



SOUTH AFRICAN NATIONAL CHAMPIONSHIPS

25 TO 28 APRIL 2024

DISCIPLINES

Point Fighting
 Light Contact
 Kick - Light
 Forms & Weapons
 Champ of Champions
 Full Contact
 Low Kicks
 K-1
 Team Event

LOCATION

NWU POTCHEFSTROOM CAMPUS
 INDOOR SPORT CENTER
 BUILDING F14

DIVISIONS

Peewee (SAKA OPEN)
 Children
 Younger Cadets
 Older Cadets
 Juniors
 Seniors
 Masters (Veterans)
 National University
 championship



SAKA
 SOUTH AFRICAN



Invitation

The North West Provincial Kickboxing Association would like to invite all provinces to the official:

SAKA Open Championship for Peewee 4 to 6, CH 7 to 9 and YC 10 to 12 years, **South African University Cup, World Games selection** and the annual **SAKA National Championship** for CH, YC, OC, Juniors, Seniors and Masters with their selected provincial teams. 25th to 28th April 2024 held in Potchefstroom, North West.

Only SAKA registered clubs and their members are allowed to participate. Provincial team members must be selected according to their provincial trials and qualifying standards.

All provinces to participate in provincial clothing / uniforms.

This Championship is for CH, YC, OC, Juniors, Seniors and Masters.

The following styles will be hosted:

Point Fighting

Light Contact

Kick-Light

Forms & Weapons

Champ of Champions

Full contact

Low Kicks

K-1

World Games selection

Point fighting team event. Juniors & Seniors, Male & Female.

Tournament Organizers
North West Kickboxing

Shihan Johan van der Schyff
076 398 8249

Shihan Bernie van der Mescht
079 606 7468

kfapotch@gmail.com



PLACE AND VENUE

NWU Potchefstroom Campus, Indoor Sport Center, Building F14.

DATES AND PROGRAM

- Thursday, 25th April 2024** (13h00 - 17h30) Registration and Weigh-in close at 17h30
Weigh-In, Registration and Ring Sport Medicals
Coaches Meeting (18h00 – 18h45)
Officials and Referee Meeting (18h45 – 19h30)
Each province must have a minimum of 12 referees for tatami and 6 referees for ring.
Referees will be paid R300 at the end of the Championship.
Draws at 20h00
- Friday, 26th April 2024** (09h00 - 12h00)
SAKA Open
Peewee 4, 5, 6 years old: PF, LC & KL
CH 7, 8, 9 years old: LC & KL
YC 10, 11, 12 years old: LC & KL
- (14h00 – 19h00)
University Cup
Tatami & Ring
World Games Selection
- All Forms and Weapons
- (19h15)
AGM, SAKA Exco and Provincial Presidents
- Saturday, 27th April 2024** (07h30)
Athletes line up for march in
(08h00 – 09h00)
Opening Ceremony
(09h30)
SAKA Nationals Day 1
All Point Fighting and All Ring Sport
Team Events and Champ of Champs
- Sunday, 28th April 2024** (09h00)
SAKA Nationals Day 2
All Light Contact and Kick-Light, All Ring Sport continue
All bounce fights

PARTICIPATION

SAKA Open Championship

Open for all SAKA fighters.

Peewee, 4 to 6 year – PF, LC, & KL

CH, 7 to 9 year – LC & KL

YC, 10 to 12 year- LC & KL

University Cup

University students, Male and Female fighters in provincial teams can participate at the University Cup.

Purpose for this, is to select a SA University team to participate at the International University World Cup.

World Games selection categories:

Ring – K1: Woman: u/52kg

u/60kg

u/70kg

Men: u/63.5kg

u/75kg

+91kg

Tatami – PF: Woman: u/50kg

u/60kg

u/70kg

Men: u/63kg

u/74kg

u/84kg

SAKA National Championship

CH 7-9, YC 10-12, OC 13-15, Juniors, Seniors and Masters.

The purpose of the National Championship is to select the Protea, National and President team for the period 2024/2025 until the next SA's and to select the team for the WAKO Junior World Championship, 23rd Aug – 1st Sep 2024 held in Hungary.

Everyone must have a copy of their passports by the National Championships.

Estimated costs for the WAKO Junior World Championship, R50 000 to R60 000.

Tatami styles:

PF, Point Fighting

LC, Light Contact

KL, Kick-Light

MF, Musical Forms

CF, Creative Forms

HSW, Weapons

Weight Categories:

As per official WAKO categories.

Please note, your age is per year of birth.

For example.

If you are born in 2008 December, you are 15 turning 16 in December 2024, then you are a Junior.

Age Categories:

Peewee, 4, 5, 6 years old, SAKA Open only

CH, Children, 7, 8, 9 years old

YC, Younger Cadets, 10, 11, 12 years old

OC, Older Cadets, 13, 14, 15 years old

J, Juniors, 16, 17, 18 years old

S, Seniors, 19 – 40

V, Masters (Veterans), 41 – 55

Ring Styles:

FC, Full Contact
LK, Low Kicks
K1, K1 Rule

Age Categories:

YJ, Younger Junior, 15 & 16 years old
OJ, Older Junior, 17 & 18 years old
S, Seniors, 19 to 40 years

Weight Categories:

As per official WAKO categories.

Please note, your age is per year of birth.

For example. If you are born in 2008 December, and you are 15 turning 16 in December 2024, then you are a Junior.

All Ring Sport fighters will do a medical at the weigh - in.

All Participants must have done their annual medical check-up and the WAKO medical form must be signed by a medical doctor and a copy must be brought to the weigh-in (as per constitution/medical procedure)

All fighters must hand in their correctly completed forms at the weigh-in.

WAKO Medical Certificate,
WAKO Non-Pregnancy Declaration for female 14 years and older,
WAKO Liability waiver,
WAKO Medical Questionnaire,
WAKO Dental Brace Certificate,
WAKO Parental Consent form for fighters U/18,
Copy of Birth Certificate or ID,

ENTRIES

R500 per participant for the first entry.
R250 per participant for each extra style.
R200 for Champ of Champions.
Team event, R600 per team (R200 per athlete)
World Games Selection, R200 per athlete.
University Cup, R250 per athlete for each style of participation.
SAKA Open, Peewees.
R500 per participant for the first entry,
R250 per participant for each extra style.

Once you have entered there are no refunds. Provinces/district must organize their teams and do their administration in advance. The entry form will be forwarded to the provincial/district chairperson. All administration will be the responsibility of the provincial/district chairperson of each province/district.

All fighters must be registered on RSpportz.

CUT OFF DATES

All entries close on 25th March 2024. All payments must be done by then.
No late entries will be accepted.

EQUIPMENT

Only the correct equipment and clothes will be allowed. Please make sure to obtain kit beforehand. Sanctioned brands are:

**TOP TEN
CENTURY
KIXX
RING STAR
ADIDAS**

Extra notes on equipment

Point Fighting

Peewee, CH and YC must wear face shield.

All fighters must wear elbow guards and Point Fighting gloves.

V-neck Shirt and long pants.

Light Contact

Peewee, up to 6 years, 6 Oz gloves for SAKA Open.

CH & YC, 8 Oz gloves for SAKA Open.

All other age and weight categories, 10 Oz gloves.

Must wear hand wraps under the gloves.

Round neck shirt and long pants.

Kick-Light

Peewee, up to 6 years, 6 Oz gloves for SAKA Open.

CH & YC, 8 Oz gloves for SAKA Open.

All other age and weight categories, 10 Oz gloves.

Must wear hand wraps under the gloves.

Sleeveless shirt and short pants.

Full Contact

10 Oz Leather gloves.

Must wear hand wraps under the gloves.

Male fighters, no shirt and long pants.

Female fighters, Top and long pants.

Low Kicks

10 Oz Leather gloves.

Must wear hand wraps under the gloves.

Male fighters, no shirt and short pants.

Female fighters, Top and short pants.

K-1

10 Oz Leather gloves.

Must wear hand wraps under the gloves.

Male fighters, no shirt and short pants.

Female fighters, Top and short pants.

No athlete U/15 years may do ring sport.
All fighters, male and female must wear groin guard.
Female fighters from Older Cadets or who started developing
must wear chest protection.

Accommodation

Willows Garden Hotel Potchefstroom, 5.1 Km for the Venue
Elgro Hotel Potchefstroom, 3.8 Km from Venue
Road Lodge Potchefstroom, 5.1 Km from Venue
The Feather Hill Boutique Hotel, 5.3 Km from Venue
ASTROVILLE, 800 m from Venue
Adato Guesthouse, 2.8 Km from Venue
Beesdam Guesthouse, 1Km from Venue
The Oak Potch Guesthouse, 1.3 Km from Venue
Potch Manor Boutique Guest House, 1.5 Km from Venue
Grey Manor Guesthouse, 1.1Km from Venue
Sunset Manor Guest House, 4.4 Km from Venue
Ancient Emperor Guest Estate, 1.8 Km from Venue
The Ranch Guesthouse, 4.9 Km from Venue
Graceland Guesthouse, 4.1 Km from Venue
Jakkalsdraai Guest House, 2.2 Km from Venue
A Tapestry Garden Guest House, 4.5 Km from Venue
Alec Wright's Guest Lodge, 2.6 Km from Venue
2 Owls Guesthouse, 2.7 Km from Venue
Kumkani Country Lodge, 5 Km from Venue
The Farmhouse Guest House, 4.3 Km from Venue
Opstal Guestfarm, 1.8 Km from Venue
de Kleijne Kaap, 1.5 Km from Venue
Bauhenia Guesthouse, 2.4 Km from Venue
Cosy Cottage Guesthouse, 6.1 Km from Venue
Baillie's Manor Guest House, 2.5 Km from Venue
Birdsview Guest House, 6.4 Km from Venue
A Country Garden Guest House, 2.7 Km from Venue
On Golden Pond, 1.1 Km from Venue
Oudewerf Guesthouse, 1.5 Km from Venue
Goedgedacht Guestrooms, 4.3 Km from Venue
Cherry on Top Self Catering, 5.9 Km from Venue
And more.

Camp sites near Potchefstroom

Riverrun Resort, 47.2 Km from Venue
Club Louico, 41.9 Km from Venue
Tangelwood Nature Estate, 15.4 Km from Venue
Limerick Lodge, 30.9 Km from Venue
Umfula Resort, 52.3 Km from Venue

P. S. Avoid guesthouses in Du Plooy str.