

AFRICAN KICKBOXING MARTIAL CHAMPIONSHIP

Semi contact, Light contact, Full contact, Low kick and K1 Team fights and Forms

Organization: Training Fight Corporation
Under the patronage of the Minister of Arts and Culture of Cameroon
Promoter: Mr. SIDZOU SAMUEL
Contact: +237 677 04 75 05
E-mail: wkfcameroon@gmail.com

Organization Management: Mr KAROL MBARGA ATANGANA
Contact: +237 695 76 57 92 / 677 22 95 21
E-mail: karolmbarga@yahoo.fr

Mrs XAVERIE MBALLA AVELE
Contact: +237 696 30 88 96 / 672 16 04 23
E-mail: xaverieavele6a@yahoo.fr

Place / Venue: NATIONAL MUSEUM OF CAMEROON/YAOUNDE

Schedule:

Thursday, November 16, 2023:

- 08 a.m. to 03 p.m.: arrival of delegations at Yaoundé Nsimalen International Airport.
- 06 p.m. to 08 p.m.: first session of the training course on competition and refereeing rules.
- 08 p.m. to 10 p.m.: press dinner.

Friday, November 17, 2023:

- 08 a.m. to 11 a.m.: presentation on volunteering (second session of the training course on competition and refereeing rules).
- 12 a.m. to 01 p.m.: meal.
- 04 p.m. to 06 p.m.: license and constituent general assembly meeting of the African Confederation of Kickboxing.
- 06 p.m. to 08 p.m.: medical examination/weight gain (third session of the training course in competition and refereeing rules).

Saturday, November 18, 2023:

- 08 a.m. to 11 a.m.: fourth session of the competition and refereeing rules training course.
- 12 a.m. to 01 p.m.: meal.
- 07 p.m. to 08 p.m.: opening ceremonies, reception of all the teams, speeches.
- 08 p.m. to 11 p.m.: filmed martial arts kickboxing shows.

Sunday, November 19, 2023: Departure of all teams.

Schedule: Subject to change!

Eligible: The tournament is open for all federations and for all styles. Each competitor needs a valid fight pass with the validation of the yearly medical examination.

Categories: According international WKF rules.
In each category it needs at least 3 athletes. If there less than 3 competitors in one category then it will be merged with the next higher category. It's allowed to start in more than one category.

Name of Weight Category	All Men	All Women	Kids 12 & Under	Junior Girls	Junior Boys
Bantam Weight	-54 kgs	-50 kgs			
Feather Weight	-57 kgs	-54 kgs	-25 kgs		
Light Weight	-60 kgs	-57 kgs	-30 kgs	-40 kgs	-45 kgs
Light Welter Weight	-63.5 kgs	-60 kgs	-35 kgs		-51 kgs
Welter Weight	-67 kgs	-63 kgs	-40 kgs	-45 kgs	-55 kgs
Light Middle Weight	-71 kgs		-45 kgs	-51 kgs	-59 kgs
Middle Weight	-75 kgs	-66 kgs	+45 kgs	-55 kgs	-63 kgs
Light Heavy Weight	-81 kgs			-59 kgs	-67 kgs
Cruiser Weight	-86 kgs			-63 kgs	-71 kgs
Heavy Weight	-91 kgs	+ 66 kgs		+63 kgs	+71 kgs
Super Heavy Weight	+91 kgs				

Forms

Traditional - no Music

- 1 FHS – Forms Hard Style Japanese
- 2 FKO – Forms Korean
- 3 FVT – Forms Veterans traditional
- 4 FVW – Forms Veterans traditional weapon
- 5 FSS – Forms Soft Style traditional
- 6 FWT – Forms Weapons traditional

Creative - with Music

- 7 FFS – Forms Freestyle
- 8 FFW – Forms Freestyle Weapons

Creative - no Music

- 9 CRE – Forms creative
- 10 CRW – Forms creative Weapons

Team - no Music

- 11 TEE - Forms traditional or creative
- 12 TEW -Forms traditional or creative Weapons

Team – with Music

- 13 TME -Forms traditional or creative
- 14 TMW - Forms traditional or creative Weapons

Equipment:

Obligatory protection: Tidy clothes, helmet, teeth, head, feet, shin guards, suspensor, Open Hands for Semi contact and 10 ounces gloves for all ring sports.
 Suspensor for girls, juniors and women is obligatory!! Chest protection is only for juniors and women are obligatory!! K-1 Rules – Thai shorts only !

Rounds:

SC 2 x 2 min (Final 2 x 2 min)
SC Kids 1 x 2 (Final 2 x 2 min)
LC 2 x 2 min (Final 2 x 2 min)
LC juniors 1 x 2 min (Final 1 x 2 min)
FC + Low Kick 3 x 2 min (Final 3 x 2 min)
K-1 3 x 2 min (Final 3 x 2 min)

Starting Fee:

	WKF Members	Others associations
One start	€ 16,00	€ 18,00
Each further start	€ 12,00	€ 14,00
Kids/jun. Teams	€ 35,00	€ 37,00
Allkat/+18 Teams	€ 55,00	€ 57,00
Grand Champion	€ 20,00	€ 22,00

Please transfer the starting fee until October 16rd

Account:

Account name: CURENT
Bank: UBA ...
Account number: 03064000094
Bank code number: 10033
IBAN: CM21 10033 05203 03064000094 36
SWIFT/BIC: UNAFKCMX

Referee:

Please name your referees by mail. Only official well dressed referees get lunch and beverages free. Black shirt with WKF logo and black trousers. They also will get € 50, -- per day.

Registration of Members of the Official Delegation:

The pre-registration is urgent required. Please send it per mail:

Mme MINETTE NJOUONANG
Contact: +237 674 47 78 18 / 698 46 35 97
E-Mail: minetteketchawat@gmail.com

End of registration:

Monday, October 16, 2023 (date of the e-mail). No nomination will be accepted at the tournament start. Keep care on your weight. The competitor have to pay the start fee again if he has too much weight and he started then in the next higher weight class.

Liability:

The promoter / organiser don't take any liability in the event of damage, injury or theft.

Reception:

CHRISTIANE RAMANCE BIDJOCKA
Contact: +237 691 65 59 81
E-Mail: bidjockaromance4@gmail.com

Accommodation and Catering: FELICIA HOTEL

Contact: +237 694 84 93 59
E-Mail: reservations@feliciahotel.com