



# ORLANDO INTERNATIONAL KARATE OPEN

Respected Sensei, Coaches, and Athletes,

It is with great honor and pleasure that we extend you an invitation to the inaugural **ORLANDO INTERNATIONAL KARATE OPEN "OIKO"**. This tournament is the debut in what will become an annual tradition in the support and encouragement of excellence within our discipline. Athletes of all ages and nationalities are invited to attend. Our belief is to create a signature event where athletes have an opportunity to showcase their hard work either youth or senior delegations from all over the world thus providing the ultimate preparation for upcoming tournaments.

Our tournament is scheduled for:

**Saturday, September 16th, 2023**  
**@ The Westgate Lakes Resort & Spa**  
9500 Turkey Lake Rd. – Orlando, FL 32819

The OIKO will be featuring a training seminar with the Bronze medallist at the Tokyo 2020 Olympics, **Ariel Torres**, the one and only Multi World Champion **Douglas Brose** and the #1 World ranked **Yorgelis Salazar** on September 15th @ the same hotel venue. We are truly gracious to be the only USA event offering a training seminar with Yorgelis Salazar! You won't want to miss this exciting and exclusive opportunity to see her also competing.

Registration is now open and must be complete online at [www.tournamentinabox.com](http://www.tournamentinabox.com)  
Registration cut-off deadline: Thursday, September 14, 2023, at Midnight.

For more information, please reach us out at:

Sensei Henry Barnabei @ (407) 879-4438, Sensei Alexander Nicastro @ (718) 795-8182,  
Sensei Genesis Navarrete @ (321) 305-1481 or Email us at [info@skfflorida.com](mailto:info@skfflorida.com)

*We look forward seeing you at  
the City Beautiful "Orlando"*





# ORLANDO INTERNATIONAL KARATE OPEN

## TOURNAMENT HIGHLIGHTS

Tournament Date: Saturday, September 16th, 2023  
Seminar Date: Friday, September 15th, 2023  
Event Location: Westgate Lakes Resort @ Spa  
9500 Turkey Lake Rd. – Orlando, FL 32819

## TOURNAMENT TIMES

Referee Briefing Time 8:00 AM  
Stagging Time 8:15 AM  
Opening Ceremony Time 8:30 AM  
Tournament Starting Time 9:00 AM

## TOURNAMENT REGISTRATION FEES

\$100 (Individual Kata @ Individual Kumite)  
\$ 40 (Team Kata or Team Kumite)

## SEMINAR REGISTRATION FEES

\$ 50 (Arial Torres)  
\$ 80 (Douglas Brose and Yorgelis Salazar)

## SPECTATOR FEE

\$10 Cash @ the door (Children 4 Years Old and Older)

## HOST HOTEL

Westgate Lakes Resort @ Spa 9500 Turkey Lake Rd. – Orlando, FL 32819  
Special Rate \$119 for a Studio Villa (Sleeps up to 4)  
\$211 for a Two Bedroom Villa (Sleeps up to 8)  
Room Rates excludes taxes and fees.  
Link for Special Rate <https://resort.to/shotokan-karate>

## EVENT REGISTRATION

[www.tournamentinabox.com](http://www.tournamentinabox.com)

Event Rules: New (2023) USA-NKF/WKF Modified Rules  
Referee Meeting: Saturday, September 16th, 2023 @ 8:00 AM  
Awards: 1st, 2nd 3rd & 3rd will receive medals.  
Participation Medals for 9 and under divisions

## CASH PRIZES

18-34 Advanced Divisions 1st Place \$350 / 2nd Place \$150 \*1  
18-34 Advanced Team Kumite Winner takes \$400.00 \*2  
\*1 (Minimum of 8 Athletes per Division for Cash Prizes)  
\*2 (Minimum of 4 Teams for Cash Prize)



# ORLANDO INTERNATIONAL KARATE OPEN

## TOURNAMENT RULES

Tournament Director has the right to combined or split Divisions.  
Tournament Chief Referee has the right to use 3 or 5 Judges / Referees  
Repechage System will not be used on any division.

## EQUIPMENT

White Karate-Gi (Red, Blue, White, and Gold lettering is Allowed)  
School, Dojo, or country national patch is allowed.  
Leather fist guard is mandatory (Red, Blue, and White is allowed)  
Leather Shin guard and foot pads are mandatory (Red, Blue, and White is allowed)  
Mouth Guard is Mandatory  
Groin Cup Preferred  
Headgear, WKF face mask, female chest protector, and body protector are Optionals.

## KUMITE

New (2023) USA-NKF / WKF modified rules. All techniques to the face, head and neck must have absolute control. The Referee will penalize the competitor, if the hand techniques touch the face, neck or head for all 15 years old and younger. Age 16 and up (non-injurious, "light skin touch") with hand is allowed.

## KUMITE MATCHES DURATION

For 9 years old and younger	1.0 Minute Effective Time
For 10 to 13 years old	1.5 Minutes Effective Time
For 14 years old and older Except (18-34 Advanced)	2.0 Minutes Effective Time
For 18 to 34 years old Advanced	3.0 Minutes Effective Time

8 points ceiling except for Advanced "8 points Spread".

## KATA REGULATIONS

### Beginner / Novice / Intermediate Divisions

Competitors perform simultaneously, two at a time in all rounds.  
Competitors may repeat kata in all rounds.

### Advanced Divisions

Competitors perform simultaneously, two at a time in all rounds.  
Competitors must perform a different Kata in medal round (Not performed in the previous round).





# ORLANDO INTERNATIONAL KARATE OPEN

## TOURNAMENT DIVISIONS

### KATA

ID	Division	ID	Division
K1	5 & under Boys Beg/Nov Kata	K33	14-15 Boys Beginner Kata
K2	5 & under Girls Beg/Nov Kata	K34	14-15 Girls Beginner Kata
K3	6-7 Boys Beginners - Kata	K35	14-15 Boys Novice Kata
K4	6-7 Girls Beginners - Kata	K36	14-15 Girls Novice Kata
K5	6-7 Boys Novice - Kata	K37	14-15 Boys Intermediate Kata
K6	6-7 Girls Novice - Kata	K38	14-15 Girls Intermediate Kata
K7	6-7 Boys Int/Adv - Kata	K39	14-15 Boys Advanced Kata
K8	6-7 Girls Int/Adv - Kata	K40	14-15 Girls Advanced Kata
K9	8-9 Boys Beginner Kata	K41	16-17 Boys Beginner Kata
K10	8-9 Girls Beginner Kata	K42	16-17 Girls Beginner Kata
K11	8-9 Boys Novice Kata	K43	16-17 Boys Novice Kata
K12	8-9 Girls Novice Kata	K44	16-17 Girls Novice Kata
K13	8-9 Boys Intermediate Kata	K45	16-17 Boys Intermediate Kata
K14	8-9 Girls Intermediate Kata	K46	16-17 Girls Intermediate Kata
K15	8-9 Boys Advanced Kata	K47	16-17 Boys Advanced Kata
K16	8-9 Girls Advanced Kata	K48	16-17 Girls Advanced Kata
K17	10-11 Boys Beginner Kata	K49	18- 34 Mens Beginner Kata
K18	10-11 Girls Beginner Kata	K50	18- 34 Mens Novice Kata
K19	10-11 Boys Novice Kata	K51	18- 34 Mens Intermediate Kata
K20	10-11 Girls Novice Kata	K52	16- 34 Mens Advanced Kata
K21	10-11 Boys Intermediate Kata	K53	18- 34 Womens Beginner Kata
K22	10-11 Girls Intermediate Kata	K54	18- 34 Womens Novice Kata
K23	10-11 Boys Advanced Kata	K55	18- 34 Womens Intermediate Kata
K24	10-11 Girls Advanced Kata	K56	16- 34 Womens Advanced Kata
K25	12-13 Boys Beginner Kata	K57	35-44 Mens Beginner/Novice Kata
K26	12-13 Girls Beginner Kata	K58	35-44 Womens Beginner/Novice Kata
K27	12-13 Boys Novice Kata	K59	35-44 Men Inter/Advanced Kata
K28	12-13 Girls Novice Kata	K60	35-44 Womens Inter/Advanced Kata
K29	12-13 Boys Intermediate Kata	K61	45+ Mens Beginner/Novice Kata
K30	12-13 Girls Intermediate Kata	K62	45+ Womens Beginner/Novice Kata
K31	12-13 Boys Advanced Kata	K63	45+ Men Inter/Advanced Kata
K32	12-13 Girls Advanced Kata	K64	45+ Womens Inter/Advanced Kata



# ORLANDO INTERNATIONAL KARATE OPEN

## TOURNAMENT DIVISIONS

### KUMITE

ID	Division	ID	Division
S1	5 & under Boys Beg/Nov Kumite	S35	14-15 Boys Novice Kumite
S2	5 & under Girls Beg/Nov Kumite	S36	14-15 Girls Novice Kumite
S3	6-7 Boys Beginners - Kumite	S37	14-15 Boys Intermediate Kumite
S4	6-7 Girls Beginners - Kumite	S38	14-15 Girls Intermediate Kumite
S5	6-7 Boys Novice - Kumite	S39	14-15 Boys Advanced Kumite
S6	6-7 Girls Novice - Kumite	S40	14-15 Girls Advanced Kumite
S7	6-7 Boys Int/Adv - Kumite	S41	16-17 Boys Beginner Kumite
S8	6-7 Girls Int/Adv - Kumite	S42	16-17 Girls Beginner Kumite
S9	8-9 Boys Beginner Kumite	S43	16-17 Boys Novice Kumite
S10	8-9 Girls Beginner Kumite	S44	16-17 Girls Novice Kumite
S11	8-9 Boys Novice Kumite	S45	16-17 Boys Intermediate Kumite
S12	8-9 Girls Novice Kumite	S46	16-17 Girls Intermediate Kumite
S13	8-9 Boys Intermediate Kumite	S47	16-17 Boys Advanced Kumite
S14	8-9 Girls Intermediate Kumite	S48	16-17 Girls Advanced Kumite
S15	8-9 Boys Advanced Kumite	S49	18- 34 Mens Beginner Kumite
S16	8-9 Girls Advanced Kumite	S50	18- 34 Mens Novice Kumite
S17	10-11 Boys Beginner Kumite	S52	18- 34 Mens Intermediate Kumite
S18	10-11 Girls Beginner Kumite	S53	18- 34 Womens Beginner Kumite
S19	10-11 Boys Novice Kumite	S54	18- 34 Womens Novice Kumite
S20	10-11 Girls Novice Kumite	S56	18- 34 Womens Intermediate Kumite
S21	10-11 Boys Intermediate Kumite	S57	35-44 Mens Beginner/Novice Kumite
S22	10-11 Girls Intermediate Kumite	S58	35-44 Womens Beg/Nov Kumite
S23	10-11 Boys Advanced Kumite	S59	35-44 Men Inter/Advanced Kumite
S24	10-11 Girls Advanced Kumite	S60	35-44 Womens Inter/Adv Kumite
S25	12-13 Boys Beginner Kumite	S61	45+ Mens Beginner/Novice Kumite
S26	12-13 Girls Beginner Kumite	S62	45+ Womens Beginner/Novice Kumite
S27	12-13 Boys Novice Kumite	S63	45+ Men Inter/Advanced Kumite
S28	12-13 Girls Novice Kumite	S64	45+ Womens Inter/Advanced Kumite
S29	12-13 Boys Intermediate Kumite	S65	18- 34 Mens Advanced -67kg Kumite
S30	12-13 Girls Intermediate Kumite	S66	18- 34 Mens Advanced -75kg Kumite
S31	12-13 Boys Advanced Kumite	S67	18- 34 Mens Advanced +75kg Kumite
S32	12-13 Girls Advanced Kumite	S68	18- 34 Womens Adv -55kg Kumite
S33	14-15 Boys Beginner Kumite	S69	18- 34 Womens Adv -61kg Kumite
S34	14-15 Girls Beginner Kumite	S70	18- 34 Womens Adv +61kg Kumite



# ORLANDO INTERNATIONAL KARATE OPEN

## TOURNAMENT DIVISIONS

### TEAM KATA

ID	Division	ID	Division
TK1	6-9 Boys Team Kata	TK5	14-17 Boys Team Kata
TK2	6-9 Girls Team Kata	TK6	14-17 Girls Team Kata
TK3	10-13 Boys Team Kata	TK7	18+ Men Team Kata
TK4	10-13 Girls Team Kata	TK8	18+ Women Team Kata

### TEAM KUMITE

ID	Division	ID	Division
TS1	6-9 Boys Team Kumite	TS5	14-17 Boys Team Kumite
TS2	6-9 Girls Team Kumite	TS6	14-17 Girls Team Kumite
TS3	10-13 Boys Team Kumite	TS7	18+ Men Team Kumite
TS4	10-13 Girls Team Kumite	TS8	18+ Women Team Kumite

### PARA KARATE

ID	Division	ID	Division
Para1	17 and under Boys/Girls Challenged/Handicapped Kata - all levels	Para2	18+ Boys/Girls Challenged/Handicapped Kata - all levels

### EXPERIENCE CATEGORIES

**Beginner:** 1 year of training or less

**Novice:** 1 - 2 years of training

**Intermediate:** 2 - 4 years of training

**Advanced:** 4 years of training or more





# ORLANDO INTERNATIONAL KARATE OPEN

## HOTEL OVERVIEW



Westgate Lakes Resort & Spa in Orlando, Florida is a lakefront, full-service resort with spacious villas, seven pools and hot tubs, a luxury spa, an 18-hole mini golf course, fitness center, basketball, tennis, and volleyball courts, as well as a variety of onsite food and beverage options. The Orlando resort also features the brand-new Treasure Cove Water Park, a 161,000-gallon, pirate-themed aquatic amenity guaranteed to add a splash to your stay. The resort is centrally located near your favorite Orlando theme parks and attractions, and when you return, you can relax by the pool or in your villa, your home away from home.





# ORLANDO INTERNATIONAL KARATE OPEN

## HOTEL OVERVIEW

### Studio Villa



Sleeps 4 | 1 King | 493 ft<sup>3</sup>

- Kitchenette
- Sleeps up to 4 Guests
- 1 King Bed and 1 Queen Sofabed

**\$119**

Per Night  
Excluding Taxes & Fees

### Two Bedroom Villa



Sleeps 8 | 1 King | 1200 ft<sup>3</sup>

- Full Kitchen
- Sleeps up to 8 Guests
- 1 King, 2 Doubles & 1 Sofabed

**\$211**

Per Night  
Excluding Taxes & Fees

#### General Policies

Check-in time: 4:00PM  
Check-out time: 10:00AM  
Resort fee: \$19.99 USD + tax

#### Guest Services

24-hour front desk  
Concierge services  
Attractions ticket desk  
Dry cleaning service  
Laundry facilities  
Luggage storage  
Porter/bellhop  
ATM on-site

#### Parking & Transportation

Self-parking  
EV charging stations

#### Food & Drink

Drafts Sports Bar & Grill  
Sid's Bistro  
Joe's Marketplace & Deli  
Cordovano Joe's Pizza  
3 poolside bars  
Room Service

#### Business Services

24-hour business center  
Computer station  
Meeting rooms

#### Pool and Pool Bars

Treasure Cove Water Park  
7 outdoor heated pools  
7 kiddy pools  
6 hot tubs  
Citrus Breeze Tiki Bar & Grille  
Coral Reef Pool Bar

#### Amenities & Activities

Barbecue grills  
Basketball courts  
Bicycle rides  
Fishing poles  
Mission Control Game Room  
Paddle boats  
Picnic areas  
Pirate's miniature golf course  
Playgrounds  
Pontoon boats  
Tennis courts  
Volleyball courts

#### Languages Spoken

English  
Portuguese  
Spanish

#### Fitness Center

Personal trainer available  
Zumba & yoga classes offered  
Cardio machines

#### Serenity Spa by Westgate

Aromatherapy  
Body scrubs  
Body treatments

#### Accessibility

Accessible rooms  
Accessible paths of travel  
Service animals welcome

#### What's Nearby

Walt Disney World® Resort - 7 min drive  
Universal Orlando Resort™ - 4 min drive  
SeaWorld® Orlando - 7 min drive  
Discovery Cove - 6 min drive  
International Drive - 5 min drive





# ORLANDO INTERNATIONAL KARATE OPEN

## BEST THINGS TO DO IN ORLANDO



**World Disney World®  
Resort**



**Universal Orlando  
Resort™**



**Orlando International  
Premium Outlets**



**Kennedy Space Center  
Visitor Complex**



**Gatorland**



**Discovery Cove®**



**SeaWorld Orlando**



**Fun Spot America**



**Downtown Orlando**



# ORLANDO INTERNATIONAL KARATE OPEN

## EVENTS HAPPENING IN ORLANDO

(Sep 11 – Sep 17 / 2023)



**Halloween Horror Nights  
2023 at Universal Orlando  
Resorts**



**Mickey's Not-So-Scary  
Halloween Party at Magic  
Kingdom**



**The International Food &  
Drink Festival 2023 at  
Downtown Orlando**



**SeaWorld Spooktacular at  
SeaWorld Orlando**



**Epcot's Food & Wine  
Festival – Taste around  
the World at Epcot**



**SeaWorld Howl-O-Scream  
Orlando at SeaWorld  
Orlando**

### **True Fact:**

*The best time to visit Orlando is from mid-September to early November. During this admittedly quite brief time, the temperatures are down from their summer highs of 90°F (32°C) into a more comfortable range of around 75°F (23.9°C).*

*The chance of rain also decreases throughout the month, but there is still a 50/50 chance that you'll see showers on any given day.*

*Airfare and accommodation prices take a dip between summer and winter.*