



**OFFICIAL INVITATION  
TO THE INTERNATIONAL KICKBOXING TOURNAMENT**



# **FFC OPEN K1 WAKO 2023**



Dear friends,

We are excited to extend a special invitation to Kickboxing clubs around the world. We cordially invite you to join us for the international Kickboxing Tournament "**FFC OPEN K1 2023**", catering to young participants aged 7 years and up to 14 years for Cadets. Mark your calendars for this thrilling event scheduled from **December 2nd to 3rd, 2023**.

Our chosen arena is the **FFC GYM**, located at **Punane 69** in the vibrant city of **Tallinn, Estonia**.

The meticulous organization of the event is under the careful coordination of the First Fighting Club. It will be carried out in accordance with the K1 STYLE amateur kickboxing regulations established by WAKO. In order to guarantee the seamless execution of the event, we politely urge all participating teams to closely follow the provided program.

*Igor Golubev  
First Fighting Club President*

First Fighting Club (FFC)  
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Rannamõisa tee 4h, Tallinn 10132

<http://ffcclub.ee>  
Tel. +372 5659797

## OFFICIAL SCHEDULE

Timetable can be changed depending on the number of entries.		
<b>Friday, 01.12.2022</b>		
..... - 16:30	• Arrival of foreign teams and judges	<a href="#">FFC GYM, Punane 69</a>
16:30 - 18:30	• Weight-in and medical check (Estonian clubs)	<a href="#">FFC GYM, Punane 69</a>
18:30 - 20:00	• Weight-in and medical check (Foreign clubs)	<a href="#">FFC GYM, Punane 69</a>
20:30 - 21:30	• OFFICIAL DRAW <b>(NO CHANGES AFTER THE DRAW!)</b>	<a href="#">FFC GYM, Punane 69</a>
<b>Saturday, 02.12.2022</b>		
10:00 - 13:00	• Qualification fights of the FFC OPEN K1 2023	<a href="#">FFC GYM, Punane 69</a>
<b>Sunday, 03.12.2022</b>		
10:00 - 12:30	• FFC OPEN K1 2023 <b>FINALS</b>	<a href="#">FFC GYM, Punane 69</a>
	• Awarding ceremony	<a href="#">FFC GYM, Punane 69</a>
<b>ENTRY TICKET FOR SPECTATORS - 5 EUR/1 DAY, 10 EUR/2 DAYS</b>		

## OFFICIALS

CHIEF REFEREE	<b>Denis Lahtikov</b> <i>International Referee and Judge "A" class</i> <a href="mailto:denislahtikov@gmail.com">denislahtikov@gmail.com</a> / +372 5346 6030
PROMOUTER and HEAD OF THE ORGANIZING COMMITTEE	<b>Igor Golubev</b> <i>President of the First Fighting Club</i> <a href="mailto:igorkudo@mail.ru">igorkudo@mail.ru</a> / +372 565 9797 (RU)
All organizational questions	<b>Edgar Mebald</b> <i>General Secretary</i>  +372 5884 8885 (EN)
Secretary (Registration and Draw questions)	<b>Dmitri Perjarkov</b> - +372 552 4959 <a href="mailto:wakoest@gmail.com">wakoest@gmail.com</a>

## **WEIGHTING-IN, MEDICAL CHECK and MEDICAL SERVICES**

Registration and weighting-in of the fighter will be made after presenting the following documents:

- WAKO sport pass for WAKO members.
- Passport or ID-card for others (non members). **Please note that a 10 EUR fee applies for NON-members of WAKO.**
- Valid permit to fight signed by a sports doctor.
- Health insurance
- All participants must take visas in Estonian embassies in their countries, if needed
- **30 EUR in cash for the starting fee (50 EUR FOR NON WAKO MEMBERS)**

<b>ATTENTION</b>	If sportsmen do not have a medical permit, examination on the spot costs <b>15 EUR</b> .
<b>ATTENTION</b>	<b>ZERO TOLERANCE DURING THE WEIGHT-IN</b> , each fighter must correspond to his registered weight.
MEDICAL SERVICES	Organizer is responsible for providing medical help to all official members of participating teams during the competition (according to their health-insurance).

## **VISA INFORMATION**

All participants must take visas in Estonian embassies in their countries if needed. Estonia is a member of the European Union and part of Schengen territory.

## **IMPORTANT INFORMATION**

All competitors, coaches and officials must follow the code to prevent manipulations before, during and after competition!

[Estonian version](#)

[English version](#)

## **CLASSES, WEIGHT DIVISIONS and REGULATIONS OF THE FIGHTS**

Competition will be held under K1- STYLE WAKO rules!			
CATEGORY	WEIGHT DIVISION MALE	WEIGHT DIVISION FEMALE	REGULATIONS
<b>KIDS 1</b> (7 years old, K1MKR / K1FKR)	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	2 ROUNDS x 1 MIN, 1 KD RULE
<b>KIDS 2</b> (8 years old, K2MKR / K2FKR)	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	2 ROUNDS x 1 MIN, 1 KD RULE
<b>CADETS 1</b> (9-10 years old, C1MKR / C1FKR)	-26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; 56+kg.	-26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; 56+kg.	2 ROUNDS x 1,5 MIN, 2 KD RULE
<b>CADETS 2</b> (11-12 years old, C2MKR / C2FKR)	-28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; 60+kg.	-28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; 60+kg.	2 ROUNDS x 2 MIN, 2 KD RULE
<b>CADETS 3</b> (13-14 years old, C3MKR / C3FKR)	-32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63; -65; -67; -69; +69 kg.	-32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63; -65; -67; -69; +69 kg.	3 ROUNDS x 2 MIN, 2 KD RULE

## **RULES and PROTESTS**

### **ATTACK WITH A KNEE TO THE HEAD IS PROHIBITED!**

Competition is held under amateur WAKO rules, which can be found on <https://wako.sport/rules/>

Protest during the competition is only accepted if **announced by competitors Coach or their representative immediately after the fight and after submitting an official protest form to the name of Chief referee with a pledge of 100 EUR no later than 10 minutes after the fight.** Final decision will be given by the members of the appeal committee.

## **MEDALS AND AWARDING**

1st, 2nd and 3rd places will get medals and diplomas. Fighters with the best techniques and showing the will to win will be awarded with special prizes.



## **ENTRY FORMS**

Entry-forms (fighters, coaches) should be **filled** and sent **no later than 20th of NOVEMBER** by the email to [wakoest@gmail.com](mailto:wakoest@gmail.com),

### **EXAMPLE OF THE ENTRY FORM:**

**EMAIL SUBJECT:** FFC OPEN K1 WAKO ENTRY FORM

CLUB .....

ADDRESS .....

COACH .....

SECONDARY .....

### **No. Participants Name, Type, Weight**

1. John JOHNSON, C1MKR, -56 kg

Club representative name (signature) .....

**NB: Filled forms received from 21st to 24th of November will be additionally charged with extra fee (15 EUR per person). After the 24th of NOVEMBER registration will be CLOSED and no new forms will be accepted!**

**Starting fee is 30 EUR** per competitor (50 EUR for non-members of WAKO).

Payment must be made during the registration in cash. **Extra fee (15 EUR for each participant) will be charged for every application entered later than the 20.11.2023 deadline.**

If you are bringing a Judge/Referee to the tournament, please notify the Chief Referee. Without notification, he/she won't get paid. All payment will be done according to the rates of Estonian Kickboxing Federation.

## PROTECTION AND EQUIPMENT FOR K-1

- Boxing gloves, 10 OZ, without laces
- Head-protection (top of the head must be covered), according to the color of the corner. Classic boxing helmets are forbidden.
- Mouth guard (for male and female mandatory).
- Groin protection for male and female (breast protection for female).
- Boxing wraps.
- Kickboxing Shorts (**MUAY-THAI symbolic is NOT ALLOWED!**).
- **KIDS 1, KIDS 2 and CADETS 1 must use torso protection which will be provided by the promoter.**
- Shin guards (please look at the pictures below to check the allowed shin guards).  
**Shin guards with metal/plastic elements and SOCKS-TYPE are forbidden!**  
**Allowed shin protection can be found below:**



## **ACCOMMODATION**

**NB! Each team must book accommodation by themselves. Please use the following email - [fom@centerhotel.ee](mailto:fom@centerhotel.ee) or call +372 59812180**

**Center Hotel \*\* - 800m from the Tallinn Old Town**

*Prices **per night**, breakfast included. **Only a limited number of rooms available!***

- **Single - 29 EUR**
- **Economy Twin** (economy room with two separate beds and private bathroom) - **38 EUR**
- **Twin Standard - 45 EUR**
- **Double Standard - 45 EUR**
- **Triple** (standard type room with three single beds and private bathroom) - **52 EUR**
- **Quadruple** (standard room with four single beds and private bathroom) - **61 EUR**



PUNANE 69, FFC GYM



**02-03.12**  
**2023**



***FFC OPEN K1 2023***

***& BALTIC CUP K1 WAKO 2023***