



OFFICIAL INVITATION TO THE INTERNATIONAL WAKO KICKBOXING TOURNAMENT



TALLINN OPEN K1 WAKO 2025



Dear Kickboxing friends,

We are thrilled to invite kickboxing clubs and athletes from around the globe to join us for the **TALLINN OPEN K1 WAKO 2025** — an exciting international tournament set to take place on **MAY 24th, 2025**, in the vibrant capital of Estonia, Tallinn.

Hosted at **FFC GYM (Punane 69)**, this event welcomes participants across all experience levels and age categories — from **Kids and Cadets to Juniors and Seniors** (ages 7 to 40). It's a fantastic opportunity to demonstrate skill, passion, and the true spirit of K-1 competition.

Proudly organized by **First Fighting Club**, the tournament will be held in accordance with official WAKO K1-Style amateur rules. We encourage all teams to review the event guidelines and timetable in advance to ensure a smooth and fair experience for all.

Don't miss your chance to test your abilities on an international platform, push your limits, and connect with fellow fighters and fans of kickboxing worldwide!

Igor Golubev
First Fighting Club President

OFFICIAL SCHEDULE

Timetable can be changed depending on the number of entries.		
Saturday, 24.05.2025		
09:00 - 11:00	<ul style="list-style-type: none">Weight-in and medical check (ALL TEAMS)	FFC GYM, Punane 69
11:00 - 12:00	<ul style="list-style-type: none">OFFICIAL DRAW (NO CHANGES AFTER THE DRAW!)	FFC GYM, Punane 69
12:00 - ...	<ul style="list-style-type: none">Start of the Tallinn Open K-1 WAKO 2025	FFC GYM, Punane 69
ENTRY TICKET FOR SPECTATORS - 5 EUR		

OFFICIALS

CHIEF REFEREE	Denis Lahtikov <i>International Referee and Judge "A" class</i> wakoest@gmail.com / +372 5665 6886
PROMOUTER and HEAD OF THE ORGANIZING COMMITTEE	Igor Golubev <i>President of the First Fighting Club</i> igorkudo@mail.ru / +372 565 9797 (RU)
All organizational questions	Andrei Majakov <i>International Referee and Judge "A" class</i> wakoest@gmail.com / +372 5665 6886
Secretary	Andrei Majakov <i>International Referee and Judge "A" class</i> wakoest@gmail.com / +372 5665 6886

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).
- Valid permit to fight signed by a sports doctor.
- Health insurance
- All participants must take visas in Estonian embassies in their countries, if needed
- **40 EUR in cash for the starting fee (please bring the exact amount, no change will be given)**

ATTENTION	If sportsmen do not have a medical permit, examination on the spot costs 25 EUR .
ATTENTION	ZERO TOLERANCE DURING THE WEIGHT-IN , 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).

CLASSES AND WEIGHT DIVISIONS

Competition will be under K1- STYLE WAKO rules only!			
CATEGORY	MALE	FEMALE	REGULATIONS
KIDS 1 (born in 2018) (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, 2 KD RULE
KIDS 2 (born in 2017) (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, 2 KD RULE
CADETS 1 (born in 2015-2016) (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
CADETS 2 (born in 2013-2014) (11-12 years old, C2MKR / C2FKR)	-28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63.5; +63.5kg.	-28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63.5; +63.5kg.	2 ROUNDS x 2 MIN, 2 KD RULE
CADETS 3 (born in 2011-2012) (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; -71; -75; +75 kg.	-32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63; -65; -67; -69; -71; -75; +75 kg.	2 ROUNDS x 2 MIN, 2 KD RULE
YOUNGER JUNIORS (born in 2009-2010) (15-16 years old, YJMKR / YJFKR)	-42; -45; -48; -51; -54; -57; -60; -63.5; -67; -71; -75; -81; +81 kg.	-36; -40; -44; -48; -52; -56; -60; +60 kg.	2 ROUNDS x 2 MIN, 2 KD RULE (FINALS 3 ROUNDS)
OLDER JUNIORS (born in 2007-2008) (17-18 years old, OJMKR / OJFKR)	-51; -54; -57; -60; -63.5; -67; -71; -75; -81; -86; -91; +91 kg.	-48; -52; -56; -60; -65; -70; +70 kg.	2 ROUNDS x 2 MIN, 3 KD RULE (FINALS 3 ROUNDS)
SENIORS (born in 2006 or earlier) (19-40 years old, MKR / FKR)	-51; -54; -57; -60; -63.5; -67; -71; -75; -81; -86; -91; +91 kg.	-48; -52; -56; -60; -65; -70; +70 kg.	2 ROUNDS x 2 MIN, 3 KD RULE (FINALS 3 ROUNDS)

Please note that for Younger Juniors, Older Juniors and Seniors ALL FINAL MATCHES will be 3 ROUNDS x 2 MINUTES!

PROTECTION AND EQUIPMENT FOR K-1 STYLE

- 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:



Please note that in case of incorrect, unsuitable, or missing equipment, athletes will have ONLY 2 minutes to make the necessary changes. If time runs out, the athlete will be disqualified.

ENTRY FORMS

Entry-forms (fighters, coaches) should be filled via **SPORTDATA** **no later than the 18th of MAY!** On the next page you will find the needed instructions.

Starting fee is 40 EUR per competitor. Payment must be made during the registration in cash. **Please bring the exact amount, no change will be given.**

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.

Starting from 19th of MAY registration will be TOTALLY CLOSED and NO new forms will be accepted!

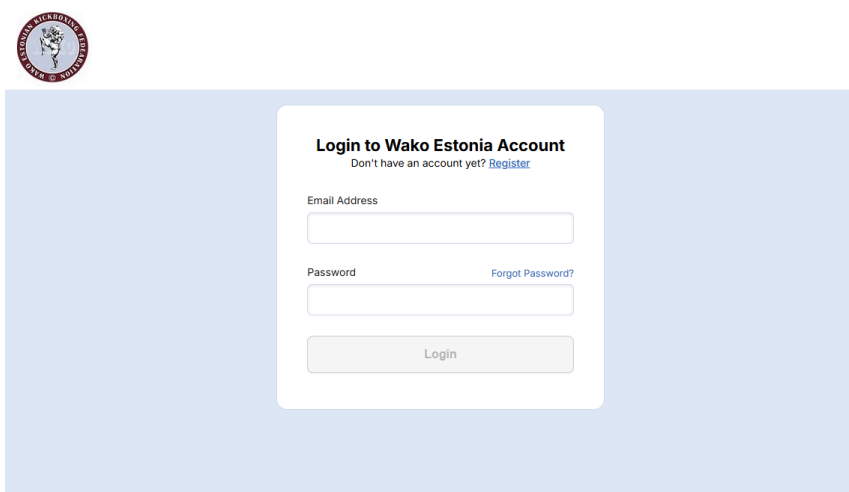
ALL REGISTERED ATHLETES CAN BE FOUND VIA THIS LINK AT ALL TIMES (LIVE UPDATE):

https://www.sportdata.org/kickboxing/set-online/popup_nennungen_main.php?popup_action=nennungenallkat&verid=2359

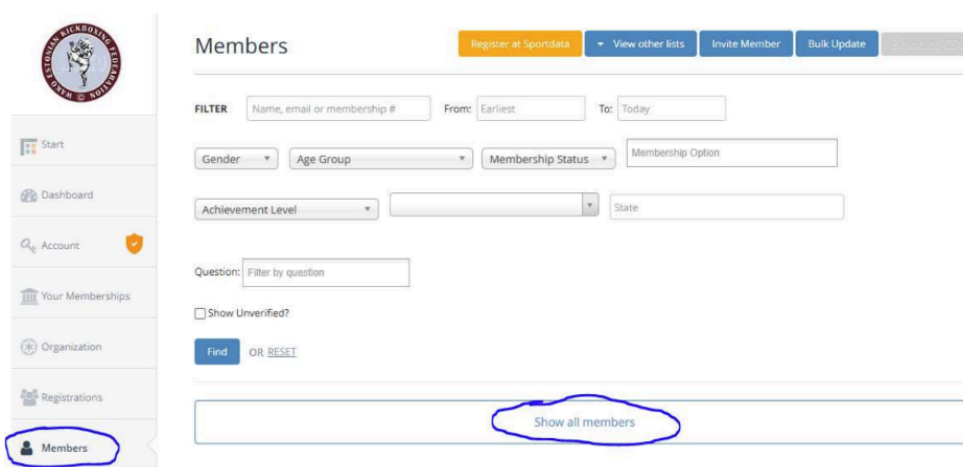
Step-By-Step Instructions for the Sportdata

[JUHEND EESTI KEELES](#) / [ВЕРСИЯ НА РУССКОМ ЯЗЫКЕ](#)

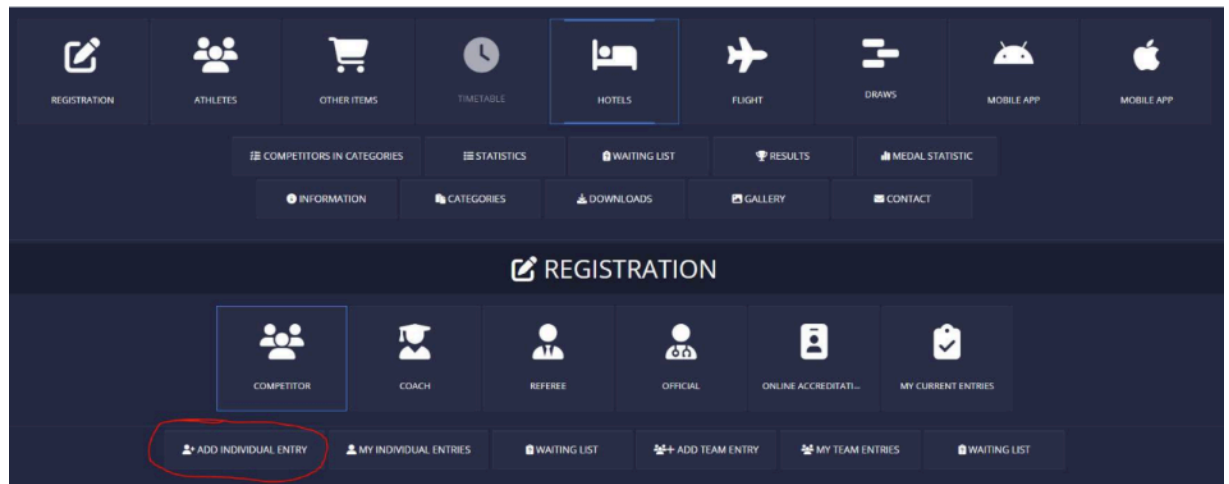
1. To **CREATE AN ACCOUNT** and receive a registration link, you need to send an email to wakoest@gmail.com. After that, you will receive a special link where you can set up your password and register your account.
2. Go to wakoest.rsportz.com and click the green button in the center labeled **BEGIN**
3. On the opened page, enter your email and password.



4. After you log in to your account, please click on **"MEMBERS"** on the left side, then select **"SHOW ALL MEMBERS"** to view the list of all athletes in your club.



- To **REGISTER** for the **TOURNAMENT**, click the ORANGE button "**REGISTER AT SPORTDATA**" and on the opened page, find the tournament you need in the list: **TALLINN OPEN K1 2025**.
- To add an athlete to the tournament, click **ADD INDIVIDUAL ENTRY**



- Find an athlete by searching for their first or last name, and select a category. Multiple categories can be selected at once.

Last name*
 First name*
 ID*

1 member(s) found

Competitor*

Categories*

- Click the '**SAVE**' button at the bottom – the athlete has been successfully registered.

9. The athletes registered for the tournament can be found in the **'STATISTICS' menu – 'ALL ENTRIES OF THIS EVENT'**

RULES and PROTESTS

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

ATTACK WITH A KNEE TO THE HEAD IS PROHIBITED FOR KIDS AND CADETS!

Protest during the competition is only accepted **if announced by competitors Coach or their representative immediately after the fight and after submitting an official WAKO 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. The top 3 teams will be honored with special awards (team standings).m

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

