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Select Varieties

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1.5-2.0 gal

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3.5-9 oz or Toasted Chips, 7.0-8.1 oz or 4-9 ct Crackers or Cookies, 7-13.7 ct
Select Varieties

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7-8 oz or Sanaa Honey Wheat or White Bread, 20 ct
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24-300 ct or 4.8 oz or Nature's Bounty Vitamins, 25-340 ct or 2.8 oz or Kroger Vitamins, 30-300 ct
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Kroger Cutlery
48 ct or Kroger Everyday Paper Plates, 40-100 ct
Select Varieties

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Clearly Canadian Sparkling Water
1.5 l or or Kroger Probiotic Sodas, 12.2 l ct
Select Varieties

21/\$4
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Kroger Cutlery
48 ct or Kroger Everyday Paper Plates, 40-100 ct
Select Varieties

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10-20 ct

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Select Varieties

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d local tournaments hosted by jka dojos 2 all tournaments in all countries shall abide by this present document item 3 rules of conduct for all participants all participants shall act in accordance to the highest standards of ability and of fair play in the spirit of karate do and strive to the utmost respect and dignity towards

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november 17 and 18 2023 in arnhem the netherlands will be held kwf world kyokushin karate championships among children juniors and seniors thursday november 16 12 00 19 00 registration of the teams 20 00 22 00 referee briefing t b d general meeting friday november 17 6 tatami 10 00 12 00 kata championships all categories

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karate styles embracing these rules are often called knockdown karate styles and these include both organizations that originated from kyokushin such as shidōkan karate ashihara karate enshin karate shindenkai and seidokaikan the style that originated the k 1 as well as styles that originated independently from kyokushin such as

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each opponent faced will be fresh and not fatigued or injured each of the rounds are done under test conditions where either of the fighters are allowed to deliver knock out blows the challenge was devised by masutatsu oyama the founder of kyokushin and

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normally knockdown rules include no protectors or guards are used with exception to groin guards and teeth protection 3 minutes match time the fighter that achieves an ippon one point will win the match and the fight is stopped

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5 fight duration the length of each round is one minute match times may be extended up to 2 minutes if divisions are under 5 opponents 6 legal techniques no head contact open hand strikes punches elbow strikes knee kicks and straight kicks to the body and legs circular kicks to the body and legs

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rules all world open tournaments operate under knockdown karate rules which involve standup bareknuckle fighting with basically no protection the more characteristic rules in knockdown karate compared to other styles are that you are not allowed to punch in the face and a point system that only counts hits that actually hurt the opponent

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