



FFC

« FFC OPEN 2015 »

International kickboxing tournament
K-1 (WAKO)

27-29 November 2015 in Tallinn, Estonia
Rannamõisa tee 4H, Sports Center TERAS, Tallinn, Estonia



Dear friends!

We invite you to take part in the International Kickboxing Tournament FFC OPEN 2015, the international K-1 tournament organized by First Fighting Club (Tallinn, Estonia).

The tournament in 2014 was a success with 122 registered sportsmen from 24 different Clubs, representing 6 countries. The tournament was held in the new sports center on 2 rings.

For participants, 3 warm-up halls with modern equipment are available.
Here's the video of FFC OPEN 2014:

https://www.youtube.com/watch?v=4k_JQMy-JsM

We all expect you to take part! See you all in Tallinn!

Representative of organization committee - FFC OPEN 2015
First Fighting Club President

Igor Golubev

MTÜ First Fighting Club
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NOVEMBER 27

- Arrival of participants, DZINGEL HOTEL, Männiku tee 89, Tallinn, Estonia
(the address of the hotel) www.dzingel.ee
- 15.30 - 17.00 Registration and medical examination for teams from Estonia
- 17.00 - 18.30 Registration and medical examination for teams from abroad
(DZINGEL HOTEL, 2nd floor)
- 18.30 - 19.30 Draw
- 20.00 - 21.00 Team and country leaders meeting in Sports Center TERAS and
introduction to the venue of the competition.
Transport will be organized by the First Fighting Club (FFC)

NOVEMBER 28

- 09.00 Depart of the bus from DZINGEL HOTEL to Sports Center TERAS.
- 10.00 - 10.30 Opening ceremony.
- 11.00 - 18.00 Preliminary fights.
- 18.00 Depart of the bus from Sports Center TERAS to DZINGEL HOTEL

NOVEMBER 29

- 09.00 Depart of the bus from DZINGEL HOTEL to Sports Center TERAS.
- 11.00 - 16.00 Finals
- 16.00 - 17.00 Closing ceremony.
 - Awards for champions and winners in individual and team standings.
 - Presentation of special awards.
- 17.00 Depart of the bus from Sports Center TERAS to DZINGEL HOTEL

COMPETITION WILL BE HELD IN TWO RINGS

Age and weight categories:

KIDS 1 (8 years)

- 26, -28, -30, -32, -34, -36, -38, -40, -42, -44, -46, -48, 48+kg

CADETS 1 (9-10 years) MC1KR

-26, -28, -30, -32, -34, -36, -38, -40, -42, -44, -46, -48, -51, -54, -57, 57+kg

CADETS 2 (11-12 years) MC2KR

-28, -30, -32, -34, -36, -38, -40, -42, -44, -46, -48, -51, -54, -57, -60, 60+kg

CADETS 3 (13-14 years) MC3KR

-40, -42, -44, -46, -48, -51, -54, -57, -60, -63,5, -67, 67+kg

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YOUNGER JUNIORS (15-16 years) MYJKR

-42, -45, -48, -51, -54, -57, -60, -63.5, -67, -71, -75, -81, 81+kg

SENIORS (19-40 years), OLDER JUNIORS (17-18 years) MOJKR

-51, -54, -57, -60, -63.5, -67, -71, -75, -81, -86, -91, 91+kg

FEMALE (19-40 years), OLDER JUNIORS FEMALE (17-18 years) FOJKR

-48, -52, -56, -60, -65, -70, 70+kg

Fights will be held according to the rules of WAKO.

Read more on WAKO's website www.wakoweb.com

- Kids 1, Cadets 1 - 2 Rounds x 1 minute (2 knockdown - TKO)
- Cadets 2,3 - 3 Rounds x 1.5 minutes (2 knockdown - TKO)
- From age of 15 and older - 3 rounds x 2 minutes (3 knockdown - TKO)

Chief Referee: Dmitri Lahtikov (Estonia)

Protests served during the competition to the Chief referee, not later than 30 minutes after the fight with a pledge of 100 EUR. The protest served to the Chief Justice, not later than 30 minutes after the end of the fight.



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UNIFORM and PROTECTIVE EQUIPMENT

- Boxing gloves, 10oz, without laces.
- A special helmet for kickboxing
- Classic boxing helmet is prohibited.
- Teeth protection
- Protection of groin
- Wraps shin guards
- Only socks, allowed two colors, respectively corresponding to the color of the fighter's corner. Rigid protection is prohibited.
- Shorts.
- Athletes, 8-10 years (Kids 1, Cadets 1), compete in protective vests*.
**vests will be provided by the organizers of the competition.*

REGISTRATION AND MEDICAL CONTROL

- A competitor must be in possession of: WAKO passport with medical/health report.
- Representatives of other federations of contact martial arts need to be in possession of a passport, a valid visa and medical/health report.
- An athlete who does not have the relevant documents prior to the competition is not allowed to compete.
- Attention! Leaders and representatives of the teams bear full responsibility for their athletes.

Entry fee for participation in the competition, 15 euros.

AWARDS for athletes and teams

- 1st place, cup, medal, diploma
- 2nd place medal, a diploma
- 3rd place, a medal, a diploma

Special, valuable prizes

- The Best Technique (8-16)
- The Best Technique (17 +)
- Prize "Determination to Win" cup
- Prize "Audience Award", the cup

Team awards (teams in the registration list)

- 1,2,3 place trophies.
- Points for medals: 1st place-3 points, 2nd place 2 points, 3rd place points.



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REGISTRATION APPLICATION FOR PARTICIPATION

Preliminary applications may be sent until November 8, to the email address: info@ffclub.ee

Information: + 372 5659797 (Russian) Igor Golubev

+ 372 5078977 (English, Estonian) Edward Anton

- Club Name _____
- Country, city _____
- Coach _____
- Securdant _____

Nr Name Age-group Category

- Each team should have one judge of the national category (WAKO).
- (payment of judges, at the price of the Kickboxing Union of Estonia)
- The application and other accompanying persons, name, position.
- Date, arrival, departure.

Team Leader

Name, signature and date.

REGISTRATION APPLICATION FOR ACCOMMODATION

Organizing committee «FFC OPEN 2015» offers accommodation in hotels, with our partners. Competitors choose their price packages.

- DZINGEL HOTEL, www.dzingel.ee (contact: Jevgenia Rudenko, jevgenia@dzingel.ee)

A special price for FCC OPEN 2015 participants:

- 32 €, one night, SGL. Standard sigle room
- 40 €, one night, TWIN. Standard double room
- 53 € one night, TRIPL. Standard triple room

- 26 €, one night, SGL. Economy single room
- 32 €, one night, TWIN. Economy double room
- 47 €, one night, TRIPL. Economy triple room

Included in the price: breakfast, parking, Wi-Fi, morning and evening sauna.
Economy rooms differ from standard rooms in older furniture and carpet floors.

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