



# FFC



INVITATION TO THE INTERNATIONAL WAKO KICKBOXING CHAMPIONSHIP  
AMONG KIDS, CADETS AND JUNIORS IN K1 (WAKO)

## «BALTIC-CUP 2019 WAKO K1»

Among kids, cadets and juniors

14-15 DECEMBER, TALLINN, ESTONIA  
Sport Hall of the First Fighting Club (Punane 69)



Dear friends!

First Fighting Club (FFC) is pleased to officially invite all Kickboxing clubs all over the world to participate in the international **BALTIC-CUP 2019 WAKO K1** tournament, which will take place from the 14th to 15th of December in Tallinn, Estonia.

Participation is open for all kickboxing clubs of Estonia and other countries, according to given entry-forms. **Participating KIDS, CADETS and JUNIORS - in K1 only.** Each club can present several fighters in each weight division.

*Igor Golubev*  
*First Fighting Club President*

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MTÜ First Fighting Club

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## AGE AND WEIGHT DIVISIONS, **BALTIC-CUP 2019 WAKO K1**

- **KIDS 1 (7 years, boys and girls)**  
-24, -26, -28, -30, -32, -34, -36, -38, -40, -42, -44, -46, -48, -50, 50+ kg.
- **KIDS 2 (8 years, boys and girls)**  
-26, -28, -30, -32, -34, -36, -38, -40, -42, -44, -46, -48, -50, -52, 52+ kg.
- **CADETS 1 (9-10 years) - MC1KR и FC1KR**  
-26, -28, -30, -32, -34, -36, -38, -40, -42, -44, -46, -48, -51, -54, -57, 57+ kg.
- **CADETS 2 (11-12 years) - MC2KR и FC2KR**  
-28, -30, -32, -34, -36, -38, -40, -42, -44, -46, -48, -51, -54, -57, -60, -63,5, 63,5+ kg.
- **CADETS 3 (13-14 years) - MC3KR и FC3KR**  
-36, -38, -40, -42, -44, -46, -48, -51, -54, -57, -60, -63,5, -67, 67+ kg.
- **YOUNGER JUNIORS (15-16 years) - MYJKR**  
-42, -45, -48, -51, -54, -57, -60, -63,5, -67, -71, -75, -81, 81+ kg.
- **YOUNGER JUNIORS (15-16 years) - FYJKR**  
-36, -40, -44, -48, -52, -56, -60, 60+ kg.
- **OLDER JUNIORS (17-18 years) - MOJKR**  
-51, -54, -57, -60, -63,5, -67, -71, -75, -81, -86, -91, 91+ kg.
- **OLDER JUNIORS (17-18 years) - FYJKR**  
-48, -52, -56, -60, -65, -70, 70+ kg.

## REGULATIONS OF THE FIGHTS

<b>KIDS 1 и 2</b>	2 rounds x 1 minute	1 KD
<b>CADETS 1</b>	2 rounds x 1,5 minutes ( <b>finals - 3 rounds</b> )	2 KD
<b>CADETS 2 and 3</b>	3 rounds x 1,5 minutes	2 KD
<b>YOUNGER JUN.</b>	3 rounds x 2 minutes	2 KD
<b>OLDER JUN.</b>	3 rounds x 2 minutes	3 KD

## MEDALS AND AWARDING

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



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## BALTIC-CUP 2019 WAKO K1 OFFICIAL SCHEDULE

### THURSDAY, 12 DECEMBER

18:30 - 19:45	Weight-in and medical check ( <b>TALLINN</b> clubs)	First Fighting Club (Punane 69)
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### FRIDAY, 13 DECEMBER

..... - 17:00	Arrival of all teams to «Ecoland» Hotel	
18:00 - 19:00	Weight-in and medical check ( <b>Estonian clubs</b> )	Hotel «ECOLAND» (Randvere 115)
19:00 - 20:00	Weight-in and medical check ( <b>Foreign clubs</b> )	Hotel «ECOLAND» (Randvere 115)
20:15 - 21:30	Draw	Hotel «ECOLAND» (Randvere 115)

### SATURDAY, 14 DECEMBER

11:00 - ...	Qualification fights	First Fighting Club (Punane 69)
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### SUNDAY, 15 DECEMBER

11:00 - ...	FINALS	First Fighting Club (Punane 69)
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## PROTECTION EQUIPMENT FOR K-1

- Boxing gloves, 10 OZ, without laces
- Head-protection (top of the head must be covered), according to the colour of the corner.  
**Classic boxing helmets are forbidden.**
- Mouth guard (for boys and girls mandatory).
- Groin protection for boys and girls (breast protection for girls).
- Boxing wraps.
- Shin guards (please look at the pictures below to check the allowed shin guards). Shin guards with metal/plastic elements are forbidden).



- Kickboxing Shorts (**MUAY-THAI symbolic is NOT ALLOWED!**).
- Protective vests for 7-10 year olds competitors (KIDS 1,2 and CADETS 1). Vests will be provided by promoter.

**KIDS and CADETS (1,2,3) are NOT ALLOWED to attack the HEAD with a knee.**



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## WEIGHT-IN AND MEDICAL CHECK

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 sport doctor.
- Insurance.
- All participants must take visas in Estonian embassies in their countries, if needed.
- **20 EUR in cash for starting fee.**

**ATTENTION! Sportsman who will not have a valid permit to fight from a sport doctor will be able to pass the medical check at the place. Price - 5 EUR.**

## HEAD REFEREE AND PROTESTS

**BALTIC-CUP 2019 WAKO K1** competition is held under WAKO rules, which can be found on <http://wakoweb.com>. Chief Referee - Mr. DENIS LAHTIKOV (+372 5346 6030, [denislahtikov@gmail.com](mailto:denislahtikov@gmail.com)). Protests during the competition - on the name of Chief Referee with pledge 100 EUR no later than 30 minutes after the fight. Final decision will be given by the member of the appeal committee.

**ENTRY TICKET FOR SPECTATORS - 5 EUR/1 DAY**

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Tallinn Estonia



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## ENTRY-FORMS FOR **BALTIC-CUP 2019 WAKO K1**

Preliminary entry-forms (fighters, coaches) should be sent not later than DECEMBER the 5th by the e-mal: [wakoest@gmail.com](mailto:wakoest@gmail.com).

### **INFORMATION:**

Janek Rozov (General secretary of WAKO Estonia): +372 53327695 (Estonian, Russian, English). Igor Golubev (Head promoter, president of FFC): +372 565 9797 (Russian).

### ***Example of the entry-form:***

CLUB NAME.....  
ADDRESS.....  
COACH.....  
SECOND IN CORNER.....  
SIGNATURE OF THE CLUB'S PRESIDENT AND SEAL.....

**NB! SUBJECT OF THE E-MAIL MUST BE: REGISTRATION FORM FFC-KIDS, CLUB NAME, COUNTRY.**

***Example: Registration form BALTIC-CUP, First Fighting Club, Estonia.***

## **ENTRY FEE FOR COMPETITORS**

**Entry FEE for all fighters in all age/weight divisions is 20 EUR.**

Payment - during registration (cash only).



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## APPLICATION FOR ACCOMMODATION - HOTEL «ECOLAND»



**Application for accommodation should be sent no later than 5th December!**

Single room - 45 EUR / night  
Double room - 45 EUR / night  
Triple room - 65 EUR / night

A request for accommodation must be sent to the email: [jelena@olav.ee](mailto:jelena@olav.ee)  
Contact number regarding accommodation: +37258002383 or + 3726161182

**NB! When sending an application for accommodation, you must specify: Club name, country, number of residents, number of rooms, dates of arrival.**

**Hotel «Ecoland» address** - Randvere tee 115, Tallinn, Эстония, 11913

**Hotel «Ecoland» website** - <http://ecoland.ee/>