee Committee by 31 of June. Together with 26 referees from other organizations they were approved by EFKO Referee Coordinators. All these referees are receiving a special referee seminar education to use the WFKO rules.

COACH TEST NOW COMPULSORY

The EKO Online Coach test is now compulsory to be approved/get a badge to enter the competition as a coach during the European Championship. The test can be done several times. As a coach you are requested to pass the test with at least 90% correct answers.

If you have already done the test in 2023 you do not need to do it again. If you did it 2022 or never have done the test you must do it.

Please, study these rules before you do the test. Requested material to study and prepare can be found on:

EKO's website <https://www.european-kyokushin.org/download/>
EKOfreferee's website. <https://www.ekoreferees.eu/>

- Kumite rules with coach rules in the appendix
- Kata rules
- EKO Medical tournament rules
- EKO Health information
- EKO concussion brochure
- Prohibited WADA List

The test will be open from 1 October and must be done before registration on Thursday 25 October.

Link to the Coach-test:

<https://forms.gle/4fCMhHEyZETGTYGD9>

COACH LICENSE FROM 2025

A formal coach license will be introduced from 2025. The fee will be 25 € and valid for three (3) years.

REFEREES FOR EUROPEAN CHAMPIONSHIP IN WROCLAW, POLAND

EKO Referee Committee invite A, B and C licensed referees. We also welcome new referees who want to apply for a C-license. This includes those who want to refresh an old license. Application in Kumite Technology and on ekoreferees.eu. Please, apply according to your license if you will be on duty in kumite or kata. Referees who apply to upgrade or refresh their license are expected to attend to the referee course on Thursday 24 October.

REFEREE COURSE IN WROCLAW; Hotel NOVOTEL

Thursday 24 October at 14:30-20:00 EKO Referee Committee will have its annual referee course for those who apply for a new license as well as refresh an old license.

- All documents, rules can be found on EKO Home Page or at www.ekoreferees.eu
- Participation is to be in referee shirt, bow tie and whistle.

EC WROCLAW REFEREE BRIEFING/SEMINAR; Hotel NOVOTEL

Friday 25 October at 15:30-18:00

- Participation is to be in referee shirt and bow tie.

ONLINE REFEREE APPLICATION

1. Registration in Kumite Technology and at www.ekoreferrees.eu
2. All referees must check in online before the Championship. After registration in Kumite Technology and at www.ekoreferrees.eu you will receive a link on the 22 of October to make the check-in. You may also come before the referee course on the 24 October at 14:00-15:00 or before the referee briefing on the 25 October at 14:30-15:00 to do the personal check in with EKO passport.

KARATE CHAMPION of CHAMPIONS

In connection with the Karate Dream Festival 21 July in Tokyo, Japan it was a special invitation competition; Karate Champion of Champions. It was WKO who invited 8 men and 8 women to a special competition. These were the invited competitors:

Male

- Mr. Eventas Guzauskas (Lithuania)
- Mr. Maciej Mazur (Poland)
- Mr. Anton Zimarev (Kazakhstan)
- Mr. Anjey Kinzersky (Kazakhstan)
- Mr. Yusaku Watanabe (Japan)
- Mr. Yuki Okada (Japan)
- Mr. Marek Wolny (Poland)
- Mr. Daisuke Tada (Japan)

Female

- Ms. Brigita Gustaityte (Lithuania)
- Ms. Ivanka Popova (Bulgaria)
- Ms. Suzuki Mihiro (Japan)
- Ms. Ramu Amikawa (Japan)
- Ms. Mirjam Bjorklund (Sweden)
- Ms. Alina Ossipenko (Kazakhstan)
- Ms. Momo Fujihara (Japan)
- Ms. Yuna Mokudai (Japan)

WKO also selected five referees from EKO. It was some expired referees but this time also some new names, mostly previous fighters.

Results

Men

- 1 Yuki Okada (Japan)
- 2 Eventas Guzauskas (Lithuania)
- 3 Daisuke Tada (Japan)
- 3 Yusaku Watanabe (Japan)

Women

- 1 Mihiro Suzuki (Japan)
- 2 Brigita Gustaityte (Lithuania)
- 3 Ramu Amikawa (Japan)
- 3 Momo Fujiwara (Japan)

EKO REFEREE COMMITTEE WORK WEEKEND

On Friday 27-Sunday 29 September had the EKO Referee Committee it's annual meeting over a weekend. Examples of topics that was covered are preparation for coming European Championship, updating the kumite and kata rules, new rules for young competitors as well as veterans, evaluation of referees and licenses.



<https://www.ekoreferrees.eu/>



EKO REFEREE COMMITTEE

Michael Söderkvist
Chairman

News from the Technical and Grading Committee



EKO DAN GRADING 2024

The EKO Black Belt grading for Shodan and up to Yondan took place in Bulgarian at the nice sport resort in Varne at the Black Sea.

The grading was scheduled to take place for two days. First day with training where Shihan Jan Bülow, Shihan Remigiusz Karpinski and Shihan Anca Walmen was teaching in Kihon, Ido Geiko and Kata to prepare everybody for the grading.

Second day was the actual dan test. The technical test started in the morning with Kihon program followed up by WKO/EKO Ido Geiko. Of course, the candidates also had to show katas. The technical grading ended with a stamina test which for most, after 3 hours in the Bulgarian summer heat, for most was very hard. After lunch and a break, it was time for the Kumite test. All candidates had to fulfill 20 kumite. We saw many good fights, and everybody showed a strong never give up spirit.

9 went for shodan, 3 for nidan, 2 for sandan and 10 for yondan and all passed.

All Branch Chief, please remember that you have to registrar your students in WKO and pay the fee as normal to receive a new black belt and the dan certificate for your students. WKO are notified about the result already and are waiting for your contact.

EKO BLACK BELT SEMINAR STARA WIESS 2025

In 2025 we will again host the EKO Black Belt seminar. It will again be at the Stara Wiess Dojo in Poland and the dates are 21st. – 23rd. March 2025. It is important for all our students and instructors that we will have this opportunity to train together and align the kata to ensure a high kata standard at gradings and Kata championships.

The EKO black belt seminar 2025 will also include a kata referee seminar.

More information about the EKO Black Belt seminar, and how to register, will be send out at the next EKO Newsletter.

WKO dan grading 2025

As you already have seen in the WKO newsletter from May 2024, WKO have scheduled the WKO dan grading to take place 2nd June 2025 after the WFKO/WKO World Championship in Tokyo.

If you have any students who will go for the WKO grading, please keep updated in the WKO newsletters for more information about application procedures etc.

When you send the dan grading application forms to WKO, it is important that you also send a copy of all documents to representative@kyokushin.dk because WKO require approval from EKO Technical & Grading committee for each student who will take place at the WKO grading.

EKO GRADING & TECHNICAL COMMITTEE

Jan Bülow
Chairman

News from the Anti-Doping Committee



EKO Anti-Doping Committee

In the EKO Anti-Doping Committee we are constantly working to inform and teach about the WADA codex. WKO as a world karate organization is a member of WADA, and EKO is as a region committed to follow the WADA codex.

EKO follows the WADA codex by conducting Anti-Doping tests at all our European Championships. This is done by our own staff and the local national anti-doping agencies.

EKO Anti-doping committee 2024 tests plan at European Karate Championships consist of 32 samples at 3 high level championships:

- Valencia, Spain May - 10 tests and all was found negative.
- Wroclaw, Poland October - 12 tests.
- Antwerp Belgium EFKO selection tournament, November - 10 tests.

Therapeutic Use Exemption (TUE)

If you have competitors using medicine or other substances on the WADA's anti-doping list, it is the competitor's own responsibility to have a so-called TUE.

TUE in WADA stands for "Therapeutic Use Exemption." It is a permission granted to athletes who need to use a prohibited substance or method for medical reasons. WADA (World Anti-Doping Agency) allows athletes to apply for a TUE so they can use medication to treat a medical condition without violating anti-doping rules. If a competitor should be chosen for an anti-doping test, and use medicine submitted by own doctor without having a TUE, he or she will have a problem, and the Anti-Doping test result will be seen as a positive test result from a WADA perspective. So please make sure your team coaches, competitors and parents know about this and apply for a TUE in WADA's system named ADAMS.

You can get help and support from your national anti-doping agency to have a TUE created a in ADAMS. Normally the national anti-doping agency have instructions and application forms at their homepage. If they cannot help and support you, please contact the EKO Anti-Doping committee for further help and support for the TUE.

Anti-Doping projects in 2025

We see that use of illegal medicine and substances is a growing problem in many sports. In EKO we will continue our work to avoid any doping misuses. In 2025 we will launch a Project to National federations for antidoping education and prevention:

- Develop communication and trainings with national WADA organization.
- Organize together with your national Anti-Doping Agency seminars during federation summer or winter camps.
- Organize together with your national Anti-Doping Agency online (zoom) seminar for coaches and EKO U16, 18, 21 and adults championship participants.
- Organize online with your national Anti-Doping Agency examination test for obtaining national Anti-Doping Agency certificate for all participants in national championships and tournaments.

National WADA Certificate should confirm acquired knowledge in the following:

- Introduction to anti-doping, its history, and the principles of fair sport.
- Violations of anti-doping rules.
- List of prohibited substances and methods.
- Permission to use medication.
- ADAMS system.
- Doping control.
- The rights and duties of the athlete and the athlete's support staff

EKO ANTI-DOPING COMMITTEE

Jan Bülow & Romas Vitkauskas