



NEWSLETTER

2024-01-03

# EUROPEAN KARATE ORGANIZATION

## General information

- Mars 15-17, EKO Black Belt Seminar in Stara Wies, Poland
- May 22, EKO Referee Course in Valencia, Spain
- May 24-25, EKO European Championship for adult and juniors in Valencia, Spain
- July 2-4 EKO Grading for 1-4 Dan in Varna, Bulgaria
- October 25-26, EKO European Championship for Cadet, U21 and Open category

## News from the Referee Committee



### 13<sup>th</sup> WORLD CHAMPIONSHIP

This World Championship was a very well-organized competition. It went smooth and had many demonstrations of high quality. We can see that even if the refereeing is better than for some years back, we still can see need of improvements. New category was kata for the first time. The kata competition itself is very close in its structure to EKO but the judging is some way different. That has led to two actions from the board as well as the Technical- and Referee Committees.

- Approach WKO with ideas to improv refereeing.
- Work with persons in charge for better clarification about kata standard (ref: invitation to Stara Wies Black Belt seminar).

### COACH TEST NOW COMPULSORY

The EKO Online Coach test is now compulsory to be approved/get a badge to enter the competition as a coach during the European Championship. Information about Coach test for 2024 will be sent well before the championship.

## **NEW WEIGHT CATEGORIES FOR EUROPEAN CHAMPIONSHIP FROM 2024**

Adjusting the weight categories for adults to harmonize with WKO and WFKO is of great importance:

Men -60, -70, -80, -90, +90

Women -50, -54, -59, -65, +65

1. It makes the EKO sports system consistent with the parent World Organization WKO
2. Identical weight categories allow for selection that is understandable to everyone.
3. It allows for predictable preparations for the most important events for European fighters.
4. And most importantly, the decision prepares us for the sports future of the European EKO sports system, striving for its transparency.

## **UPDATED KUMITE RULES WITH THE NEW WEIGHT CATEGORIES**

The Kumite rules with the new weight categories will be published on the EKO homepage, The EKOREFEREES homepage.

## **EKO EUROPEAN CHAMPIONSHIP 24-25 MAY 2024 IN VALENCIA, SPAIN FOR ADULT AND JUNIOR**

EKO Referee Committee invite A- and B-licensed referees. We also welcome C-licensed who want to apply for a B-license. This includes those who want to refresh an old license. Application in [Kumite Technology](#) and on [ekoreferrees.eu](https://www.ekoreferrees.eu). Please, apply according to your license if you will be on duty in kumite or kata. Referees who apply to upgrade or refresh their license are expected to attend to [the referee course on Wednesday 22 May](#).

New referees without license and other C-licensed are welcome at European Championship (Cadet, U21 and Open) in Poland on the 25 October.

## **EKO REFEREE HOMPAGE**

EKO Referees do now have its own homepage. There you will get the latest information; find the rules and all EKO Referees can upload your referee profile by yourself.



<https://www.ekoreferrees.eu/>

## **EKO REFEREE COMMITTEE**

Michael Söderkvist  
Chairman

## News from the Technical and Grading Committee



### **WKO DAN GRADING 2023**

During the 13th. World Karate Championship WKO grading committee organized both Recommended Dan promotions as well as Dan grading at the Karate seminar.

EKO was represented at both Recommended Dan promotions and the Dan test with many people. We see this as a strength and shows how we all develop not only our self but also our national organization and the EKO.

The Recommended Dan Promotions was discussed and handled at a Grading Committee meeting before the 13th. World Championship with about 102 applicants from all over the world. 42 was approved from the EKO region to Karateka who have contributed to develop Shinkyokushin and our organization. At the 13th. WC karate seminar about 100 Karate students have decided to take the physical Dan test for their next grade. The grading starts with a technical test including Kihon, Ido kihon and Kata. The final test is the 10 men kumite which always gives a special atmosphere and spirit. About 30 Karateka from EKO region passed the test.

We wish to congratulate all of you who were either recommended for their next Dan grade or passed the physical Dan test!

### **EKO DAN GRADING 2024**

The EKO Black Belt grading for Shodan and up to Yondan will take place in Bulgarian at a very nice sport resort in Varna. The schedule for the EKO Grading will be as follows:

- 2nd July arrival and registration.
- 3rd July training and preparation.
- 4th July technical grading and Kumite test.

Varna international Airport is just about 37 km from the venue. More information about application procedures etc. will be distributed at the next newsletter.

### **EKO BLACK BELT SEMINAR STARA WIESS 2024**

The EKO Black Belt seminar 2024 will take place from 15th. -17th March at Stara Wiess Dojo in Poland.

The EKO Grading & Technical committee have discussed and evaluated the 1st. World Karate Championship in Kata. We can see that we still need to continue to train and to develop our kata. We also will try to align kata in corporation with WKO technical committee.

At the EKO Black Belt seminar 2024 we will use the evaluation from the Kata WC and include this in the Kata teaching. We will do our very best to have a great seminar once again with many new and useful inputs to improve your Kata skills and techniques.

We hope to see many students and instructors from all EKO countries. This will help all of us to align our kata and to have even more exciting Kata championships.

It is important for development of our Kata and kata competition that we meet as many Black Belts and representing countries as possible at this seminar. So please come to support and meet good friends' cross countries and borders.

Best regards  
Jan Bülow  
Chairman EKO Grading & Technical Committee

### **News from EKO Anti-Doping Committee**

It is important for EKO and WKO that we continuously contribute to fulfill the WADA protocol. This is a part and a duty to operate a professional organization as EKO and WKO.

At the EC2023 in Goteborg 8 samples was fulfilled by the Sweden Anti-Doping Agency, and the EKO Anti-Doping Committee and all were negative.

At this year's 13th. World Open weight Karate Championship 12 samples was performed by the WKO Anti-Doping Committee, and the Japanese Anti-Doping Agency and they all were negative.

Jan Bülow & Romas Vitkauskas