



# TOKON

## KARATE GUBBIO



ISTITUTO SHOTOKAN ITALIA A.S.D.

### Organize

# 3<sup>ND</sup>

ND

# COMPETITION CITY OF PERUGIA

VALID FOR THE APENNINES MACROREGION CHAMPIONSHIP

TRADITIONAL KARATE SHOTOKAN COMPETITIONS:

INDIVIDUAL AND TEAM KUMITE

INDIVIDUAL AND TEAM KATA

Info:

Pietro Menichetti

cell. 3891870603

mail: [pietrotokon@gmail.com](mailto:pietrotokon@gmail.com)

<https://www.facebook.com/tokonkarate>



## Children

**3** Start  
Competitions  
at 15:00

## February

## Adults

**4** Start  
Competitions  
at 10:00

## February

**PALAZZETTO COMUNALE PELLINI  
VIALE POMPEO PELLINI 1 PERUGIA**

**Associazione Sportiva Dilettantistica TOKON KARATE GUBBIO  
organizes**

**PERUGIA TROPHY  
3° CHAMPIONSHIP OF MACRO-REGION “APPENNINICA”  
SHOTOKAN KARATE COMPETITION  
Adults Category  
4 FEBRUARY 2018**

**PALASPORT “PELLINI” Viale Pompeo Pellini PERUGIA.**

The competition is open to all members of all federations and sports promotion agencies. The rules are inspired by the rules of WSKA end ESKA.

<http://wskakarate.org/storage/wska%20rules%20v2%20Nov%202007.pdf>,

You can find them with Android in Play store: ESKA – rules.

**SCHEDULE**

10.00 Competition start. Kata

10.45 Kumite start

13.15 break

14.00 restarting competition

18.00 Elite Teams final begin

19.00 Sayonara party

**AWARDS**

**INDIVIDUAL KATA E KUMITE**

All athletes will be awarded with a participation medal except the 4 finalists that will be awarded as follow: two people as 3<sup>rd</sup> classified with equal merit, one person as 2<sup>nd</sup> classified and one person as 1<sup>st</sup> classified also with special medal.

**KATA KUMITE TEAMS**

The 1 first 4 teams classified will be awarded.

**TERMS OF REGISTRATIONS**

All registrations must be completed by January 25th, 2017. You must request it in advance, access to editable files at the following link:

[https://docs.google.com/forms/d/e/1FAIpQLSdPpfgWY6wUxIzale\\_qgrIB5gBKrUjx0Nr5FZi9-jKT54FTFg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdPpfgWY6wUxIzale_qgrIB5gBKrUjx0Nr5FZi9-jKT54FTFg/viewform)

Por the purpose of speeding up and making the registrations unambiguous, all the inscriptions will be send by electronic transmission.

Please follow below:

1. Enter your club data, address and email address of the technical manager
2. After that you will receive an access link that will allow you the data entry of your club
3. By connecting to that link you will now be able to enter the data of yours athlete. You will be able to change all the information entered in the link before January 25<sup>th</sup>
4. After January 25<sup>th</sup> the organization will return a form to all clubs. The form will include the athletes list, the compulsory declarations and disclaimers, must be signed by President of the club.
5. The above form signed must be sent by email to the following address: [pietrotokon@gmail.com](mailto:pietrotokon@gmail.com)

The clubs may record their athletes as well as in their grade (see all ached table) also in the upper category according to the following criteria:

Kata- beside their own classes each athlete may take part to any higher classes both of age and belt.

Kumite- the athletes may take part only to the upper class without belt limit therefore YOUNG can go with CADETS, CADETS with JUNIOR, JUNIOR and MASTER with macrocategory ELITE(SENIOR)

It will not be possible to compete in the lower classes (age or belt), therefore a white belt may compete in its group and in the upper group (maybe Ju Kumite or Kata with the black belt) but a black belt will not be allowed to compete with the white or green belts.

Athletes awarded the 1<sup>st</sup> and 2<sup>nd</sup> position of their group will be allowed to race in the higher group if they have not yet played.

Club coaches are full responsible for the registration of each individual athlete in the appropriate level based on his knowledge of the athlete's skills.

If referees found the inadequacy of any athlete, this one will be immediately disqualified; greater tolerance will be for those who are coming from the lower group awarded the first 2 positions.

## COSTS

E 15,00	registration on own class
E 5,00	registration for each other classes
E 30,00	team for kata
E 30,00	team for kumite

The payment will be settled on the day of the event.

Categories with 3 or less athletes will be shifted to the closest category at the discretion of the organization.

The minors (less than 18 y.o.) who would like to compete in JU KUMITE will need to complete the attached form.

All clubs are kindly requested to contribute to the good outcome of the competition by providing qualified referees. The organization will refund the clubs with Euro 100 for providing for referees.

The uniform of the referees is karateGi.

## INDIVIDUAL KATA RULES

The athletes will play as written below, divided in female and male and in **YOUTH(G) born on 2003-02, CADETS (C) born on 2001-00, JUNIOR (J) born on 1999-98-97, ELITE (E) born on 1996-83, MASTER (M) born on 1982-1920** and for belt as follow:

BELT	AGE GROUP	KIND OF RACE	CATEGORY
White, Yellow, Orange,	G	Taikioku 1, H1, H2 flag system till the final	<b>A1</b>
White, Yellow, Orange,	C	Taikioku 1, H1, H2 flag system till the final	<b>A2</b>
White, Yellow, Orange,	J	Taikioku 1, H1, H2 flag system till the final	<b>A3</b>
White, Yellow, Orange,	E	Taikioku 1, H1, H2 flag system till the final	<b>A4</b>
White, Yellow, Orange,	M	Taikioku 1, H1, H2 flag system till the final	<b>A5</b>
Green, Blue	G	H3, H4,H5, Tekki 1 flag system till the final	<b>A6</b>
Green, Blue	C	H3, H4,H5, Tekki 1 flag system till the final	<b>A7</b>
Green, Blue	J	H3, H4,H5, Tekki 1 flag system till the final	<b>A8</b>
Green, Blue	E	H3, H4,H5, Tekki 1 flag system till the final	<b>A9</b>
Green, Blue	M	H3, H4,H5, Tekki 1 flag system till the final	<b>A10</b>
Brown, Black	G	flag system to 4 with List 1, final Tokui Kata point system list 3 and 4.	<b>A11</b>
Brown, Black	C	flag system to 4 with List 1, final Tokui Kata point system list 3 and 4.	<b>A12</b>
Brown, Black	J	flag system to 4 with List 1, final Tokui Kata point system list 3 and 4.	<b>A13</b>
Brown, Black	E	flag system to 4 with List 1, final Tokui Kata point system list 3 and 4.	<b>A14</b>
Brown, Black	M	flag system to 4 with List 1, final Tokui Kata point system list 3 and 4.	<b>A15</b>
International category	J, E, M	Reservation for athletes that have participate in national final or international competition (he/she join in his/her category and signal preference, this category is gratuity. The category will be activated only with at least 5 affiliate)	<b>A16</b>

Athletes awarded the 1<sup>st</sup> and 2<sup>nd</sup> position of their group will be allowed to race in the higher group if they have not yet played.

N.B. In the event that an athlete cannot perform the requested kata, he must report that in advance to the referee. The Referee will then ask both athletes to perform the lowest Kata allowed for their category.

## **TEAM KATA RULES**

Single category, point system. The 3m athletes of each team can belong to any group (yout, cadet, junior, senior and master). The team can mixed male and female together.

Point system in Semifinal kata from list 3, Final Tokui Kata from list 3 and 4. From Semifinal to Final is mandatory to change Kata.

## **TEAM KUMITE RULES**

Two categories: Male-Female

The teams will be made up by three (3) athletes plus two (2) reserve coming from all groups: Junior, Elite, Master.

Each club is allowed to register more than one team and one team can be made up by athletes of the other clubs.

Each athlete will show to complete from the heavier to the lighter.

## INDIVIDUAL KUMITE RULES

The athletes will play as written below, divided in female and male and in **YOUTH(G) born on 2003-02, CADETS (C) born on 2001-00, JUNIOR (J) born on 1999-98-97, ELITE (E) born on 1996-83, MASTER (M) born on 1982-1920** and for belt as follow:

BELT	AGE GROUP	KIND OF RACE	CATEGORY
White, Yellow, Orange,	G	Kihon Ippon Kumite Jodan, Cudan, Maegheri	<b>B1</b>
White, Yellow, Orange,	C	Kihon Ippon Kumite Jodan, Cudan, Maegheri	<b>B2</b>
White, Yellow, Orange,	J	Kihon Ippon Kumite Jodan, Cudan, Maegheri	<b>B3</b>
White, Yellow, Orange,	E	Kihon Ippon Kumite Jodan, Cudan, Maegheri	<b>B4</b>
White, Yellow, Orange,	M	Kihon Ippon Kumite Jodan, Cudan, Maegheri	<b>B5</b>
Green, Blue	G	Ju Ippon Kumite Jodan,Cudan, Maegheri o Mawashi, Yokogeri o Ushirogeri	<b>B6</b>
Green, Blue	C	Ju Ippon Kumite Jodan,Cudan, Maegheri o Mawashi, Yokogeri o Ushirogeri	<b>B7</b>
Green, Blue	J	Ju Ippon Kumite Jodan,Cudan, Maegheri o Mawashi, Yokogeri o Ushirogeri	<b>B8</b>
Green, Blue	E	Ju Ippon Kumite Jodan,Cudan, Maegheri o Mawashi, Yokogeri o Ushirogeri	<b>B9</b>
Green, Blue	M	Ju Ippon Kumite Jodan,Cudan, Maegheri o Mawashi, Yokogeri o Ushirogeri	<b>B10</b>
Brown, Black	G	Ju Kumite Shobu Ippon	<b>B11</b>
Brown, Black	C	Ju Kumite Shobu Ippon	<b>B12</b>
Brown, Black	J	Ju Kumite Shobu Ippon	<b>B13</b>
Brown, Black	E	Ju Kumite Shobu Ippon	<b>B14</b>
Brown, Black	M	Ju Kumite Shobu Ippon	<b>B15</b>
International category	J, E, M	Reservation for athletes that have participate in national final or international competition (he/she join in his/her category and signal preference, this category is gratuity. The category will be activated only with at least 5 affiliate)	<b>B16</b>

Athletes awarded at 1<sup>st</sup> and 2<sup>nd</sup> position of their group will be allowed to race in the higher group if they have not yet played.

## **ATHLETES CHECKING**

Will be held 10 minutes before the calling of the category, following the final schedule that will be made available after closure of the registrations.

Here you can find a temporary schedule:

<b>time</b>	<b>TATAMI 1</b>	<b>TATAMI 2</b>	<b>TATAMI 3</b>
10,00	A1 f	A1 m	Kata team
10,15	A1 f	A1 m	Kata team
10,30	A1 f	A1 m	Kata team
10,45	A2 f, A3 f, A4 f, A5 f	A2 m, A3 m	B1 f, B2 f
11,00	A2 f, A3 f, A4 f, A5 f	A4 m, A5 m, A6 m, A	B1 m
11,15	A6 f, A7 f, A8 f, A9 f, A10 f	A9 m, A10 m	B3 f, B4 f, B5 f
11,30	A6 f, A7 f, A8 f, A9 f, A10 f	A9 m, A10 m	B3 m, B4 m
11,45	A11 f	A11 m	B6 f, B7 f
12,00	A12 f	A11 m	B6 m
12,15	A13 f	A11 m	B7 m
12,30	A15 f	A12 m	B8 m, B9 m, B10 m
12,45	A14 f eliminating raunds	A12 m	B8 m, B9 m, B10 m
13,00	A15 m	A13 m	B8 m, B9 m, B10 m
13,15		A16	
13,30			
13,45			
14,00	B11 m	A14 m eliminating raunds	B11 f
14,15	B11 m	A14 m eliminating raunds	B12 f
14,30	B11 m	A14 m eliminating raunds	B13 f
14,45	B11 m	B15 m	B13 f
15,00		B16	
15,15	B11 m	Kumite team m	B15 f, B14 f eliminating raunds
15,30	B11 m	Kumite team m	Kumite team f
15,45	B11 m	Kumite team m	Kumite team f
16,00	B12 m	Kumite team m	Kumite team f
16,15	B12 m	Kumite team m	Kumite team f
16,30	B12 m	Kumite team m	Kumite team f
16,45	B13 m	Kumite team m	A14 f finali
17,00	B14 m	B14 m	A14 m finali
16,30	SAYONARA PARTY		

## **SPECIFIC RULES**

### **KATA**

Unlike ESKA rules tatami will be m. 9x9.

### **JU KUMITE SHOBU IPPON**

Compulsory safeguard area follows:

- White gloves within cm 2 of thickness
- Gum shields
- Chest protectors for ladies
- Groin guards for man

Unlike ESKA rules tatami will be m. 7x7.

For the kumite not planned in ESKA the organization will apply the following:

### **KIHON IPPON KUMITE**

Tatami will be m. 7x3 with a different color m: 1x1 square in the middle.

Only two referees will arbitrate plus the Kansa who will decide in the event of a tie.

After the REI the competitors will take the place on the edge of the above mentioned square, then the defender will wait in Hachijidachi.

The attacker will go in GHEDAN BARAI and then declare the attack, the defender will repeat the declaration of the attacker, at this point the attacker will be able to carry the attack without moving the front foot and will wait the end of the defender. The two competitors will now go back to the starting position and there will be the shift change.

### **JU IPPON KUMITE**

Tatami will be m. 7x3 with a different color m: 1x1 square in the middle.

Only two referees will arbitrate plus the Kansa who will decide in the event of a tie.

After the REI at a distance of m 3 the competitors will take the place in KAMAE position, the defender with the front foot inside the above mentioned square and attacker with the front foot outside. The attacker will declare his attack, the defender will repeat the declaration at this point the attacker will be able to carry his attack, at the end of which the front foot of the attacker must be all inside the central square, he will wait for the end of the counterattack, on counterattacking for the defender it will be possible to move freely.

The two competitors in safety distance in KAMAE will continue the match with the shift change.



# DECLARATION OF ACKNOWLEDGMENT AND ACCEPTANCE OF THE RULES OF PROCEDURE FOR UNDER-AGE ATHLETES

I, the undersigned ....., holder of the parental custody of the athlete ..... by requesting his/her registration at the 3° Perugia Trophy, declare to have read the rules of the competition provided by the technical manager who fully explained the rules and the running of the race. He also give me his positive statement related to the athletes skills about his/her abilities to attend this event.

<http://www.eska-karate.org/sites/default/files/downloads/rules.pdf>

specifically:

.....omiss...

- Martial Attitude, by applying the Ippon-principle and respecting the martial values (dojo-kun)
- The application of Kime, as demonstrated by the ability to transfer a maximum amount of energy (total bodyweight, power, acceleration) to a target during a total body contraction in a totally controlled way.
- The application of Zanshin, by having total awareness before, during and after the execution of a technique, resulting in the complete conservation of energy after the execution

°2. Standards for Kumite

- Only techniques as defined in the book-series 'Best Karate' are accepted
- Competitors will respect the physical and mental integrity of their opponent
- Acts and techniques will be under total control of the performer °3. Standards for Kata
- The performance of a Kata must clearly demonstrate its nature, namely the execution of fight-sequences.
- The Kata standard will be as defined in the Kata books of Nakayama Masatoshi's book-series 'Best Karate')

.....  
Art. 5.4 : SCORING AREAS.

The scoring areas shall be limited to the following

- the head
- the neck
- the chest
- the abdomen
- the back.

Art. 5.5 : CRITERIA FOR A SCORING TECHNIQUE

01. A scoring technique is a powerful technique delivered with control to the recognized scoring areas under the following conditions :

- good form
- good attitude
- strong vigor
- "zanshin"
- proper timing
- correct distance

0 2. Techniques can only score if they are :

- delivered with 'full bodyweight' (Kime)
- delivered perpendicular to the scoring area
- directed to the axis of the body.

v\

Art. 5.6 : EVALUATION OF A SCORING TECHNIQUE.

01. To evaluate a technique Judges shall consider the potential of the technique, which means the effect the technique would have had if it was not controlled in a proper way. Contact is not required to score.

0 2. To evaluate a technique Judges shall not only consider the potential effectiveness of the technique, but also the attitude of the competitor.

0 3. A scoring technique delivered simultaneously with the Referee's command "Yame" shall be counted into the score.

>

Art. 5.7 : CRITERIA FOR SCORING A WAZA-ARI.

When a scoring technique is recognized to be effective, it will be classed as Waza-ari. A scoring technique is considered to be effective if it has the clear potential to reduce significantly, even for a short time, the capability of the opponent to compete. -----

" Vv

Art. 5.8 : CRITERIA FOR SCORING AN IPPON.

When a scoring technique is recognized to be decisive, it will be classed as Ippon. A scoring technique is considered to be decisive if it has the clear potential to reduce to zero, even for a short time, the capability of the opponent to compete.

Art. 5.9 : ADDITIONAL CRITERIA FOR SCORING AN IPPON.

Effective techniques delivered under the following conditions shall be considered as Ippon :

- an attack delivered with perfect timing when the opponent started to move towards the attacker,
- an attack delivered immediately when the opponent was unbalanced by the attacker,
- a combination of effective attacks,
- a combined use of nage techniques and effective attacks,
- when the opponent has lost his fighting spirit,
- when there is no attempt to defend against the attack,
- when there is no chance to defend against the attack.

.....  
Art. 5.11 : PROHIBITED ACTS AND TECHNIQUES.

The following acts and techniques are prohibited :

01. Dangerous actions : acts or techniques that invoke a risk of injury or a reduction in the opponent's capability to compete, namely :

- 01.1 uncontrolled attacks or techniques,
- 01.2 techniques which make excessive contact,
- 01.3 attacks to the upper and lower limbs,
- 01.4 open hand techniques to the face,
- 01.5 attacks to the groin,
- 01.6 attacks to the hip joint, the knee joint, the instep and the shin,
- 01.7 grabbing, unless immediately followed up by a technique,
- ° 1.8 clinching or bodily crashing against the opponent unnecessarily,
- 01.9 dangerous throws,
- 01.10 lack of regard for his own safety (Mubobi).
- °2. Improper behavior (Taido) : acts that demonstrate improper behaviour, namely :
  - ° 2.1 failing to obey the orders of the Referee,
  - 0 2.2 overexcitement, to such an extent that the contestant is considered by the Judges as a danger to his opponent,
  - ° 2.3 any act or acts of a contestant considered as malicious or willfully violating the rules prohibiting them,
  - °2.4 any unsporting behaviour such as verbal abuses, provocation or needless utterances,
  - °2.5 any behaviour likely to bring karate into disrepute (this includes coaches, manager or anybody connected with the contestant),
- 0 2.6 wearing a karate-gi which does not conform to the specifications (see the Appendix "Official dress code"),
- 0 2.7 all acts which are deemed as violating the rules of the match.
- 0 3. Avoidance of contest (Jogai) : acts or techniques who are demonstrating intended or non-intended avoidance of contest, namely:
  - °3.1 Moves wasting time,
  - °3.2 Moves avoiding contest,
  - 0 3.3 Escaping from the match area.

.....  
 Art. 7.1 : CRITERIA FOR DECISION IN KATA MATCH.

^ ^ { ^  
 Judgment of Kata shall be based on three different criteria : 01. The basic performance,  
 The fulfillment of the criteria of the basic performance is essential for a kata execution to be acceptable. It will allow the Judges to evaluate the performance with an initial overall appreciation. °2. The advanced performance,  
 The fulfillment of the criteria of the advanced performance upgrades the kata performance. It will allow the Judges to finetune their first evaluation. 0 3. The occurrence of mistakes or poorly executed techniques.  
 The occurrence of mistakes or poorly executed techniques will reduce the appreciation of the kata performance by the Judges. The reduction will be proportional to the seriousness and the amount of mistakes or poorly executed techniques.

Art. 7.2 : THE CRITERIA FOR THE BASIC PERFORMANCE OF A KATA.

The following basic points have to appear in each performance of a kata :  
 01. The prescribed Kata sequence and techniques.  
 Kata is the execution of a coherent sequence of karate techniques. For each kata those techniques and their sequence are well defined. The performance of the kata shall clearly demonstrate the required sequence as well as each prescribed technique.  
 0 2. The demonstration of the appropriate understanding of the Kata sequence and Techniques.  
 0 3. The 3 fundamental criteria for the proper execution of Karate techniques, namely  
 • Control of Kime  
 • Control of Extension and Contraction  
 • Control of Speed

Art. 7.3 : THE CRITERIA FOR THE ADVANCED PERFORMANCE OF A KATA.

Judges will notify the specific points and the degree of difficulty of the performed kata. Judgment will be based on :  
 0 1. the mastery of techniques by the contestant: direction of movements, stances, coordination, stability  
 0 2. the degree of difficulty and risk he/she puts into the performance: headturning, perfection, harmony, breathing, embusen  
 0 3. the Martial attitude of the contestant: stops, kiai, spirit, eye focus (Chakugan)  
 0 4. The artistic and stylish quality of the performance: rhythm, ceremony

.....  
 Art. 8.8 : SPECIFIC SAFETY AND SECURITY MATTERS

- 0 1. In Kumite Match the contestants shall wear the ESKA approved Fist protectors.
- 0 2. Gum shields are compulsory in Kumite.
- 0 3. Groin guards are allowed in Kumite.
- 0 4. Chest protectors are allowed in Ladies Kumite.
- 0 5. Spectacles are not allowed in Kumite.

.....omiss.....

Place and date

The athlete him/her seel know the rubes .....

Signature of the technician .....

**Associazione italiana cultura sport AICS**  
**In collaborazione con Tokon karate Gubbio asd**  
**Organises**

**PERUGIA TROPHY**  
**3° CHAMPIONSHIP OF MACRO-REGION “APPENNINICA”**  
**SHOTOKAN KARATE COMPETITION**  
**Category children**  
**3 FEBRUARY 2018**

**PALASPORT “PELLINI” Viale Pompeo Pellini, PERUGIA.**

The competition is open to all the members of all federations and sports promotion bodies. For the requested Kata we referred to the ones described by M° Nakayama in the Best Karate series.

**Schedule:**

Ore 16.00 – Athletes check

Ore 16.30 – competition start kids

Ore 19.00 – award show

**AWARDS:**

**INDIVIDUAL KATA**

All athletes will be awarded with a participation medal except the 4 finalist that will be awarded with a special medal as follow: n°2 3rt classified tied n° 1 2nd and n°1 1st.

During the competition, awarding will be at the end of single category.

**KATA A TEAM**

Will be awarded the first three teams of each group. Awarding will be as race closing.

**Term of Registrations**

Same terms as adults,

[https://docs.google.com/forms/d/e/1FAIpQLSdPpfgWY6wUxIzale\\_qgrIB5gBKrUjx0Nr5FZi9-jKT54FTFg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdPpfgWY6wUxIzale_qgrIB5gBKrUjx0Nr5FZi9-jKT54FTFg/viewform)

**Costs:**

individual Euro: 12,00

team: 15,00

To be settle in the day of the event.

# Children KATA RULES

## INDIVIDUAL

Male and female together. The athletes will perform the kata chosen by the sushin in a special board in a flag system. After the 1<sup>st</sup> round the athletes will be divided in two other boards, in the first one the winners who will play the race till the n° of 2 and in the 2<sup>nd</sup> the loser who will play the race till the n° of 2. The two of the winner's board will than race for 1<sup>st</sup> and 2<sup>nd</sup> place, the two of the losers will be race for 3<sup>rd</sup> and 4<sup>th</sup> position.

BELT, YEAR OF BIRTH	REQUESTED KATA	CATEGORY
White, Yellow born in 2010 and after	Taikioku 1, H1	1
White, Yellow born in 09/08	Taikioku 1, H1,H2	2
White, Yellow born in 07/06	Taikioku 1, H1,H2	3
White, Yellow born in 05 and before	Taikioku 1, H1,H2	4
Orange, Green, Bleu, brown e black nati nel 2010 e dopo	H1,2,3	5
Orange, 09/08	H2,3,4	6
Orange, 07/06	H2,3,4	7
Orange Green, born in 05 and before	H2,3,4	8
Green, Blue, brown and black, 09/08	H4,5 Tekky1	9
Green, Blue, brown and black, 07/06	H4,5 Tekky1	10
Blue, brown and black, 05 and before	H4,5 Tekky1	11

N.B. In the event that an athlete cannot perform the requested kata, he must report that in advance to the referee. The Referee will then ask both athletes to perform the lowest Kata allowed for their category.

## TEAMS

**Teams A** born in 2007 and after

**Teams B** born in 2006 and before

To help athlete's clubs needs we specified that:

- In each team is possible to register 1 athlets out of the group
- Each athletes can be registered in a maximum of two teams

---

Please feel free tom contact [pietrotokon@gmail.com](mailto:pietrotokon@gmail.com)