



MX OPEN VIRTUAL

	Day	Month	Categories	
			KATA Beginners, Novice,	
	21 and		Intermediates	
	22		(all categories)	
		November	CONVENTIONAL AND PARAKARATE	
Competition	28 and 29		KATA Black Belts	
days:			(all categories)	
	29		CONVENTIONAL AND PARAKARATE	
	05 and		KUMITE Beginners, Newbies,	
	06		Intermediates	
	00	December	(all categories)	
	12 and		KUMITE Black Belts	
	13		(all categories)	
Enrollment Period:	It begins with the publication of this Bulletin and closes on October 24, 2020			
Publication of Charts:	October 31 Posted on the page "femeka.com.mx"- events – mx open, as well as on the social network of facebook @femekaoficial.			
	November 02			
Program Publication: (Sand will set participation times by category) Posted on the page "femeka.com.mx"- events – m on the social network of facebook @femekaoficia			a.com.mx"- events – mx open, as well as	
	1 Go to the FEMEKA"femeka.com.mx" page, if you are an athlete: National: Click on "login session" to check if your email is already			
Athlete Registration:	registered and, if applicable, request to recover <i>password</i> so that you can change your data by clicking on "Start session".			
	If youfind in any of the following situations follow the indications of international athlete :			
	 You have not participated in any of our tournaments You didn't find your email in the log (step "Start session") If you changed your email since your last registration 			
	International: you must complete your profile by clicking on "Join FEMEKA". You will receive in your email a link to generate a			



password. Once you have generated that password, you will need to click on "Login" to continue with your registration.

- 2.- When logging in check in the section "Who logs in?" "Athlete" option is selected before entering user and password.
- 3.- Complete your profile.
- 4.- Once you complete your profile, click on "register"
- 5.- Select the desired categories and click **on "register" (this is a pre-registration).**.
- 6.- Wait via email for the notification of the authorization of your registration, to proceed with the payment.

(As long as your **registration does** not appear as authorized you can make the modifications you need, once authorized, you will no longer be able to modify your registration).

7.- Once you are notified of your registration, log in to your profile to proceed with the payment.

Athlete Registration:

The payment methods you will have are as follows:

- By credit or debit card directly on the page. Enter card details.
- By transfer or deposit. By clicking on this option, we will be sent by e-mail details of the bank account to which you must make the corresponding payment, after making your payment you must send proof of payment in your profile.
- 8.- Once your payment has been validated, you will receive via email your participation folio, which you must show at the beginning of **your videos.**
- 9.- Depending on the categories where you are enrolled, a list will appear with the option to upload your videos, (you will need to record with the required specifications)

You will be able to view your video and if necessary, change it, until before the closing of registration.

ATTACHED TO THIS REGISTRATION MANUAL

Participation costs:

KYU GRADES. -\$300.00 Mexican pesos. BLACK BELTS.-\$450.00 Mexican pesos.



Competition	KATA The current regulations of the WKF
rules:	KUMITE With adherence to the current regulations of the WKF
	Nationals They will be appointed by FEMEKA, through the National
	Referee commission.
Judges:	International Those wishing to participate must register via email
	arbitrajefemeka@gmail.com <u>arbitrajefemeka@gmail.com</u> for
	coordination and logistics.
	It shall be qualified prior to the release or transmission of
	competition, via the FEMEKA system. Where it will be supervised: by
	referee commission, Technical Commission representative of the
	FEMEKA, Board of Directors and a representative of each State of
Rating system:	México.
riainig 5 your	The results will be released on the day of the premiere of the
	National competition
	KATA The uniform for competitors will be: Karategui and belt
	according to its kyu.
Uniform:	KUMITE The uniform for competitors will be :Karategui, belt
	according to its kyu and protective equipment (gloves and shin
	guards).
	The competitions will be transmitted on the official Facebook
	page:@femekaoficial, according to the public program on October
	26th.
MX Open	Lather the Black and the Black
Virtual	In the premiere they will be broadcast by category: the corresponding
Transmission:	chart, the videos of the competitors, the ratings and the results previously obtained. Also after the premiere of this event you can
	consult on the page "femeka.com.mx" – event – mx open, graphics,
	competition videos, official memory and medallion, which will be
	, , , , , , , , , , , , , , , , , , , ,
	permanently on that page.

Categories

MODALITY: KATA AND KUMITE

Category	Degrees	Tapes
Beginners	10th to 7th kyu	White, Yellow and
Бевинета		Orange
Novice	6th to 4th kyu	Green
Intermediate	3rd to 1st kyu	Coffee
Advanced	Shodan Ho and Dan Grades	Black
	KYU GRADES	
Age	Category	Branch
Up to 5 years		Mixed
6-7 years	Do sino sus	Male/female
8-9 years old	Beginners	
10-11 years old	Novice Intermediate	
12-13 years old	Intermediate	
14-15 years old		



16-17 years old
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BLACK RIBBONS			
Age	Category	Branch	
8-9 years old	Infants		
10-11 years old	U12		
12-13 years old	U14	Nala/famala	
14-15 years old	Cadets	Male/female	
16-17 years old	Junior		
18-20 years old	U21		
18-35 years old	Senior		
UP 35 years			
UP 45 years	Master		
UP 55 years			

MODALITY: KATA

PARAKARATE KATA			
Age	Category	Branch	Mode
5-10 years			- Wheelchair and/or
11-15 years			Amputation
old	Beginner		- Blind and visually weak
16-20 years	Novice	Mixed	- Brain paralysis
old	Intermediate	iviixea	- Deaf
21-35 years	Advanced		- Specials (Down
old			Syndrome)
UP 35 years			

Kyus Grades: Each athlete must record 2 videos (2 different Katas)

In case you exceed 11 to 24 number of competitors per category, (3 rounds will be required) so the kata of the first round will be taken into account for semi-finals and finals.

KATA Competition System: Black belts: Each athlete must record 3 videos (3 different katas)

In case you exceed 25 to 48 number of competitors per category, (4 rounds will be needed) so if you will be asked, upload the 4th video (4th kata) for semi-finals and finals.

Videos must comply with the corresponding rules and upload it to the FEMEKA system..

VIDEO EXAMPLE:

https://www.youtube.com/watch?v=GpbGSSlv_4Y&feature=emb_l ogo



The virtual competition of kumite will be carried out seeking to integrate most of the technical gestures that are usually used in the real Kumite, being evaluated under the criteria referred to in the WKF regulation: good form, sports attitude, vigorous application, concentration (ZANSHIN), good "timing", correct distance, adapted to the following conditions:

- 1. There will be no opponent.
- Attacks will be directed at atarget, a pro NS module or you can use your imagination to craft or place that target, which must have clearly marked or defined the chudan and yodan scoring areas.
- 3. Defense combinations and attacks of the three scoring levels (yuko, waza-ari and ippon) will be demonstrated.
- 4. The overall performance of the entire AKA participant video vs the overall performance of the entire AO performance video will be evaluated.
- 5. A single video with a maximum duration of 45 seconds must be recorded.
- 6. They shall contain the following elements:

KUMITE Competition System:

Kyus Beginner Grades:

- 1.- Start greeting. (REI, Ritsu-Rei)
- 2.- Fighting position (Kumite no Kamae) and execution of the first combination.- **Defense technique and attack to the target, marking yuko (single execution).** Examples: defense and gyaku tsuki; defense and oi tsuki; defense and mae-te tsuki or kizami tsuki,etc.))
- 3.- Return to (naote) starting position, Greeting (REI, Ritsu-Rei)
- 4.- Fight position (Kumite no Kamae) and execution of the second combination.- Defense technique and attack the target by marking waza-ari (single execution). Examples: defense and mawashi geri chudan; defense and yoko geri chudan, etc.)
- 5.- Return to (naote) starting position, Greeting (REI, Ritsu-Rei)
- 6.- Fight position (Kumite no Kamae) and execution of the third combination.- **Defense technique and attack to the ippon target** (single execution). Examples: defense and mawashi geri yodan; defense and ura mawashi geri, etc.)
- 7.- Return to (Naote) starting position.
- 8.- Final greeting (REI, Ritsu-Rei)

Example in the following Link

https://www.youtube.com/watch?v=FE7VIncHHyU

Kyus Rookie Grades:

1.- Start greeting (REI, Ritsu-Rei)



- 2.- Fighting position (Kumite no Kamae) and execution of the first combination.- Defense technique and attack to the target with two techniques with yuko value (single execution). Example: defense, mae-te tsuki or kizami tsuki and gyaku tsuki; defense, gyaku tsuki and gyaku tsuki, etc.
- 3.- Return to (Naote) position, Greeting (REI, Ritsu-Rei)
- 4.- Fighting position (Kumite no Kamae) and execution of the second combination.- Defense technique and attack to the target with two techniques with waza-ari value. (single execution) Example: defense, mawashi geri chudan and yoko geri chudan; defense, mawashi geri chudan and mawashi geri chudan; etc
- 5.- Return to position (Naote), Greeting (REI, Ritsu-Rei)
- 6.-Fight position (Kumite no Kamae) and execution of the third combination.- **Defense technique and attack the target with two techniques with ippon value.** (single execution) Examples: defense, mawashi geri yodan and ura mawashi geri yodan; defense, ura mawashi geri yodan and mawashi geri yodan; etc.
- 7.- Return to position (Naote).
- 8.- Final greeting (REI, Ritsu-Rei).

Example in the following Link

https://www.youtube.com/watch?v=0s-FKTSCghs

Intermediate Kyus Grades:

KUMITE Competition System:

- 1.- Start greeting (REI, Ritsu-Rei)
- 2.- Fight position (Kumite no Kamae) and execution of the first combination.- Attack on the target with two yuko techniques, adding a defense at the beginning or after the first technique. (single execution) Examples: Defense, mae-te tsuki or kizami tsuki and gyaku tsuki; mae-te tsuki or kizami tsuki, defense and gyaku tsuki; defense, gyaku tsuki and gyaku tsuki, etc.
- 3.- Return to position (Naote), Greeting (REI, Ritsu-Rei)
- 4.- Fight position (Kumite no Kamae) and execution of the second combination.- Attack on the target with two waza-ari techniques, adding a defense at the beginning or after the first technique. (single execution) Examples: defense, mawashi geri chudan and yoko geri; mawashi geri chudan, defense and yoko geri, etc..
- 5.- Return to position (Naote), Greeting (REI, Ritsu-Rei)
- 6.- Fighting position (Kumite no Kamae) and execution of the thirdcombination.- Tostrike the target with two ippon techniques, adding a defense at the beginning or after the first (technique. (single execution) Examples: defense, mawashi geri yodan and ura mawashi geri; mawashi geri yodan, defense and ura mawashi geri yodan; etc.
- 7.- Return to position (Naote).
- 8.- Final greeting (REI, Ritsu-Rei).



Example in the following Link

https://www.youtube.com/watch?v=cbw1EAXjEBw

Black BELTS:

- 1.- Start greeting (REI, Ritsu-Rei)
- 2.- Fight position (Kumite no Kamae) and execution of the first combination.- Attack the target with three free techniques closing with yuko technique, adding a defense at the start or after the first or second attack technique. (single execution) Examples: defense, mae-te tsuki or kizami tsuki, gyaku tsuki and mae-te tsuki or kizami tsuki; gyaku tsuki, defense, gyaku tsuki and gyaku tsuki; etc.
- 3.- Return to position (Naote), Greeting (REI, Ritsu-Rei)
- 4.- Fight position (Kumite no Kamae) and execution of the second combination: Attack the target with three free techniques closing with waza-ari technique, adding a defense at the start or after the first or second attack technique. (single execution) Examples: defense, mae-te tsuki or kizami tsuki, gyaku tsuki and mawashi geri chudan; mae-te tsuki or kizami tsuki, defense, gyaku tsuki and mawashi geri chudan; defense, gyaku tsuki, mawashi geri chudan and mawashi geri chudan; etc.
- 5.- Return to position (Naote), Greeting (REI, Ritsu-Rei)
- 6.- Fight position (Kumite no Kamae) and execution of the third combination.- Attack the target with three free techniques closing with ippon technique, adding a defense at the start or after the first or second attack technique. (single execution) Examples: Defense, mae-te tsuki or kizami tsuki, gyaku tsuki and mawashi geri yodan; Mae-te tsuki or kizami tsuki, defense, gyaku tsuki and mawashi geri yodan; Gyaku tsuki, defense, mawashi geri yodan and ura mawashi geri yodan; Etc.
- 7.- Return to position (Naote).
- 8.- Final greeting (REI, Ritsu-Rei).

Example in the following Link

https://www.youtube.com/watch?v=ftGOkVe98Ko

Video recording rules

It can be recorded with any type of camera or device, but the recommended resolution is 1080p (Full HD), and the minimum resolution is 720p (HD) IN MP4FORMAT, size less than 100 MB

The video must be recorded without cuts, without editing and without music.

Only the athlete should appear in the video, (without a coach)



They must record a video by category, with the folio provided for it, that is, if the athlete wishes to participate in two different categories, example: (junior and senior, KATA); (U21 and senior KUMITE), different videos must be recorded for each of them, with the folio provided for each of the categories..

If the video recording is with con mobile device or tablet you should go **horizontally** in MP4 format

Each file must be named as follows (How I will save my video):

Modality-Category-Belt-gender-name (first and last of the athlete)-abbreviation of the state-abbreviation of the country

Example:

Kata-Senior-Black-Fem-CinthiadelaRue-GTO-MEX

Kumite-Senior-Negra-Fem-GuadalupeQuintal-YUC-MEX

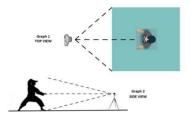
Where to record the Video:

They can record their video indoors and outdoors as long as they have enough space to perform their kata/kumite, following the health protocols established by authorities.

Make in a quiet place with the right lighting conditions.

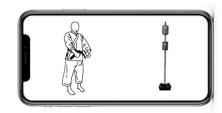
Howtorecord the video:

KATA.- The camera will be placed in the center of the area where the athlete will do his Kata, or diagonally at 45 angle. At all times the athlete must be visible to 100% full body inside the screen.



KUMITE.- The camera will be placed on the right or left side of the competitor, located between the competitor and the target, at all times **the** athlete and **the target must be visible to 100% full body inside the screen.**





Outdoors, make sure the camera is not against sunlight.

When locaing the camera, make sure it is at an appropriate distance to record and the athlete is visible at all times of the **execution.**

• Do not place the camera on the floor, we recommend a minimum height of 80 cm. If you don't have a tripie, use a table or any other stable object.



You can ask for help for someone to record you whenever they focus on you, as long as the camera doesn't have too many vertical or sudden movements.

- · Starts recording.
- Show the camera the folio that we will provide you by FEMEKA system, to verify that the day and time of recording is for this competition.

You can display it printed, or digitally from any device (Smartphone, tablet or screen) while it can be easily viewed Only the athlete must say his or her name, his country with clear and strong voice, if it is the case to mention the name of the Kata to be recorded and the round to which he goes.

- Process your recording
- **KATA.** Execute the complete kata, includes all regulatory formalities and the usual protocols (greetings, announcements, etc.).
- **Kumite.** Performs executions and combinations of techniques according to the category.
- Stop the recording.

If the video or recording does not meet the specified requirements, you will not be able to compete.



Award:	 1st Place:Digital Ertified C 2nd Place:Digital Ertified C 3rd Place:Digital Ertified C 3rd Place:Digital Ertified C ALL ENROLLEES WILL GET THEIR DIGITAL CERTIFICATE OF PARTICIPATION FROM THIS MX OPEN VIRTUAL	
Ranking:	Athletes in Mexico will receive points in the National Rankings, according to the rules of the national ranking (factor 1) KATA and KUMITE	
Transients:	Cases not provided for in this bulletin will be resolved by the Organizing Committee.	





User manual femeka.com.mx

In FEMEKA we are always Improving, that's why we made a new format of registration for MX OPEN.

1.- GO to femeka.com.mx



On the upper left corner of the website you will find the option "Únete a FEMEKA" (join FEMEKA), you will need to create a new account.

2.- "Únete a FEMEKA" (join FEMEKA)

click on "UNETE A FEMEKA" to open a new account

3.- Fill out your account...

- 1.- Country
- 2.- Name
- 3.- Last names
- 4.- DOB
- 5.- E-mail

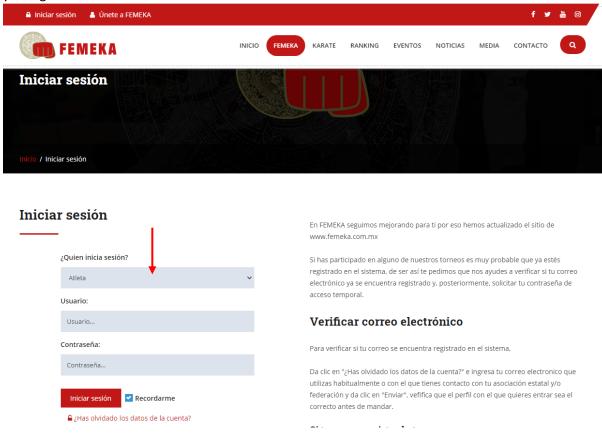
you will receive an email with the user account and your password





4.- COMPLETE YOUR PROFILE

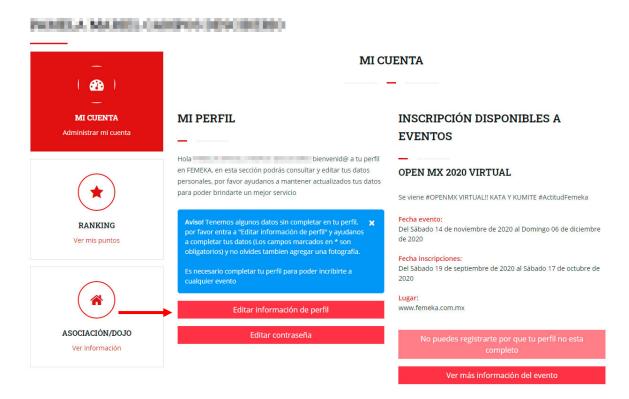
Click on "INCIAR SESION (LOG IN)" and Verified that the option Atleta (Athlete) is selected, before you log in.











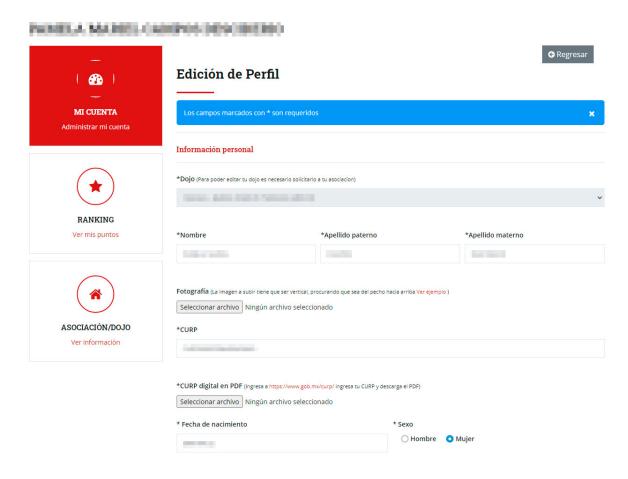
Finish Filling out your profile on EDITAR INFORMACION PERFIL so you can register to events





Once you finish click on save.









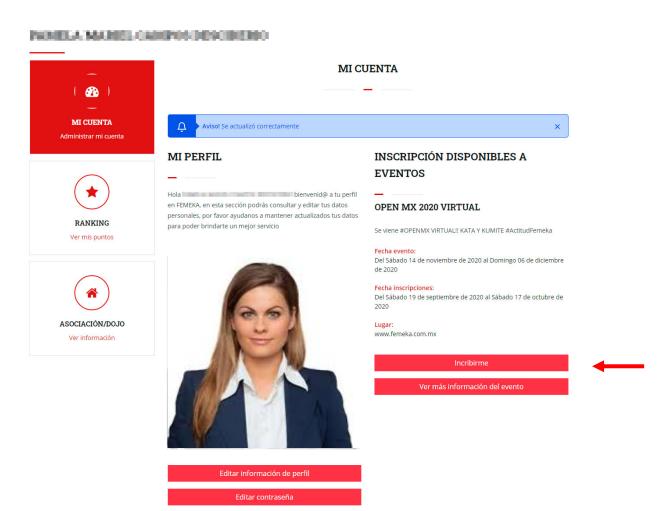
5.- Register to an event.

Click on the option **INSCRIBIRME (REGISTER).** From there you will find the Divisions in witch you can participate.

- 1.- Age
- 2.- color of the belt
- 3.- gender

Please select 1 or 2 divisions to register. On till this point No charge will be made. Click **REGISTRARME** (**REGISTER**) and a e-mail will be send for making the payment.



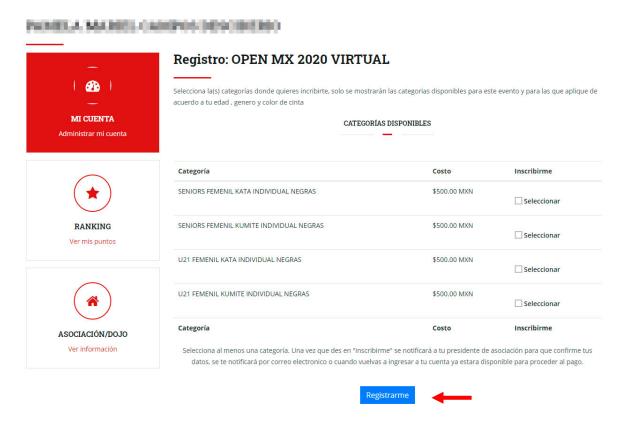


#ACTITUDFEMEKA









NOTE: In your profile you will find confirmation of your registration. As long as your registration **does** not appear as authorized you will be able to make the modifications you need, once authorized you will no longer be able to modified your profile.



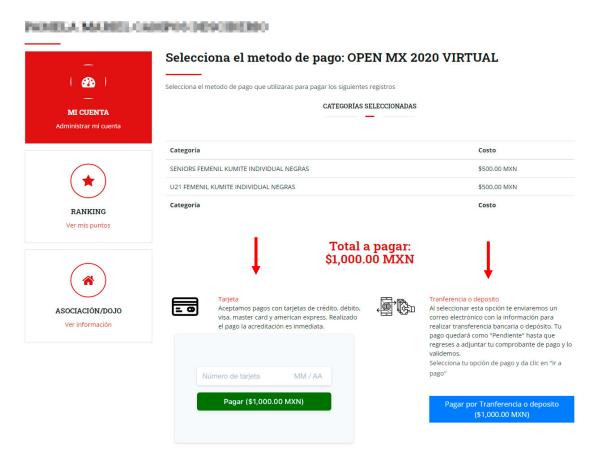


6.- Pay for my registration

Once you have authorized registration you will receive an email notifying you that you can make your payment and you will have to log back into your profile to proceed with the payment. The payment methods you'll have, will be the following:

- By credit or debit card directly on the page
- By transfer or deposit









If you made your payment by credit or debit card the payment accreditation will be immediate. If you have made the payment by transfer or deposit, you will need to upload your proof of payment to your profile.

Once the payment is made, and as soon as we review and validate the payment, you will receive via email a notification to be able to continue and upload your participation videos.

In the same email we will send your participation folio which you must show at the beginning of your videos.

7.- Upload videos

Depending on the categories where you are enrolled, a list with the option to upload your videos will appear. Click "Upload Videos" from the respective category:



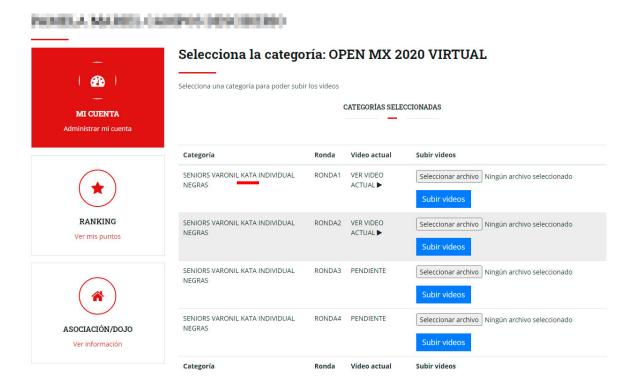


You will have to upload the videos (with the specifications of the bulletin) corresponding to each round and once you upload you will be able to watch the video and, if applicable, you can change it. You can do this until before registration closes.









Once this procedure is done, YOU ARE ALREADY REGISTERED!!