

January 5, 2020

Representatives of various schools and organizations

FIGHTING BEAT Co., Ltd.

Shingo Kudo

Dear Sir/Madam, As we welcome the New Year, we hope you are all in good health. We are pleased to announce that we will be holding the 7th Tokyo Practical Karate Championship, Challenge the Dream 2026. We are truly grateful for this, as it is all thanks to your support. All staff and related parties will work hard to ensure that this tournament is one that will remain in everyone's memories. We appreciate your cooperation in holding the tournament.

Sincerely,

Tournament name: 7th Tokyo Practical Karate Championship Challenge the Dream 2026

Sponsored by FIGHTING BEAT

Date: Sunday, April 5, 2020

Time Kata section: 9:00 (scheduled) Opening ceremony: 12:30 (scheduled) Kumite section: 13:00 (scheduled)

Venue: Higashishin Arena, Sumida Ward General Gymnasium, Martial Arts Hall

4-15-1 Kinshi, Sumida-ku, Tokyo 130-0013

[Nearest transportation]

If you are using the JR Sobu Line: Approximately a 3-minute walk from the north exit of Kinshicho Station, inside

Kinshi Park. If you are using the Tokyo Metro Hanzomon Line: Approximately a 2-minute walk from exit 4 of Kinshicho Station, inside

Kinshi Park. If you are using the bus: Get off at Kinshi Park (To 02, To 08, Nishiki 37, Nishiki 40) and walk for approximately 2 minutes.

[Parking Information]

Parking fee: 100 yen per 30 minutes on weekdays, 200 yen on weekends and holidays.

Individuals using the gymnasium are free for up to 2 hours. *For group use, up to

5 cars are free on weekdays, and up to 3 cars are free for up to 2 hours on weekends and holidays.

There is no 2-hour free parking service for participants or spectators. *Accessible to people with disabilities: Parking is free for people with disabilities (except on days when the facility is closed). Please present proof of disability, such as a disability certificate, at the general reception on the 2nd

floor. 100 spaces available *There is a limit to the number of spaces available for group use. *Vehicle height is limited to 2.1m. *Parking spaces are limited, so please use public transport. *Please refrain from parking in a way

that causes inconvenience to people on surrounding roads or parking without permission at nearby facilities.

• Tournament

regulations [Match time]

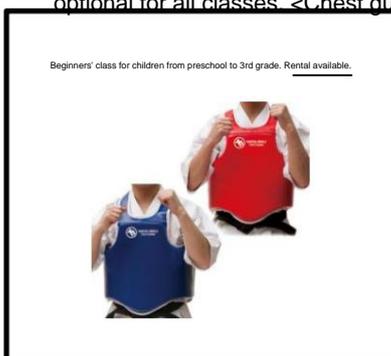
	Main Tournament	Extra time	Extra time (final only) <small>(The referee's decision is final.)</small>
Preschool	1 minute 15 seconds	1 minute	1 minute
Division	1 minute 30 seconds	1 minute	1 minute
Junior High	1 minute 30 seconds	1 minute	1 minute
School	1 minute 30 seconds	1 minute	1 minute

Division, General Division [Supporters]

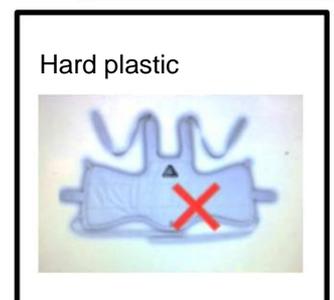
Class/Area	Head guard	Shins and insteps	Knees	Fist Foul cup	Chest	Mouthpiece and belt stopper
childhood Beginners Class	•	• Optional •			•	• Optional
childhood Beginner/Intermediate	•	• Optional •			•	Boys x Female optional any
Elementary school 1st to 3rd grade Beginners Class	•	• Optional •			•	• Optional
Elementary school 1st to 3rd grade Beginner/Intermediate	•	• Optional •			•	Boys x Female optional any
Elementary school student 4th to 6th year boys	•	•	•	•	•	x Optional
Elementary school student Girls 4th to 6th grade	•	•	•	• Any	• Any	• Any
Junior high school boys		•	•	•	•	x Any • Any
Junior high school girl		•	•	• Any	• Any	• Any
General club boys Beginner/Intermediate	Any •		•	•	•	x Optional
General club boys advanced	x	x	x	x	•	x Optional
General section female optional		•	•	• Any	• Any	• Any
General male Master	Optional •		•	•	•	x Optional

•Please bring your own supporters and head guards. *For beginner classes for children and 1st to 3rd grade elementary school students, only the do-ate will be loaned out .

Boys are prohibited from wearing T-shirts. •Chest guards for girls must be thin and only cover the chest area. •For general classes (beginners, intermediate, masters, girls), karate gloves will be used. Please bring your own. •Wearing a mask is optional for all classes. <Chest guards that can be worn>



<Chest guards that are prohibited from being worn>



[Kumite Win/Loss]

Ippon Victory - When you land a valid technique and your opponent falls. (When you are on your knees and cannot get up)

- If two Waza-ari are scored

Waza-ari: When a valid technique is landed and the opponent is severely knocked down by the damage.

Also, if the movement stops temporarily. If the technique lands a clean hit while the opponent is not guarding.

(Invalid if only pressed, touched, or grazed)

- When you cut the supporting leg, the opponent falls, and the technique is executed with a great spirit and spirit.

Valid •Attacking with a precise punch or kick that causes damage •Thrusting attacks (face, neck, groin are fouls) •Foot attacks (high knee kicks and groin are fouls) •Elbow strikes to the torso (horizontal elbow, vertical elbow) are allowed in the general division only (attacks to the face are fouls) •Attacking the opponent out of the ring

Foul play - Knee kicks to the upper level are prohibited in all classes.

- Attacks to the groin (lower abdomen) •Attacks on an opponent who is down •Attacks to the back or back of the head •Grab, throw, take down, push with both hands (Only techniques that cut the supporting foot low are permitted) •Attacks with your head against the opponent *Please be careful of fouls, two will result in a deduction of one point, two will result in disqualification *If a technique such as a knee kick hits the abdomen and it is falsely reported that it also hit the groin, you will be disqualified by foul.

Judging criteria (Order of importance of judging: 1>2>3>4) 1 Ippon/

waza-ari > 2 Damage > 3 Accurate effective hit > 4 Number of moves and feet

[Type]

ÿ Flow of the game

Enter ÿ Bow ÿ Say the name of the kata ÿ Ready (preparation) ÿ Start at the athlete's will (if the start is too long, the referee will give the signal to start)

Matches are held one at a time. In the event of a draw, the other person must challenge a different kata. (If the same kata is used, points will be deducted.)

Judging will be by flag, just like in kumite.

• Judgment criteria Judgment order of importance 1>2>3>4

1. Posture (sharpness), speed (sharpness), facial expressions, breathing > 2. Etiquette (posture, spirit, voice) > 3. Accuracy and practicality (strength) > 4. Correct order (order)

*If you do not bow at the beginning or end after entering the court, you will be penalized points.

ÿ Formal attire

Masks are removed during matches, and women are only allowed to wear white T-shirts under their uniforms.

Boys are not allowed to wear T-shirts, and if hair is shoulder-length, it must be tied back with a rubber band.

•Tournament entry •

The representative of the organization should contact us by email. Email address: fb_kudou@yahoo.co.jp

Please download the application form and entry sheet (Excel) from the Fighting Beat website. • Please send the completed form to the above address by the entry deadline (Saturday, February 14, 2026, midnight).

•If you are entering both Kumite and Kata, please fill out separate entry forms. •Please be sure to include any official tournament wins within the past two years.

If you falsify your winning history, you will be disqualified. Please note that if this is discovered at a later date, your winnings will be revoked. Only players who have not previously won a prize in an official competition may participate in the beginners class.

If a player has never won, write "No wins"

• After confirming your entry, please send the application form and participation fee by registered mail. Mailing

address: 3F Mitsumoto Building, 4-15-16 Sakurajosui, Setagaya-ku, Tokyo 156-0045 (FIGHTING BEAT Co., Ltd.)

[Participation

Fee] •Kumite 7,000 yen (tax included)

• type 5,000 yen (tax included)

•Kumite /Kata W Entry 10,000 yen (tax included) •Beginner class

6,000 yen (tax included)

*Half of the entry fee will be refunded only if the tournament is cancelled for any reason.

*Please note that refunds will not be given after the entry deadline for any other reasons.

*The organizers will not be held responsible for any injuries, so please make sure to take out your own sports insurance.

*Contact information for tournament inquiries

FIGHTING BEAT Co., Ltd.

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