



OFFICIAL INVITATION TO THE INTERNATIONAL WAKO KICKBOXING TOURNAMENT



# FFC OPEN K1 WAKO 2026



Dear Kickboxing friends, we invite clubs and athletes from across the world to join the **FFC OPEN K1 WAKO 2026** tournament, taking place in Tallinn, Estonia on **February 28 – March 1, 2026**.

The competition will be held at **FFC GYM (Punane 69)** and is open to participants of all experience levels and age divisions: **Kids, Cadets, Juniors, and Seniors** (7–40 years old). It's a good opportunity to show your skills and take part in a well-organized K-1 competition.

The event is hosted by **First Fighting Club** and will be conducted according to official WAKO K1-Style amateur rules. We recommend reviewing the rules and event timetable in advance for proper preparation.

We welcome everyone interested in testing themselves, improving their skills, and connecting with kickboxers and teams from various countries.

*Igor Golubev*  
*First Fighting Club President*

## **OFFICIAL SCHEDULE**

The timetable can be changed depending on the number of entries.		
Saturday, 28.02.2026		
08:30 - 10:30	Weight-in and medical check	<a href="#">FFC GYM, Punane 69</a>
10:30 - 12:00	OFFICIAL DRAW (NO CHANGES AFTER THE DRAW!)	<a href="#">FFC GYM, Punane 69</a>
12:00 - ...	Qualification fights of the FFC OPEN K1 WAKO 2026	<a href="#">FFC GYM, Punane 69</a>
Sunday, 01.03.2026		
10:00 - ...	FFC OPEN K1 WAKO 2026 - START OF THE FINALS	<a href="#">FFC GYM, Punane 69</a>
	Awarding ceremony	<a href="#">FFC GYM, Punane 69</a>
ENTRY TICKET FOR SPECTATORS: 5 EUR - 1 DAY, 10 EUR - 2 DAYS		

## **RULES and PROTESTS**

Competition is held under amateur WAKO rules, which can be found on  
<https://www.wako.sport/rules-overview>

**ATTACK WITH A KNEE TO THE HEAD IS PROHIBITED FOR KIDS AND CADETS! KIDS 1, KIDS 2 and CADETS 1 must use torso protection which will be provided by the promoter.**

Protest during the competition is only accepted if announced by competitors Coach or their representative **IMMEDIATELY** after the fight and after submitting an official WAKO protest form to the name of Chief referee **with a pledge of 100 EUR no later than 10 MINUTES after the fight.** The final decision will be given by the members of the appeal committee.

## **CLASSES AND WEIGHT DIVISIONS**

Competition will be under K1- STYLE WAKO rules only!			
CATEGORY	MALE	FEMALE	REGULATIONS
<b>KIDS 1 (born in 2019)</b> (7 years old, K1MKR / K1FKR)	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	2 ROUNDS x 1 MIN, 2 KD RULE  <b>FINALS 3 ROUNDS</b>
<b>KIDS 2 (born in 2018)</b> (8 years old, K2MKR / K2FKR)	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	2 ROUNDS x 1 MIN, 2 KD RULE  <b>FINALS 3 ROUNDS</b>
<b>CADETS 1 (born in 2016-2017)</b> (9-10 years old, C1MKR / C1FKR)	-26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; 56+kg.	-26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; 56+kg.	2 ROUNDS x 1,5 MIN, 2 KD RULE  <b>FINALS 3 ROUNDS</b>
<b>CADETS 2 (born in 2014-2015)</b> (11-12 years old, C2MKR / C2FKR)	-28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63.5; +63.5kg.	-28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63.5; +63.5kg.	2 ROUNDS x 2 MIN, 2 KD RULE  <b>FINALS 3 ROUNDS</b>
<b>CADETS 3 (born in 2012-2013)</b> (13-14 years old, C3MKR / C3FKR)	-32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63; -65; -67; -69; -71; -75; +75 kg.	-32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63; -65; -67; -69; -71; -75; +75 kg.	2 ROUNDS x 2 MIN, 2 KD RULE  <b>FINALS 3 ROUNDS</b>
<b>YOUNGER JUNIORS (born in 2010-2011)</b> (15-16 years old, YJMKR / YJFKR)	-42; -45; -48; -51; -54; -57; -60; -63.5; -67; -71; -75; -81; +81 kg.	-36; -40; -44; -48; -52; -56; -60; +60 kg.	3 ROUNDS x 2 MIN, 2 KD RULE (FINALS 3 ROUNDS)
<b>OLDER JUNIORS (born in 2008-2009)</b> (17-18 years old, OJMKR / OJFKR)	-51; -54; -57; -60; -63.5; -67; -71; -75; -81; -86; -91; +91 kg.	-48; -52; -56; -60; -65; -70; +70 kg.	3 ROUNDS x 2 MIN, 3 KD RULE (FINALS 3 ROUNDS)
<b>SENIORS (born in 2007 or earlier)</b> (19-40 years old, MKR / FKR)	-51; -54; -57; -60; -63.5; -67; -71; -75; -81; -86; -91; +91 kg.	-48; -52; -56; -60; -65; -70; +70 kg.	3 ROUNDS x 2 MIN, 3 KD RULE (FINALS 3 ROUNDS)

**Please note that for Younger Juniors, Older Juniors and Seniors ALL FINAL MATCHES will be 3 ROUNDS x 2 MINUTES! KIDS 1 / KIDS 2 and ALL Cadets will have 3 ROUNDS in the FINALS.**

## **WEIGHTING-IN, MEDICAL CHECK and MEDICAL SERVICES**

Registration and weighting-in of the fighter will be made after presenting the following documents:

- WAKO sport pass for WAKO members.
- Passport or ID-card for others (non members).
- Valid permit to fight signed by a sports doctor.
- Health insurance
- All participants must take visas in Estonian embassies in their countries, if needed
- **40 EUR in cash for the starting fee (please bring the exact amount, no change will be given)**

<b>ATTENTION</b>	If sportsmen do not have a medical permit, examination on the spot costs <b>25 EUR.</b>
<b>ATTENTION</b>	<b>ZERO TOLERANCE DURING THE WEIGHT-IN</b> , each fighter must correspond to his registered weight.
<b>MEDICAL SERVICES</b>	The organizer is responsible for providing medical help to all official members of participating teams during the competition (according to their health-insurance).

## **MEDALS AND AWARDING**

1st, 2nd and 3rd places will get medals and diplomas. Fighters with the best techniques and showing the will to win will be awarded with special prizes. The top 3 teams will be honored with special awards (team standings).



## PROTECTION AND EQUIPMENT FOR K-1 STYLE

- Boxing gloves, 10 OZ (must be visible on the gloves), without laces;
- Head-protection (top of the head must be covered), according to the color of the corner. Classic boxing helmets are forbidden;
- Mouth guard (for male and female mandatory);
- Groin protection for male and female (breast protection for female);
- Boxing wraps;
- Kickboxing Shorts (**MUAY-THAI symbolic is NOT ALLOWED!**);
- **KIDS 1, KIDS 2 and CADETS 1 must use torso protection which will be provided by the promoter.**
- Shin guards (please look at the pictures below to check the allowed shin guards).  
**Shin guards with metal/plastic elements and SOCKS-TYPE are forbidden!**

**Allowed shin protection can be found below:**



**Please note that in case of incorrect, unsuitable, or missing equipment, athletes will have ONLY 2 minutes to make the necessary changes. If time runs out, the athlete will be disqualified.**

## **ENTRY FORMS**

Entry-forms (fighters, coaches) should be filled via **SPORTDATA no later than the 22nd of FEBRUARY!** On the next page you will find the needed instructions.

**The starting fee is 40 EUR** per competitor. Payment must be made during the registration in cash. **Please bring the exact amount, no change will be given.**

If you are bringing a Judge/Referee to the tournament, please notify the Chief Referee. Without notification, he/she won't get paid. All payment will be done according to the rates of Estonian Kickboxing Federation.

**Starting from the 23rd of FEBRUARY registration will be TOTALLY CLOSED and NO new forms will be accepted!**

**ALL REGISTERED ATHLETES CAN BE FOUND VIA THIS LINK AT ALL TIMES (LIVE UPDATE):**

[https://www.sportdata.org/kickboxing/set-online/popup\\_nennungen\\_main.php?popup\\_action=nennungenall&verid=2628](https://www.sportdata.org/kickboxing/set-online/popup_nennungen_main.php?popup_action=nennungenall&verid=2628)

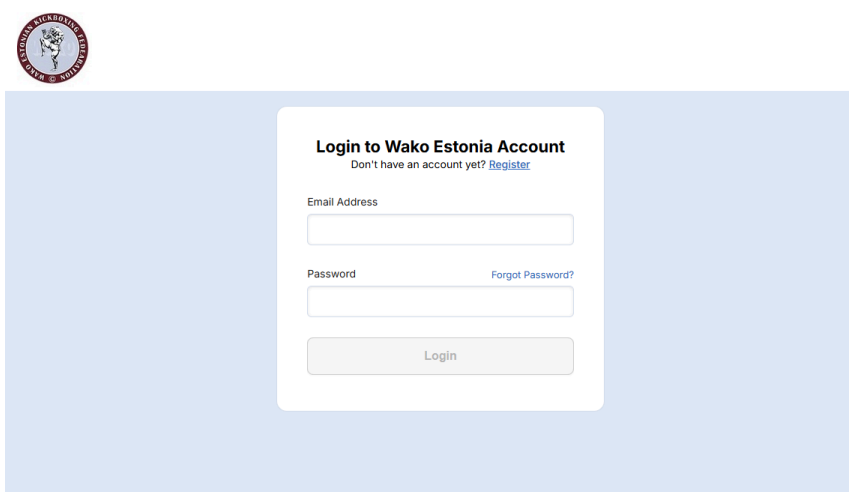
**Tournament link on Sportdata:**

[https://www.sportdata.org/kickboxing/set-online/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vernr=2628](https://www.sportdata.org/kickboxing/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=2628)

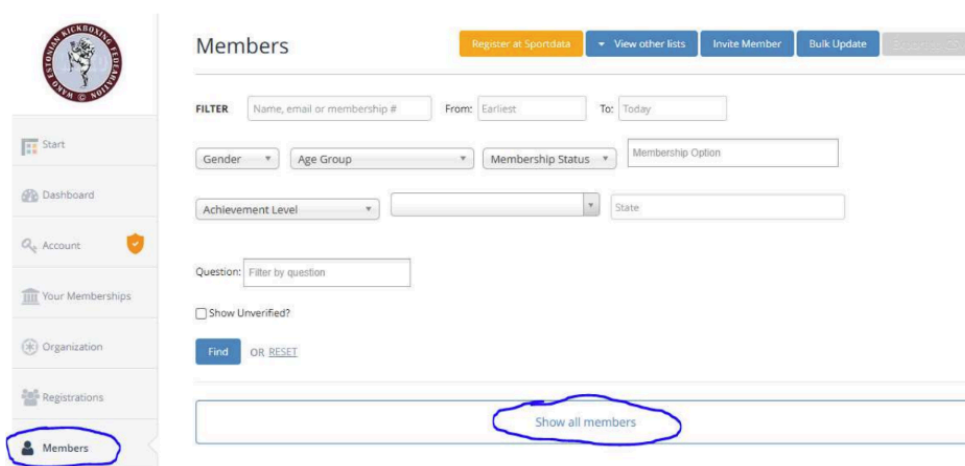
# Step-By-Step Instructions for the Sportdata

## JUHEND EESTI KEELES / ВЕРСИЯ НА РУССКОМ ЯЗЫКЕ

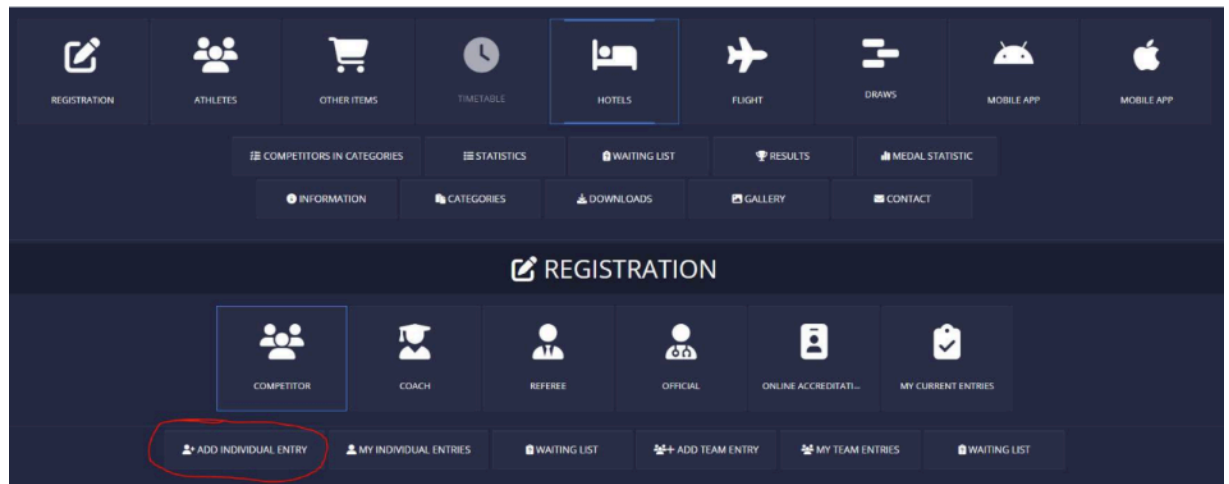
1. To **CREATE AN ACCOUNT** and receive a registration link, you need to send an email to [wakoest@gmail.com](mailto:wakoest@gmail.com). After that, you will receive a special link where you can set up your password and register your account.
2. Go to [wakoest.rsportz.com](http://wakoest.rsportz.com) and click the green button in the center labeled **BEGIN**
3. On the opened page, enter your email and password.



4. After you log in to your account, please click on **"MEMBERS"** on the left side, then select **"SHOW ALL MEMBERS"** to view the list of all athletes in your club.



- To **REGISTER** for the **TOURNAMENT**, click the ORANGE button "**REGISTER AT SPORTDATA**" and on the opened page, find the tournament you need in the list: **FFC OPEN K1 WAKO 2026** or use the direct link instead:  
[https://www.sportdata.org/kickboxing/set-online/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vern=2628](https://www.sportdata.org/kickboxing/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=2628)
- To add an athlete to the tournament, click **ADD INDIVIDUAL ENTRY**



- Find an athlete by searching for their first or last name, and select a category. Multiple categories can be selected at once.

Last name\*   
 First name\*   
 ID\*

1 member(s) found

Competitor\*

Categories\*

- Click the '**SAVE**' button at the bottom – the athlete has been successfully registered.

9. The athletes registered for the tournament can be found in the '**STATISTICS**' menu – '**ALL ENTRIES OF THIS EVENT**'

## **OFFICIALS**

CHIEF REFEREE	<b>Denis Lahtikov</b> <i>International Referee and Judge "A" class</i> <a href="mailto:denislahtikov@gmail.com">denislahtikov@gmail.com</a> / +372 5346 6030
PROMOUTER and HEAD OF THE ORGANIZING COMMITTEE	<b>Igor Golubev</b> <i>President of the First Fighting Club</i> <a href="mailto:igorkudo@mail.ru">igorkudo@mail.ru</a> / +372 565 9797 (RU)
All organizational questions	<b>Igor Golubev</b> <i>President of the First Fighting Club</i> <a href="mailto:igorkudo@mail.ru">igorkudo@mail.ru</a> / +372 565 9797 (RU)
Secretary	<b>Andrei Majakov</b> <i>International Referee and Judge "A" class</i> <a href="mailto:wakoest@gmail.com">wakoest@gmail.com</a> / +372 5665 6886

## **VISA INFORMATION**

All participants must take visas in Estonian embassies in their countries if needed. Estonia is a member of the European Union and part of Schengen territory.

## **IMPORTANT INFORMATION**

All competitors, coaches and officials must follow the code to prevent manipulations before, during and after competition!

**Estonian version**

**English version**