



SATURDAY THE 24TH  
OF SEPTEMBER

# NORDIC OPEN 2011



SEMI CONTACT / LIGHT CONTACT / FULL CONTACT / K-1



## BAVNEHØJ IDRÆTSANLÆG, COPENHAGEN

Chin-Gu Full Contact/Kickboxing gym, Enghavevej 90, 2450 København SV, Denmark, Gsm:+ 45 29 93 48 41 E-mail.chin-gu@mail.dk

### OFFICIAL INVITATION

Chin-Gu Full Contact would like to invite you to a Nordic Open 2011 with semi contact, light contact, full contact and K-1 fight Saturday the 24th of september in Copenhagen, Denmark. I hope to see you!

### WWW.CHINGUKICKBOXING.DK

**DATE:** Saturday the 24th of September 2011

**PLACE:** Bavnehøj Idrætsanlæg, Enghavevej 90, 2450 Copenhagen SV. (see [www.krak.dk](http://www.krak.dk))

**ADMISSION FEE:** 20 Euro/Dkk 150 (after September the 19th Euro 25/Dkk 200) Payment must be paid at the day of competition, when registering.

**APPLICATION:** Monday the 19th of September. Please use the online registration: [www.okbr.net](http://www.okbr.net)

**REGISTRATION/WEIGH-IN:** Friday the 23th of september, between 17.00 - 22.00 hrs. at Bavnehøj Idrætsanlæg, Enghavevej 90, 2450 København SV. Fighting license and valid medical certificate (not older than one year) must be presented at registration. Saturday the 24th of September. fighters must be present at Bavnehøj Idrætsanlæg no later than 10.00 hrs.

**PROGRAM:** First fight 12.00 hrs. am.

**MATCHING:** In all disciplines cup systems will be arranged. No fighter in full contact will be

allowed to have more than three fights at the tournament.

**RULES:** DKTF rules. See [www.dktf.dk](http://www.dktf.dk)

**SAFETY EQUIPMENT:** Fighters must wear the correct safety equipment according to the rules. Fighters who can not meet the demands will not be allowed to fight (eg. chestguard for women). See tabular in this invitation.

**PRICE:** Trophy for first and second place, medal for third. There are no money prizes at Nordic Open 2011.

**ENTRÈ FEE:** Dkk 100

**VISA:** For some countries it is necessary to apply the Danish Consulate or Embassy for visa. Please note special procedure for this.

**AGE:** Senior 18-45 years. Junior 16-17. Cadets 13-15 years. Yungger cadets 10-12 years.

**ORGANIZER:** Chin-Gu Full Contact Denmark and Dansk Kick- & Thaiboxing Forbund. Please bring your referees whit you (national and international)

**ACCOMMODATION:** At teams own arrangement and own cost. Accommodation in:

Dan Hostel  
H.C. Andersens Boulevard 50  
1553 København V.  
Phone: +45 33118585  
Webpage: [www.danhostel.dk](http://www.danhostel.dk)  
E-mail: [hostel@dgi-byen.dk](mailto:hostel@dgi-byen.dk) or [copenhagency@danhostel.dk](mailto:copenhagency@danhostel.dk)

Please contact to:  
DGI-Byens Hotel: Tel:+45 33298050  
Fax: +45 33298059  
E-mail:[hotel@dgi.dk](mailto:hotel@dgi.dk)

Scandic Hotel Sydhavnen/Sydhavns plads 15  
DK- 2450 København SV.  
TEL:+ 45 88 33 36 66

Cab-Inn (cheap but good): Tel:+45 33210400  
Fax: +45 33217409 E-mail:[Cab-inn@cab-inn.dk](mailto:Cab-inn@cab-inn.dk)

**NO TO DOPING. NO TO VIOLENCE AND DRUGS!**

## SEMI CONTACT

Younger cadets girls 10-12 year		Younger cadets boys 10-12 year	
01	- 28 kg	26	- 28 kg
02	- 32 kg	27	- 32 kg
03	- 37 kg	28	- 37 kg
04	- 42 kg	29	- 42 kg
05	- 47 kg	30	- 47 kg
06	+ 47 kg	31	+ 47 kg
Cadets girls 13-15 year		Cadets boys 13-15 year	
07	- 42 kg	32	- 42 kg
08	- 46 kg	33	- 47 kg
09	- 50 kg	34	- 52 kg
10	- 55 kg	35	- 57 kg
11	- 60 kg	36	- 63 kg
12	- 65 kg	37	- 69 kg
13	+ 65 kg	38	+ 69 kg
Junior girls 16-17 year		Junior boys 16-17 year	
14	- 50 kg	39	- 57 kg
15	- 55 kg	40	- 63 kg
16	- 60 kg	41	- 69 kg
17	- 65 kg	42	- 74 kg
18	- 70 kg	43	- 79 kg
19	+ 70 kg	44	- 84 kg
Senior female 18-45 year		Senior men 18-45 year	
20	- 50 kg	45	- 89 kg
21	- 55 kg	46	- 94 kg
22	- 60 kg	47	+ 94 kg
23	- 65 kg	48	- 57 kg
24	- 70 kg	49	- 63 kg
25	+ 70 kg	50	- 69 kg
		51	- 74 kg
		52	- 79 kg
		53	- 84 kg
		54	- 89 kg
		55	- 94 kg
		56	+ 94 kg
Teamfight			
57	3 men 1 female		

For your information, Semicon-tact can sometimes be a very little catagory, so please see the registration [www.okbr.net](http://www.okbr.net) for any opponents before going.

## LIGHT CONTACT

Younger cadets girls 10-12 year		Younger cadets boys 10-12 year	
58	- 28 kg	83	- 28 kg
59	- 32 kg	84	- 32 kg
60	- 37 kg	85	- 37 kg
61	- 42 kg	86	- 42 kg
62	- 47 kg	87	- 47 kg
63	+ 47 kg	88	+ 47 kg
Cadets girls 13-15 year		Cadets boys 13-15 year	
64	- 42 kg	89	- 42 kg
65	- 46 kg	90	- 47 kg
66	- 50 kg	91	- 52 kg
67	- 55 kg	92	- 57 kg
68	- 60 kg	93	- 63 kg
69	- 65 kg	94	- 69 kg
70	+ 65 kg	95	+ 69 kg
Junior girls 16-17 year		Junior boys 16-17 year	
71	- 50 kg	96	- 57 kg
72	- 55 kg	97	- 63 kg
73	- 60 kg	98	- 69 kg
74	- 65 kg	99	- 74 kg
75	- 70 kg	100	- 79 kg
76	+ 70 kg	101	- 84 kg
Senior female 18-45 year		Senior men 18-45 year	
77	- 50 kg	102	- 89 kg
78	- 55 kg	103	- 94 kg
79	- 60 kg	104	+ 94 kg
80	- 65 kg	105	- 57 kg
81	- 70 kg	106	- 63 kg
82	+ 70 kg	107	- 69 kg
		108	- 74 kg
		109	- 79 kg
		110	- 84 kg
		111	- 89 kg
		112	- 94 kg
		113	+ 94 kg

## FULL CONTACT

Senior men 18-45 year	
114	- 51 kg
115	- 54 kg
116	- 57 kg
117	- 60 kg
118	- 63,5 kg
119	- 67 kg
120	- 71 kg
121	- 75 kg
122	- 81 kg
123	- 86 kg
124	- 91 kg
125	+ 91 kg
Senior female 18-45 year	
126	- 48 kg
127	- 52 kg
128	- 56 kg
129	- 60 kg
130	- 65 kg
131	- 70 kg
132	+ 70 kg

## K-1 RULES

Senior men 18-45 year	
133	- 51 kg
134	- 54 kg
135	- 57 kg
136	- 60 kg
137	- 63,5 kg
138	- 67 kg
139	- 71 kg
140	- 75 kg
141	- 81 kg
142	- 86 kg
143	- 91 kg
144	+ 91 kg
Senior female 18-45 year	
145	- 48 kg
146	- 52 kg
147	- 56 kg
148	- 60 kg
149	- 65 kg
150	- 70 kg
151	+ 70 kg



## NORDIC OPEN 2011 - DKTF KICKBOXING RULES - A SUMMARY

Safety equipment all disciplines: R = Recommended N = Not allowed A = Allowed	Open gloves	Boxing gloves 10 Oz	Safety feet	Grain pro-tector	Shin pro-tector	Mouth guard	Helmet	Hand bandage	Elbow pro-tec-tor	Knee pro-tector	Chest-guard
Men KB/FC	N	X	X	X	X	X	X	R	A	R	N
Woman KB/FC	N	X	X	X	X	X	X	R	A	R	X