

四 COP ZANSHIN

03
OCT
2026

OPEN FUJIMAE

Promesas y absoluto
de 10h a 20h

Pabellón de Sant Jordi - ZEM Torredembarra
Ctra de la Riera del Gaia



FUJIMAE

ZANSHIN CUP

Dear Branch Chiefs, Shihans, Senseis and Competitors,

It is our great pleasure to invite you to participate in the **ZANSHIN CUP 2026**, organized by the **IKO Spain Branch Carlos Ortiz**.

The competition will take place on **Saturday, 3 October, 2026**, from **10:00 a.m. to 8:00 p.m.**, at the **Pabellón Sant Jordi**, located in **Torredembarra** (Tarragona), Spain.

The nearest airport to the venue is **Reus Airport (REU)**.

Registration will open on **1 June, 2026**, and the **deadline for registration is 9 September, 2026, at 10:00 a.m.** All participants and teams are kindly requested to complete their registration before the deadline.

Please note that there is **no official hotel designated for the event**. However, the organization will be pleased to provide recommendations for **accommodation near the venue** upon request.

WILL BE PLACE ON

FRIDAY 2 OCTOBER from 10 a.m. to 8 p.m. at:

**Calle de San Clemente, 2, 6, 43830 Torredembarra,
Tarragona.**

<https://maps.app.goo.gl/zKocbQp2qycSnVU36>

**PLACE OF EVENT:**

SATURDAY 3 OCTOBER

**Calle de la Rosella, s/n, 43830 Torredembarra,
Tarragona**

<https://maps.app.goo.gl/TLtJNu1r4fonSs5PA>

Contact: dojozanshinkyokushin@gmail.com

ZANSHIN CUP

PLACES TO STAY:



Hotel Nueva Europa

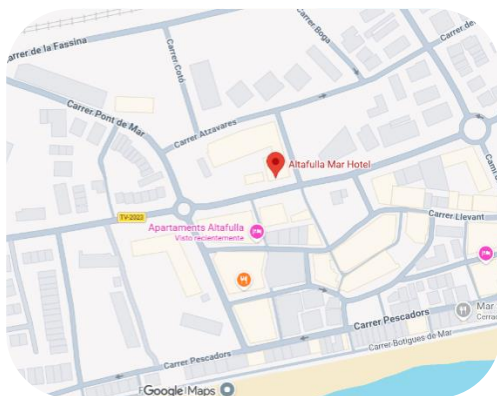
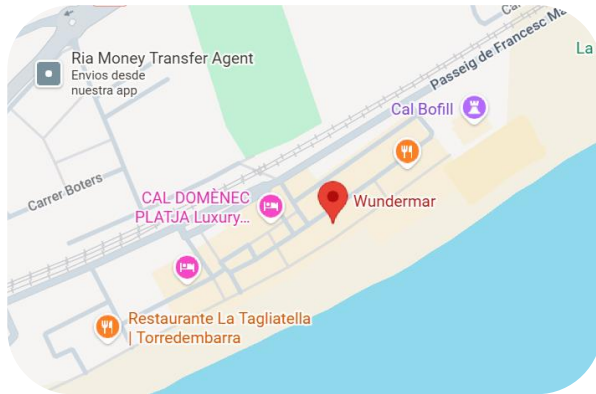
N-340, Km 1180, 43830 Torredembarra,
Tarragona

<https://hotelnuevaeuropa.com/>

Wundermar

Paseo de Colom, 29, 43830
Torredembarra, Tarragona

<https://www.wundermar.es/>



Altafulla Mar Hotel

Via Augusta, 13, 21, 43893 Altafulla,
Tarragona

<https://www.altafullamarhotel.com/>

Contact: dojozanshinkyokushin@gmail.com

ZANSHIN CUP

PUBLIC ACCESS AND PRICES:

The price to be paid is **10€**.

FEES:

Kata OR Kumite: **45€**

Kata AND Kumite: **75€**

Payment: can be made by bank transfer or in cash during check-in. Only one bank transfer per dojo will be accepted, to be made to the following bank account.

ES88 0049 2611 8124 1470 3331 / SWIFT: BSCH ES MM XXX

Please include the following reference in your payment: 'Zanshin Cup, dojo name, number of fighters.'

After completing the payment and registration, kindly send a confirmation email to dojozanzhinkyokushin@gmail.com.

CHAMPIONSHIP SCHEDULE

SESSION:

- 08:00 Arrival of Kata and Kumite competitors, coaches and referees
- 08:30 Admission of spectators
- 08:30 Coaches and referee's meeting
- 9:00 Kata playoffs and finals (all categories)
- 11:30 Kumite
- 16:45 Kumite playoffs
- 19:00 Kumite +18 Finals
- 18:00 Trophy presentation ceremony and official closing of the championship

RULES & REGULATIONS:

Tournament rules: The competition will be conducted in accordance with the official IKO international kata and kumite regulations.

Uniform: The dogi may only display the kanji on the left side of the chest. No other logos or symbols are allowed.

Categories: It is possible that some category will be combined or removed if lack of competitors.

Coaches: A maximum of two coaches per team is allowed (If only one fighter so only one coach).

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ZANSHIN CUP

KATA

CATEGORY	PRELIMINARY	FINAL
10-11 Boy/ Girl	PINAN SONO ICHI	PINAN SONO NI
12-13 Boy/ Girl	PINAN SONO SAN	PINAN SONO YON
14-15 Boy/ Girl	TSUKI NO KATA	GEKISAI SONO SAN
16-17 Boy/ Girl	GEKSAI SONO SAN	BASSAI
18-34 Men / Women	BASSAI	KANKU
+35 Men / Women	SAIFA	SEIENCHIN

In kata there are no divisions; all competitors perform in a single category regardless of rank.

KUMITE

CATEGORY	WEIGHT BOY/MEN	WEIGHT GIRL/WOMAN	ELIMINATION	FINAL
10-11	-30 kg; -35 kg; -40 kg; -45 kg; -50 kg; +50 kg;	-30 kg; -35 kg; -40 kg; -45 kg; -50 kg; +50 kg;	90s	90s > 90s
12-13	-40 kg; -45 kg; -50 kg; -60 kg; -70 kg; +70 kg;	-40 kg; -45 kg; -50 kg; -60 kg; +60 kg;	90s	90s > 90s
14-15	-50 kg; -55 kg; -60 kg; -65 kg; -70 kg; -75 kg; -85 kg; +85 kg;	-40 kg; -45 kg; -50 kg; -60 kg; +60 kg;	90s > 90s	120s > 120s
16-17	-55 kg; -60 kg; -65 kg; -70 kg; -75 kg; -85 kg; +85 kg;	-50 kg; -55 kg; -60 kg; -65 kg; +65 kg;	120s > 120s	120s > 120s
18-34	-60 kg; -70 kg; -80 kg; -90 kg; +90 kg;	-55 kg; -65 kg; +65 kg;	2m > 2m	3m >2m2m>weight > 2m
Sub 21	-60 kg; -70 kg; -80 kg; -90 kg; +90 kg;	-55 kg; -65 kg; +65 kg;	2m > 2m	3m >2m2m>weight > 2m
+35	-75 kg; -85 kg; +85 kg;	-55 kg; -65 kg; +65 kg;	90s > 90s	90s > 90s

In kumite there are two divisions D1 and D2.

The first division (D1) is for competitors from 10th kyu to 5th kyu.

The second division (D2) is for competitors from 4th kyu to Black belt.

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ZANSHIN CUP

ROTECTION REQUIREMENTS

		
Boys (10–15): Required equipment: - Headgear (with face cover) - Body protector - Fist guards - Shin/instep pads - Groin cup - Knee protection	Boys (16–17): Required equipment: - Headgear (no face cover) - Fist guards - Shin/instep pads - Groin cup - Knee protection - Mouth guard (optional)	Men (+18): Required equipment: - Groin cup - Mouth guard (optional)
Girls (10–15): Required equipment: - Headgear (with face cover) - Body protector - Fist guards - Shin/instep pads - Girls' groin guard - Knee protection	Girls (16–17): Required equipment: - Headgear (no face cover) - Breast pads - Fist guards - Shin/instep pads - Girls' groin guard - Knee protection - Mouth guard (optional)	Women (+18): Required equipment: - Breast pads - Women's groin guard - Mouth guard (optional)