



8<sup>th</sup> EKF Championships for Regions

# WARSAW 2010

**29<sup>th</sup> - 30<sup>th</sup> of May 2010**  
**EXPO XXI SPORT ARENA**



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## Warsaw, EKF Regions 2010

These 8<sup>th</sup> European Karate Championships for the Regions in Warsaw are surrounded by great expectation after the very successful experiences of the previous editions of these Championships, that have been continuously increasing in size and in quality since its first edition in 2003, that took place in Spain.

The unique opportunity for all European Regions to compete under their own name, flag and personality in an official sport event makes these Karate Regions Championships a rather singular and attractive activity, bringing to the reality an historic aspiration that has proved to meet so many expectations.

Also, the fact that the organisation of the event will be run by the Polish Karate Federation is a guarantee of quality and well doing. All European karate will travel again to Poland, scenery of so many top level karate events, and will also have the opportunity to close ties with the Polish karate.

This 2010 edition counts also with the incentive of a new format, with a rather imaginative proposal that includes the youth categories from 14 to 17 years, that so well are performing worldwide and that I am sure are going to give a new perspective to the event.

In the name of the big European Karate family, I want to thank you for your inestimable contribution. Be sure we all will enjoy unforgettable experiences around karate in Warsaw.

Antonio Espinós  
President of  
European Karate Federation



## Dear friends,

With great joy, I invite all members of the European Karate Federation to Regions Championships. The competition will take place in Warsaw. I hope that, like other championships organized within our federation, it will get a lot of attention, so we can host the best players from all over Europe.

We will make sure that your stay in Warsaw will be a great experience, not only as a sports one, but also a wonderful chance to enjoy a stay in our beautiful capital, and a great opportunity to meet sports friends.

See you all in Warsaw.

Wacław Antoniak

President of the Polish Karate Federation



# Welcome to Poland

Poland officially the Republic of Poland (Rzeczpospolita Polska), is a country in Central Europe. Poland is bordered by Germany to the west; the Czech Republic and Slovakia to the south; Ukraine, Belarus and Lithuania to the east; and the Baltic Sea and Kaliningrad Oblast, a Russian enclave, to the north. The total area of Poland is 312,679 square kilometers (120,726 sq mi), making it the 69th largest country in the world and the 9th largest in Europe. Poland has a population of over 38 million people, which makes it the 34<sup>th</sup> most populous country in the world.

## HISTORY

The establishment of a Polish state is often identified with the adoption of Christianity by its ruler Mieszko I, in 966 (see Baptism of Poland), when the state covered territory similar to that of present-day Poland. In 1025, Poland became a kingdom and in 1569, it cemented a long association with the Grand Duchy of Lithuania, by signing the Union of Lublin, forming the Polish-Lithuanian Commonwealth. The Commonwealth collapsed in 1795 and Poland's territory was partitioned among Prussia, Russia and Austria. Poland regained its independence as the Second Polish Republic in 1918, after World War I, but lost it again in World War II, then occupied by Nazi Germany and the Soviet Union. Poland lost over six million citizens in World War II, emerging several years later as the socialist People's Republic of Poland within the Eastern Bloc, under strong Soviet influence.

During the Revolutions of 1989, communist rule was overthrown and Poland became what is constitutionally known as the „Third Polish Republic“. Poland is a unitary state, made up of sixteen voivodeships (Polish: województwo). Poland is also a member of the European Union, NATO and the Organization for Economic Co-operation and Development (OECD).

## POLAND – CENTRE OF EUROPE

Poland lies in the heart of Europe – the geometric centre of the continent is right here. Warsaw is not far from other European cities: Paris and London are 2 hours away by plane, Vienna and Berlin not much more than an hour. You can get here quickly by international roads and railway connections. Half a million places to stay, thousands of restaurants, hundreds of forms of leisure and entertainment – they're all waiting for visitors. Poland is a country that is safe and friendly for visitors from abroad, a statement confirmed by official international statistics. In figures concerning access to cash machines, for instance, Poland is 8th in Europe. Mobile phone networks cover 94% of the country.

You can find more or less everything in Poland: alpine mountains, wide beaches, clean lakes, deep forests, world-class historic monuments, and friendly people. The climate is temperate, and the people warm and hospitable. Polish cities with a thousand-year history invite their visitors to encounters with culture, and Poland's villages and small-time towns offer the opportunity to get away from the bustle of modern life. And all this comes with a backdrop of breathtaking natural landscapes, because Poland's greatest attraction is nature. Wild, untouched, more diverse than in most countries either in Europe or the world and, what's more, easily accessible. Tourists value this greatly and their number is constantly increasing.

You won't get bored in Poland's cities. Social, cultural, and, above, all, night life is thriving, particularly in the big commercial, scientific and cultural centers – the coastal Triple City (Gdańsk, Gdynia, Sopot), Warsaw, Łódź, Poznań, Toruń, Wrocław and Cracow. Tourists also have the opportunity to take part in events of European repute.

## NIGHTLIFE

Polish cities offer enthusiasts of nightlife a number of attractions. There are lots of pubs and clubs, where the fun goes on all week from dusk till dawn. Polish bars are generally called „pubs“, but they have little in common with the traditional English pub. They are often styled on Irish or Scottish taverns and they serve the best brands of beer, including British and Irish, but every one of them has its own particular décor and atmosphere. They close only when the last customer has left, and sometimes that means morning. The discos are diverse – above all, people come here to dance to disco, hip-hop and techno music, but you can also find hard rock and even jazz „discos“.

## FOOD AND ACCOMODATION

Poland's range of accommodation is extremely varied. There are over half a million places waiting for tourists, both typical and, sometimes, extremely original. Hotels belonging to the global chains are present in every city. In addition to modern buildings, there's no shortage of small hotels in historic town houses, sometimes with 600-year-old beams and rafters, and heated swimming pools, saunas, and health clubs located in Gothic vaults. Hotels like this, whose history goes back to the 16th century, are a speciality in Cracow, Poznań, Toruń and Gdańsk, and also in the smaller historic towns.



In the tourist centers there are comfortable pensions and large hotels with tennis courts, golf courses, fitness centers, sports equipment rental outlets and private marinas waiting for visitors with bigger wallets. You can treat yourself to a night in a Renaissance castle, an old country house, or a hunting lodge. These buildings have usually kept their original interiors, with priceless antiques, original fireplaces, animal skin rugs, and antique candelabras in the chambers now reserved for guests. Usually, there are picturesque French- or English-style landscape gardens around the residence, as well as dendrological gardens, private stables and riding precincts. Tourists on a more modest budget also have a wide range of accommodation available to them. It's worth recommending Polish campsites, which are at a decent standard and beautifully situated: on the lakeside, in the shadow of sand dunes, or in forest clearings, far away from the hustle and bustle of busy roads. In the south of the country, you can stay in wooden chalets reminiscent of highlanders' cottages. Less picturesque but more practical campsites are also located on the outskirts of cities – useful information for tourists who don't want to spend the night in a modern hotel.

As well as the charms of the countryside, Poland is well-known for its tasty and original cuisine. Gourmets will find numerous restaurants, bars and inns serving Polish and Old Polish dishes, in addition to regional specialities. The abundance of eating-places means that their proprietors are always trying to outdo each other in creative decoration. It's possible to eat dinner in a restaurant styled like a mediaeval knights' dining hall, a wooden country inn, a Greek temple, a rocky cave, or a carriage on the Orient Express. And there's no shortage of good restaurants serving French, Italian, Jewish, or Russian cuisine, not to mention Chinese, Arabic or Mexican eateries. Most of all, however, you should try typically Polish dishes.

The Polish cuisine is extremely varied. For hors-d'oeuvre, there is usually a plate of Polish cold meats, some smoked. The best known is probably kielbasa, which comes in many kinds and styles. Every region has its own speciality: dried krakowska and also myśliwska, smoked using juniper wood, are considered the best. Ham is another Polish speciality.

The oldest Polish dish, and one which cannot be found anywhere else in the world, is the sour zur, a fermented soup made from rye flour and dried bread, served with kielbasa and a boiled egg. There is also barszcz, fermented beetroot soup served with uszka (little pasta shells stuffed with meat or mushrooms), which is healthy as well as tasty. Another dish worthy of recommendation is the Polish variety of tomato soup with noodles or rice.

The main dishes – poultry, fish, meat or game – are usually served with boiled or roast potatoes, buckwheat, or maybe the characteristically Polish pasta – kluski, and also raw, cooked or marinated vegetables. Regional cuisines offer dishes like placki (potato pancakes, fried from grated potatoes with added sweet or spicy sauces), and pierogi with a filling of cheese, meat, cabbage, mushrooms, or fruit. For dessert, you simply have to try some Polish cake – piernik (dark gingerbread), kruche (crumbly shortbread), makowiec (poppyseed cake) or sernik (cheesecake with dried fruit and nuts). After a hearty meal, as an aid to digestion, you could always try a little alcohol. Beer drinkers will not be disappointed – Polish beer, like German or Czech, has a good name and many of the breweries have been in business for centuries. Of the stronger drinks, the fruit and herbal liqueurs are worthy of mention. There are numerous varieties, and each has different advantages – from the curative and warming to the exclusively taste-oriented. On their own or as part of a dessert, we use sweet cream of egg yolk, vanilla or chocolate, liqueurs and mead. And of course there's Polish vodka, which comes in many varieties. Of the high-quality vodkas, the most original is Żubrówka. In every bottle, you'll find a blade of grass from the Białowieża Forest. Goldwasser, from Gdańsk, on the other hand, is enriched with flecks of 22-carat gold.



# Warsaw, the Capital

Warsaw is located in the heart of Europe, at the junction of the trade routes from West to East and from North to South of the continent. The history and atmosphere of this magnificent country is a fascinating combination of the influences of Western and Eastern Europe, where tradition meets modernity. Warsaw will certainly enchant you.

This is an invitation to get to know this city full of contrasts, where historical monuments and modern architecture coexist on every street. Historical palaces and buildings and older architectural structures, destroyed during World War II, have been faithfully reconstructed in such a way it is impossible to tell any of the original pre war buildings from those rebuilt after the war.

At the end of the 13th century, a new town was established on a high embankment of the Vistula River by the Mazovian Dukes. Its location corresponds to that of the Royal Castle today.

**1413:** The capital of Mazovia officially moved from Czernsk to Warsaw.

**1526:** Triumphant entry into Warsaw of King Zygmunt the Old. In September, the local Parliament swears allegiance to him. **1569:** Sejm of the Lublin Union. A resolution to hold joint Polish-Lithuanian parliamentary sessions in the city of Warsaw. Poland and Lithuania are united under the name of the Republic of Two Nations.

**1596:** Following a fire at the Wawel Castle in Krakow, King Zygmunt III Vasa moves his permanent residence, the royal court and the crown offices, to the extended Warsaw castle. Consequently, the city knows another period of prosperity.

**1655-1658:** The city is besieged three times and taken and pillaged by Swedish and Transylvanian armies. The years of the 'Deluge' destroyed and emptied the city of its cultural possessions. The invaders took away a great number of important and priceless works of art, books, paintings, tapestries and other objects of historical value. A period of decline follows.

**1683:** King Jan III Sobieski breaks the Turkish siege of Vienna. After the election of King Jan III Sobieski, Warsaw returns to its former economic and cultural glory.

**1740:** Stanislaw Konarski founds the Collegium Nobilium and initiates far-reaching reforms of the education system.

**1747:** The Zaluski brothers open the first public library in Poland.

**1764-1772:** The second 'Golden Age' in the history of Warsaw coincide with the reign of the last Polish King Stanislaw August Poniatowski. The vigorously growing city expands and is transformed into a modern urban conglomeration. At the same time, it becomes the unquestionable center of political, economical, commercial and industrial life of the country

**1791:** The Constitution is passed by Parliament (the first in Europe and the second in the world). On April 18th, 1791, the long-awaited Act is adopted. It granted citizen rights to burghers, unified the city into one administrative entity, abolished jurisdiction, divided towns into districts and gave wide powers to local authorities. On April 21st, 1791, the new statute is registered in the city documents. (From 1991, on the two hundredth anniversary of this event, the local government of Warsaw has celebrated Warsaw Day on April



Warsaw, Poland, Palace of Culture and Science



# of Poland

21st). The victorious Targowica Confederation, which led to the eradication of the work of the Four-Year Parliament, the Second Partition of Poland in 1793, (the first took place in 1772) and the difficult economic situation, all failed to suppress Warsaw's drive towards freedom.

**1794:** Insurrection of Tadeusz Kościuszko against the partitioners of Poland. After his victory in the battle of Raclawice, the shoemaker Jan Kiliński and the butcher Józef Sierakowski lead the victorious attack of Warsaw burghers on the Russian troops stationed in the capital.

**1795:** Third Partition of Poland. Poland is erased from the map of Europe for 123 years. Its territory is divided between Russia, Prussia and Austria. Mazovia, with Warsaw, falls to the Prussians and the town is relegated to the status of a provincial center.

**1806:** Renewed hopes for the restoration of independence follow the arrival in Warsaw of Napoleon's army. In July 1806, after the Tylża Peace Treaty, the Duchy of Warsaw is established. The city again becomes a vibrant center of political and cultural life. However, the defeat of Napoleon puts an end to the hopes of independence and also marks the end of the Duchy.

**1815:** After the Congress of Vienna Warsaw becomes the capital of the Polish Kingdom, a quasi-state politically dependent on Russia, but manages to maintain considerable autonomy for some years.

**1830 & 1863:** Armed uprisings against Russian rule. After the defeat of the January Uprising (1864), the last symbols of the autonomy of the Kingdom are removed. Schools and the administration are completely Russified.

**1840-1848:** The first railway line is built, linking Warsaw and Vienna.

**1864:** The first permanent bridge over the Vistula River is commissioned.

**1875:** Construction of the first railway bridge.

**1851-1855:** The first water system.

**1881-1886:** The first sewage system.

**1881:** The first telephone exchange installed.

**1882:** The first regular horse-drawn trams arrive in the streets. In 1907, electric streetcars appear.

**1918:** Poland regains its independence and Warsaw becomes the capital of the Second Republic.

**1939:** Germany invades Poland. The city soon becomes the main center of resistance, but also a major center of clandestine cultural and academic life.

**1943:** The Jewish Ghetto Uprising (which lasts 27 days) results in the total destruction of this district inhabited by half a million people.

**1944:** The Warsaw Uprising starts on August 1st, lasts 63 days. After the defeat of the insurgents, the city is totally destroyed. The population is moved out forcibly or deported to concentration camps. The Germans begin the systematic destruction of the city. The cultural losses – the burning down of libraries, pillaging of museums, art collections, churches, palaces and private property – were incalculable. Some 200,000 people are killed and 84 percent of the urban fabric is destroyed. Special Nazi detachments set fire to houses, street by street. The most significant buildings, such as the Royal Castle, are blown up. The intention was not to leave a single building standing.

**1945:** Rebuilding of Warsaw begins.

**1945-1989:** Poland under socialism.

**1981:** Beginnings of the Solidarity movement which contributes to the fall of communism.

**1989:** Free, democratic elections mark the end of the communist regime.

**May 1st, 2004:** Poland accedes to the EU.





Warsaw, Poland, Łazienki Park

## AIR TRANSPORT

The Warsaw Fryderyk Chopin Airport is located about 15 km from the city center. The Arrivals Hall (international and domestic) is located in the new Terminal 2 building (ground level), the International Departures Hall is located in Terminal 1 (level two), the International and Domestic Departures Hall is located in Terminal 2 (level two).

**TERMINAL 1** (Departures – level two) has: flight ticket desks, post office, bank, exchange bureau (kantor), cash machines, restaurant, fast-food bar, coffee bar, newspaper shops, souvenir shops, travel agency stands and car rentals and the majority of international airlines have their offices.

**TERMINAL 1** (Arrivals – ground level) has: newsagents, book shops, exchange, bars, coffee shop, car rentals, left luggage and lost luggage office.

**TERMINAL 2** (Departures – level two) has: coffee bar, flight ticket desk, customs information, newsagents, airline representative stands, travel agency stands.

**TERMINAL 2** (Arrivals – ground level) has: taxi stands, hotel stands, exchange, newsagents, bar and coffee shop and Warsaw Tourist Information.

**TERMINAL ETUDIA** which services low-cost airlines is located 400 meters from Terminals 1 and 2.

You can reach the city center by bus number 175. Bus number 188 and 148 will take you to the right-bank and eastern districts of Warsaw (Praga, Grochów, Goc aw) from Terminals 1 and 2 and Etudia. Buses and taxis depart from Terminal 1 and 2. There are two Multistorey Car Parks in front of Terminals 1 and 2.

- Departures and Arrivals Information 22 650 42 20, 22 650 51 78
- Arrivals Information (24h) 22 650 39 43
- Polish Airlines LOT Information (domestic and international directions), ph. 0 801 703 703, from mobile telephone 22 95 72.

## RAIL TRANSPORT

In Warsaw there are three large railway stations for international and domestic connections:

Warsaw Western (Warszawa Zachodnia), Warsaw Central (Warszawa Centralna), Warsaw Eastern (Warszawa Wschodnia) – along the same east-west line. The best station is the Central Station, located in the heart of the city center (54 Jerozolimskie Ave.). In the underground and above ground levels of the Station, there are: pharmacy, post office, exchange bureaux (kantors), cash machines, numerous shops and news stands, fast-food bars, book shops and a cyber café. Here you will also find the Warsaw Tourist Information Office, and next to it the Railway Information Office and PKP InterCity Service Center.

Passengers for the right-bank, eastern parts of Warsaw, should get off at Warsaw Eastern (Warszawa Wschodnia). If your journey is to be continued by coach, you should get off at Warsaw Western (Warszawa Zachodnia). Suburban trains run from the following stations: Warszawa Śródmieście, Warszawa Śródmieście WKD, Warszawa Wschodnia, Warszawa Zachodnia, Warszawa Powiśle, Warszawa Ochota, Warszawa Wileńska.

WKD Railway connecting the Center of Warsaw with the Western Districts of Warsaw between 4.30 a.m. to 0.30 a.m. (route: Grodzisk Mazowiecki – Warszawa Śródmieście WKD).

SKM Railway connecting Pruszków with Eastern Warsaw and Eastern Warsaw with Sulejówek between 4.30 a.m. to 11.30 p.m. (At SKM Rail you can use ZTM tickets).





• Timetable Information and Train Tickets prices 0 22 94 36 [www.pkp.com.pl](http://www.pkp.com.pl), [www.intercity.pl](http://www.intercity.pl)

Tickets can be purchased from the conductor in the train, after you start your journey (extra fee).

### CAR RENTAL

Prices range from 200 PLN (car) to 1 000 PLN (minibus) per day:

**AVIS** Warsaw Fryderyk Chopin Airport – Terminal 1, 1 Żwirki i Wigury St., ph. 0 22 650 48 72, 65/79 Jerozolimskie Ave. (Marriott Hotel), ph. 0 22 630 73 16, [www.avis.pl](http://www.avis.pl)

**BUDGET**, Warsaw Fryderyk Chopin Airport – Terminal 1, 1 Żwirki i Wigury St., ph. 0 22 650 40 62, 65/79 Jerozolimskie Ave. (Marriott Hotel), ph. 0 22 630 69 46, [www.budget.com.pl](http://www.budget.com.pl)

**EUROPCAR**, Warsaw Fryderyk Chopin Airport – Terminal 1, 1 Żwirki i Wigury St., ph. 0 22 650 25 64, 22 Jana Pawła II Ave. (Mercure Hotel), ph. 0 22 624 85 66, [www.europcar.com.pl](http://www.europcar.com.pl)

**MF RENT A CAR**, Warsaw Fryderyk Chopin Airport – Terminal 2, ph. 0 602 27 30 88, 5/4 Abrahama St., ph. 0 22 613 97 77

**HERTZ**, Warsaw Fryderyk Chopin Airport – Terminal 1, 1 Żwirki i Wigury St., ph. 0 22 650 28 96, 27 Nowogrodzka St., ph. 0 22 621 13 60, [www.hertz.com.pl](http://www.hertz.com.pl)

**LOCAL RENT A CAR POLAND LTD.**, 140 Marszałkowska St., ph. 0 22 826 71 00, 0 501 216 193, [www.lrc.com.pl](http://www.lrc.com.pl)

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Almost all car rentals require credit cards!

### POST OFFICES

**Central Post Office**, 31/33 Świętokrzyska St. (24h)

**Post Office No 4**, 73 Targowa St. (24h)

**Post Office No 10**, 3 Konstytucji Sq.

**Post Office No 12**, 53/55 Kazimierzowska St.

**Post office No 120**, 54 Jerozolimskie Ave.

**Post Office No 13**, 166 Puławska St.

**Post Office No 15**, 13 Trzech Krzyży Sq.

**Post Office No 40**, 15 Old Town Market Square

**Post Office No 41**, 119/125 Solidarności Ave.

### PHARMACIES OPEN 24 HOURS

#### Śródmieście District (City Centre):

- 54 Jerozolimskie Ave., Warsaw Central Railway Station, ph. 0 22 825 69 86

- 19 Widok St., ph. 0 22 827 35 93

- 52/54 Jana Pawła II Ave., ph. 0 22 635 96 26

- 60 Złota St., ph. 0 22 680 80 20

#### Bielany District:

- 13 Żeromskiego St., ph. 0 22 834 58 04

#### Mokotów District:

- 39 Puławska St., ph. 0 22 849 82 05

- 233 Puławska St., ph. 0 22 852 37 00

#### Ochota District:

- 76 Grójecka St., ph. 0 22 822 28 91

- 1a Banacha St., ph. 0 22 823 64 11, ext. 1033

#### Praga Południe District:

- 71/73 Waszyngtona Ave., ph. 0 22 810 27 01

#### Praga Północ District:

- Warsaw Eastern Railway Station, 1 Lubelska St., ph. 0 22 818 65 13

- 66 a Jagiellońska St., ph. 0 22 670 17 69



EXPO XXI Warsaw International Expocentre is one of the most prestigious and innovative multi-functional venues in Poland, suitable for exhibitions, conferences, seminars, fashion shows, meetings and banquets.

EXPO XXI Warsaw covers 13,500 sqm of flexible exhibition space with minimum height and weight restrictions. The halls are fitted with underground channels for all water, electricity and Internet supplies, making almost any type of space arrangement possible. The 4 main halls can hold up to 7 events simultaneously, with a further 4 conference rooms



EXPO XXI Sport Arena, Warsaw, Poland

for up to 820 delegates. The facilities can easily accommodate larger meetings up to 13,000 guests in the centre's flexible halls.

EXPO XXI Warsaw provides the latest in IT and communications technology and offers an innovative central reservation and booking service for organizers, via telephone or the Internet. As an organizer, exhibitor or visitor you will find that the centre provides convenient on-site services such as stand design, construction, freight forwarding and customs clearance as well as catering and accommodation.



EXPO XXI Sport Arena, Warsaw, Poland

### Team Kumite Cadet and Junior

- 1.a. Male team Kumite Cadet and Junior.
  - 1.a.1. 7 competitors are registered (4 Junior and 3 Cadet)
  - 1.a.2. 5 are competing (3 Junior and 2 Cadet)
  - 1.a.3. Order followed: Junior-Cadet-Junior-Cadet-Junior
  - 1.a.4. Only registrations that include at least 3 Junior and 2 Cadet athletes will be accepted
  - 1.a.5. In the first bout all teams have to present full teams
  - 1.a.6. Lower limit to continue in the competition will be 2 Junior and 1 Cadet athlete
  - 1.a.7. Ages to be the official ones in WKF
- 1.b. Female team Kumite Cadet and Junior
  - 1.b.1. 5 competitors are registered (3 Junior and 2 Cadet)
  - 1.b.2. 3 are competing (2 Junior and 1 Cadet)
  - 1.b.3. Order followed: Junior-Cadet-Junior
  - 1.b.4. Only registrations that include at least 2 Junior and 1 Cadet athletes will be accepted
  - 1.b.5. In the first bout all teams have to present full teams
  - 1.b.6. Lower limit to continue in the competition will be 1 Junior and 1 Cadet athlete
  - 1.b.7. Ages to be the official ones in WKF

### Team Kata Cadet and Junior (Male and Female)

- 2.a. Same general rules and conditions as in the EKF Cadet and Junior Championships.
- 2.b. Age from 14 to 17 years
- 2.c. Bunkai in bouts for medals

**The number of teams assigned to each National Federation will be the same as in the senior categories.**





# Participation criteria

All Entry Forms must be sent to the EKF secretariat office:  
 Fax no: +30 210 681 3119  
 e-mail: secretariat@eurokarate.net  
 Modalities: Kumite and Kata teams, male and female

## COMPETITION CATEGORIES PARTICIPATION FEES/TEAM

1. MALE KUMITE TEAM	160 EURO
2. FEMALE KUMITE TEAM	110 EURO
3. MALE KATA TEAM	140 EURO
4. FEMALE KATA TEAM	110 EURO

## AGE CLAUSE

In accordance with EKF rules, competitors must be the age on the first day of competition:

1. KUMITE SENIOR: +18 years old
2. KATA SENIOR: +16 years old
3. KUMITE CADET AND JUNIOR: age from 14 to 17 years
4. KATA CADET AND JUNIOR: age from 14 to 17 years

## NOTE!

Senior Kata competitors CANNOT participate in Cadet and Junior Team Kata competition.

## NUMBER OF TEAMS PER COUNTRY AND CATEGORY

The teams registered shall be from the list of regions approved by EKF Executive Committee for each EKF country member. Participation of more than one team per region and category will not be allowed.

## TEAM COMPOSITION

1. MALE KUMITE TEAM 5 + 2 competitors
2. FEMALE KUMITE TEAM 3 + 1 competitors
3. MALE KATA TEAM 3 competitors
4. FEMALE KATA TEAM 3 competitors

## NUMBER OF PARTICIPATING REGIONS ALLOWED PER COUNTRY – NATIONAL FEDERATIONS

ALBANIA	1	F.Y.R.O.M.	1	POLAND	2
ANDORRA	1	GEORGIA	1	PORTUGAL	1
ARMENIA	1	GERMANY	4	ROMANIA	1
AUSTRIA	2	GREECE	2	RUSSIA	4
AZERBAIJAN	1	HUNGARY	2	SAN MARINO	1
BELARUS	1	ICELAND	1	SCOTLAND	1
BELGIUM	2	IRELAND	1	SLOVAKIA	2
BOSNIA & HERZEGOVINA	2	ISRAEL	1	SLOVENIA	1
BULGARIA	1	ITALY	4	SPAIN	4
CROATIA	2	LATVIA	1	SWEDEN	2
CYPRUS	1	LITHUANIA	1	SWITZERLAND	2
CZECH REP	2	LUXEMBOURG	1	TURKEY	3
DENMARK	2	MALTA	1	UKRAINE	1
ENGLAND	3	MONACO	1	WALES	1
ESTONIA	1	NETHERLANDS	3	SERBIA	3
FINLAND	2	N. IRELAND	1	MONTENEGRO	2
FRANCE	4	NORWAY	2		
TOTAL: 88					

Explanation of the number of teams allowed that correspond to the number of regions assigned:

### Example with 3 regions assigned:

The alternatives of participations are:

- 3 different regions, each bringing 4 teams.
- 12 different regions, each bringing 1 team.

Between these two limits, all other participation combinations are possible with the only condition that one region cannot participate with more than 1 team per category.

### Example with 1 region assigned:

The possible alternatives of participations are the following:

- 1 region bringing 4 teams,
- 2 regions, each bringing 2 teams,
- 3 regions, each bringing 1 team and 1 bringing 2 teams,
- 4 regions, each bringing 1 team.

There is always the limitation of no more than 1 team per region and category, except for the Host

National Federation, who will agree with the EKF on its participation figures.

## ACCESS

The organization will provide the participating delegations with the following accreditations:

- Participants
- Coaches
- Technical directors
- Head of delegations
- Doctors and medical staff
- VIPS (5 maximum)<sup>1</sup>
- Presidents and leaders of National Federations

If extra accreditations are required for this section, an application should be made justifying that request with the person identify (full name and position in the federation). The EKF reserves the right to accept the application.

## REGISTRATION

Registration will take place in HQ Hotel Novotel – room Orchidea A and B. Each delegation must present, during the registration, signed insurance form.

## IMPORTANT

For all the countries, all the athletes who take part for a Region, will have to show an official document at the time of registering, in order to prove they are residents in that Region. They will also have to inform the EKF in case they have participated for a different Region before and they will also have to show an official document stating they are residents in that Region.

## INSURANCE

It is mandatory that all the participants and members of delegations should have their own medical insurance and personal trip insurance.



# Accomodation

## HEADQUARTERS HOTEL



## NOVOTEL WARSZAWA CENTRUM ★★★★★

Novotel Warszawa Centrum is situated in the business, tourist and cultural precinct of Poland's capital. It is near the famous Palace of Culture and Science, the most important institutions, banks and the shopping centre.

NOVOTEL WARSZAWA CENTRUM ★★★★★		
km distance from EXPO XXI	single room	double room
4,5 km	79.00 €	89.00 €



## SOFITEL VICTORIA ★★★★★

Hotel Sofitel Victoria Warszawa is situated in the heart of the historic part of Warsaw, in close proximity to Saski Park, the Grand Theatre and the Royal Castle.

**High quality service and unique atmosphere will make every stay exceptional.**

SOFITEL VICTORIA ★★★★★		
km distance from EXPO XXI	single room	double room
4,6 km	120.00 €	139.00 €



## MERCURE GRAND ★★★★★

The Mercure Grand is situated in a quiet neighbourhood in the very heart of Warsaw. The central location guarantees easy access to all the capital's most important spots via the public transport network.

MERCURE GRAND ★★★★★		
km distance from EXPO XXI	single room	double room
5,2 km	79.00 €	89.00 €



## GROMADA HOTEL ★★★

The Hotel is situated in the downtown Warsaw. Its location near important institutions, shopping centres as well as science and cultural centres gives the opportunity to combine business affairs with sightseeing of the capital of Poland.

GROMADA HOTEL ★★★		
km distance from EXPO XXI	single room	double room
4,7 km	69.00 €	79.00 €



## OFFICIAL TRAVEL AGENCY

Polish Travel Bureau ORBIS Co. Ltd., Incoming Tour Operator,  
 Klobucka 25, PL-02-699 Warsaw,  
 tel.: + 48 22 55 95 371,  
 fax: +48 22 55 95 302,  
 e-mai: congress@orbistravel.pl

## HEADQUARTERS HOTEL NOVOTEL WARSZAWA CENTRUM

All the prices are quoted per room (bed & breakfast basis) for the period 28 - 30 May 2010

### Prices of rooms valid before 28 May 2010

Hotel	Single room	Double room
Novotel Warszawa Centrum****	90.00 €	110.00 €
Sofitel Victoria*****	145.00 €	159.00 €
Mercure Grand****	90.00 €	100.00 €
Gromada Hotel ***	88.00 €	90.00 €

**Deadline for hotel reservation and prepayment (not less than 50% value of the order) is  
 31 March 2010**

After this date the accommodation in above mentioned hotels can not be guaranteed.  
 The full payment for ordered services should be effected not later than 30 April 2010

#### Methods of payments

Credit Card (mail order transaction). The following cards are accepted: American Express, Visa, Diners Club, Euro/Mastercard. The following details of credit card are required: **Credit card type and number, expiry date, name of card holder, amount and holder's signature.**  
 Payment by the bank transfer to Polish Travel Bureau ORBIS: account: PL 61 1500 1487 1214 8002 2266 0000, Kredyt Bank S.A. II O/Krakow, swift code: KRDBPLPW.

#### Cancellation of the reservation

The cancellation should be made in writing to the Polish Travel Bureau ORBIS and not directly to the hotel. If the cancellation is made:

- before 20 April, 2010 - total refund,
- before 5 May, 2010 - 50% of the total will be refunded,
- after 5 May, 2010 - no refund will be possible.



## Timetable EKF Referee Course at European Regions Championships

### Thursday 27<sup>th</sup> May 2010

- 15.00-17.00 Registration for Kata & Kumite - HQ Hotel Novotel – room ORCHIDEA A and B
- 18.00-19.30 Kumite Theory course – HQ Hotel Novotel – room ROSA
- 19.30-20.30 Kata Theory course – HQ Hotel Novotel – room ROSA

### Friday 28<sup>th</sup> May 2010

- 09.00-10.00 Kata & Kumite theory examination – Sport Hall OSiR, Polna 7a, Warsaw
- 10.30-12.00 Kata training for candidates (with Karate-Gi) – Sport Hall OSiR, Polna 7a, Warsaw
- 12.30-13.15 Lunch – Sport Hall OSiR, Polna 7a, Warsaw
- 13.30-16.30 Kata practical examination (with Karate-Gi) – Sport Hall OSiR, Polna 7a, Warsaw
- 17.00-18.00 MAC Workshop – HQ Hotel Novotel – room ROSA
- 19.00-20.00 Referees and Judges Briefing and Tatami deployments – HQ Hotel Novotel – room ROSA

### Saturday 29<sup>th</sup> May 2010

- 09.00-11.00 Kata examination on competition
- 11.00-18.00 Kumite examination on competition

### Sunday 30<sup>th</sup> May 2010

- 13.00-14.00 Referees briefing and results and presentation of diplomas. – EXPO XXI SPORT ARENA, room C1

## EVENTS PROGRAM

### Friday 28<sup>th</sup> May 2010

- 12.00-18.00 Registration of delegations - HQ Hotel Novotel – room ORCHIDEA A and B
- 19.00-20.00 Referees briefing – HQ Hotel Novotel – room ROSA
- 20.00-21.00 Delegates meeting – HQ Hotel Novotel – room ROSA

All the referees who officiate at the Championship must attend the referees briefing, which will be in HQ Hotel Novotel – room ROSA. In accordance with EKF rules for the European Championships for Regions, the necessary qualification is National Referee.

## COMPETITION PROGRAM

### Saturday 29<sup>th</sup> May 2010 – EXPO XXI SPORT ARENA, Prądzyńskiego 12/14, Warsaw

- 9:00-11:15 Kata Male/Female (cad/jun) & (senior)  
Eliminatory/Repechages/Bronze
- 11:15-17:15 Kumite Male (senior)  
Eliminatory/Repechages/Bronze
- 13:15-18:15 Kumite Male (cad/jun)  
Eliminatory/Repechages/Bronze
- 15:45-20:15 Kumite Female (senior)  
Eliminatory/Repechages/Bronze
- 17:45-20:15 Kumite Female (cad/jun)  
Eliminatory/Repechages/Bronze
- 21.00 Sayonara Party

### Sunday 30<sup>th</sup> May 2010 - EXPO XXI SPORT ARENA, Prądzyńskiego 12/14, Warsaw

- 09:00-09:30 Opening Ceremony and Presentation of Finalists
- 09:30-09:55 Final Kata Female & Male Cad/Jun
- 09:55-10:20 Final Kata Female & Male Senior
- 10:20-10:40 Medal Awards
- 10:40-11:20 Finals Kumite Female and Male Cad/Jun
- 11:20-11:35 Medal Awards
- 11:35-12:30 Finals Kumite Female and Male Senior
- 12:30-12:45 Medal Awards
- 12:45 Closing ceremony
- 11:35-12:30 Finals Kumite Female and Male Senior
- 12:30-12:45 Medal Awards
- 12:45 Closing ceremony

The above program has been scheduled according to the estimated participation. It will be revised once the actual participation will be known.

## EKF APPROVED ITEMS



**DAEDO, S.L.**  
C/ Balmes 55  
08007 Barcelona  
Spain  
tel: +34 93 2635350 / 93 4541514  
fax: +34 93 4535251  
e-mail: [daedo@daedosport.com](mailto:daedo@daedosport.com)



**SBI SPORT AB**  
Staffanstorpsvägen 115  
SE-232 91 Ärlöv- Malmö  
Sweden  
tel: +46 (0) 40 94 88 88  
fax: +46 (0) 40 94 07 80  
e-mail: [info@sbisport.se](mailto:info@sbisport.se)

### FaceMask



### Body Protector

#### Important:

The use of the WKF Face Mask and the new Body Protector is compulsory for Kumite Cadet Categories (male & female). It can be purchased from the distributors of the five WKF approved companies, whose details can be found at WKF web site [www.wkf.net](http://www.wkf.net), clicking on the banner of the Face Mask and Body Protector that appears on the right side of the home page at WKF web site.

WKF approved TRADEMARKS for sports items will also be permitted.



# Sayonara Party

## SAYONARA PARTY AT HISTORICAL BUILDING

Welcome to the historical buiding for SAYONARA PARTY.

ENTRANCE: 25 € (entrance, welcome drink and suprise included).

If you are interested please fill the belove form and send to:

**Polski Zwiizek Karate, Al. Jerozolimskie 30, 00 - 024 Warszawa**

Country	No. of persons

**Deadline for Sayonara Party reservation and payment is**

**31 March 2010**

**Club address:** Reduta Banku Polskiego, Bielańska 10 str., 00-085 Warszawa

Payment by the bank transfer to Polish Karate Federation account: 68 1540 1085 2098 5312 5307 001, Bank BOS



## TERMS OF RESPONSIBILITY

To be filled, signed sent back before by 31<sup>st</sup> March 2010.

I, \_\_\_\_\_ the undersigned, as the Chief of Delegation of my country, duly enrolled to participate in the 8<sup>th</sup> European Karate Championships for Regions, which will be held in Warsaw, Poland, from the 28<sup>th</sup> May 2010 to the 30<sup>th</sup> May 2010, with fully knowledge of the Statutes, the Rules and the Norms of The EUROPEAN KARATE FEDERATION, pledge myself to faithfully accomplish the regulations of this before mentioned entity, and I take any and all administrative, civil and criminal responsibilities of whatever happens to our athletes, coaches and other members of our delegation participating in this championship, before, during and after the competition, such as physical injuries, personal expenses, or monetary debts and casual material damages to the hotels, the venue, means of transportation etc.

Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the Championships, the EKF and the Polish Karate Federation, its directors, as well as any person, company, or entity related to the event (sponsors, public and private entities).

I authorize the organizers of the event to use images, photos and the names of our competitors and other members of our delegation (since it is considered necessary) for the sport activities and publications of karate, related to the event, without any monetary compensation.

Country/Nation:	
Surname, First name:	
Passport number & expiry date:	
Credit Card details & expiry date:	
Position in the federation:	
Address:	
Tel. no.:	
Fax & email:	

Fill in, stamp, sign and send to:  
Polish Karate Federation  
Al. Jerozolimskie 30  
00-024 Warszawa

\_\_\_\_\_  
Signature

## VISA REQUIREMENTS

Entry visa is required for the following countries:

ALBANIA	BOSNIA & HERZEGOVINA	RUSSIA
ARMENIA	F.Y.R.O.M.	SERBIA
AZERBAIJAN	GEORGIA	TURKEY
BELARUS	MONTENEGRO	UKRAINE

Should any visa issues arise, please contact the Polish Karate Federation:

**Polish Karate Federation**  
Al. Jerozolimskie 30  
00-024 Warszawa



## ACCOMMODATION AND INVOICE FORM

FEDERATION:		COUNTRY:	
Address:		ZIP Code:	City:
Mobile:	Phone:	Fax:	E-mail:
Name/Surname of Federation Representative:		Position in Federation:	Passport No.:
Organizations Name:		Country:	
Address:		ZIP Code:	City:
C.I.F.:		Phone:	E-mail:

## HOTEL BOOKING FORM

	Number of single Rooms	Number of double rooms	Number of nights
NOVOTEL WARSZAWA CENTRUM HEADQUOTERS HOTEL			
SOFITEL VICTORIA			
MERCURE GRAND			
GROMADA HOTEL			

This form should be returned to the Polish Travel Bureau ORBIS Co. Ltd., which has been entrusted with the reservation of hotel rooms. The address is as follows:

**Polish Travel Bureau ORBIS Co. Ltd., Incoming Tour Operator, Klobucka 25, PL-02-699 Warsaw, te.: + 48 22 55 95 371, fax: +48 22 55 95 302, e-mai: congress@orbistravel.pl**

Methods of payments: Credit Card (mail order transaction). The following cards are accepted: American Express, Visa, Diners Club, Euro/Mastercard. The following details of credit card are required: **Credit card type and number, expiry date, name of card holder, amount and holder's signature.** Payment by the bank transfer to Polish Travel Bureau ORBIS: account: PL 61 1500 1487 1214 8002 2266 0000, Kredyt Bank S.A. II O/Krakow, swift code: KRDBPLPW.

**Cancellation of the reservation:** the cancellation should be made in writing to the Polish Travel Bureau ORBIS and not directly to the hotel. If the cancellation is made: before 20 April, 2010 - total refund, before 5 May, 2010 - 50% of the total will be refunded, after 5 May, 2010 - no refund will be possible.

## TRANSFERS

Arrival in WARSAW		Departure from WARSAW	
Date:		Date:	
Flight number:	Hour of arrival:	Flight number:	Hour of departure:
Departure Airport:	Number of persons:	Destination Airport:	Number of persons:

The transfers from Airport/hotel/Airport will be provided only with prior booking; otherwise the participants will have to make their own arrangements. Transfer upon arrival to and departure from Warsaw Airport will be organized for teams at following prices per one transfer: minibus (7 seats) - 79 €, bus (16 seats) - 127 €, bus (25 seats) - 162 €, bus (49 seats) 210 €.



## ROOMING LIST FORM

National Team (Country):

Name/Surname	Pos *	Check in Date	Check out Date	Number of nights	Room type**

Please return this rooming list together with the booking forms.

\* Position: C=Competitor, Co= Coach, De=Delegation Head, P=President of NF, R=Referees/Judges, D=Doctors, V=VIPs, P=Press, O=Others

\*\* Room type SGL= Single, DBL= Double

