

Bulletin



**Balkan Karate
Championships
for Children, Cadets,
Juniors & U21
22-25 September 2011
Larnaka, Cyprus**

BALKAN KARATE CHAMPIONSHIPS



Dear Friends,

It is a great pleasure to me to welcome you to the beautiful island of Cyprus.

Although it is the first time that a Balkan event is held here, the Cyprus Karate Federation has already been the host of Mediterranean, European and World Championships and I am confident that with the experience they have they can guarantee a very successful event.

I believe that many of these championships medallists will be competing next October in Malaysia during the 2011 World junior-Cadet Championships, so Balkan Championships is a great opportunity to test their readiness.

I invite you all to strongly support our annual event and make sure that these championships will live up to our ideals and in every way promote the development of our sport in the Balkan peninsula.

Yours sincerely



George Yerolimpos
FBK President

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3 May 2011

Dear Karatekas,

On behalf of the Cyprus Karate Federation I'm looking forward in welcoming you for once more in Cyprus, this time for the "Balkan Karate Championships for Children, Cadets, Juniors & U21". As you have known, Cyprus has gain valuable experience in organizing big international events such as the European Karate Championship in 2001, the World Karate Championship in 2005 and the Mediterranean Karate Championship in 2007.

"Encouraged and excited by the success of the previous championships organized in Cyprus, the Cypriot Karatekas and particularly the Cyprus Karate Federation Directing Committee works very hard to ensure that the "Balkan Karate Championships" will be a truly worthy event for all those involved. This event will be truly worthwhile for those who will participate, athletes, coaches, referees and delegates. The Championship will be held at Larnaka a top touristic destination with excellent beaches and will be hosted in the sports complex of American Academy in the heart of the city with more than 2000 spectator seats. The airport is situated in Larnaka and it takes only 10 minutes of driving from the sports complex. Following you will find all necessary information regarding the championships.

Looking forward to seeing you soon in Cyprus!



Best regards,
Andreas Vasileiou
President
Cyprus Karate Federation

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Facts about Cyprus

Cyprus is the third largest island in the Mediterranean.

Surface Area:	9.251 km ²
Population:	802. 500 (End 2002)
Language:	Greek and Turkish are the official languages. English is widely spoken.
Capital:	Nicosia
Climate:	Mild; Mediterranean with hot, dry summers and cool winters.
Time Zone:	GMT +02:00
Electric Current:	240V/50Hz

City of Larnaka

Larnaca was founded by Greeks (Mycenaean-Achaeans) in the 14th century B.C. and was known as [Kition](#), or (in [Latin](#)) Citium. The biblical name [Kittim](#), though derived from Citium, was in fact used quite generally for Cyprus as a whole, and occasionally by the [Jews](#) for the [Greeks](#) and [Romans](#). Larnaca is colloquially known as "Skala" (Greek: Σκάλα) meaning "ladder" or "landing stage", referring to the town's status in history as an important port.

Like most Cypriot cities, Kition belonged to the Persian or [Achaemenid Empire](#). In 450 BC, the [Athenian](#) general [Cimon](#), died at sea defending the city of Citium in a major battle with the Persians. On his deathbed, he urged his officers to conceal his death from both their allies and the Persians. The quote "Και Νεκρός Ένικα" ("Even in death he was victorious") refers to Kimon. A statue of "Kimon the Athenian" stands proudly on the sea front promenade of modern Larnaca.

Like other cities of Cyprus, it has suffered repeatedly from [earthquakes](#), and in medieval times when its harbour silted up (a sign that the island was deforested and overgrazed) the population moved to Larnaca, on the open seafront farther south. The harbour and citadel have now disappeared. Traces remain of the circuit wall, and of a sanctuary with copious terra-cotta offerings; the large cemetery has yielded constant loot from illicit excavations for more than a century.

The most important site of Larnaca are the ruins of Ancient Kitium. The earliest architectural remains date back to the 13th century BC. The area was rebuilt by [Achaean](#) Greeks. The remains of the Cyclopean Walls, made of giant blocks and the complex of the five temples, are particularly interesting.

Another place of interest is the Marble Bust of [Zeno](#), which stands at the crossroads near the American Academy. Zeno was born in Kition (ancient Larnaka) in 334 BC. After studying philosophy in [Athens](#) he founded the famous [Stoic](#) school of philosophy. Near Larnaca International Airport

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there is the [Larnaca Salt Lake](#).^[2] It fills with water during the winter and is visited by flocks of flamingos who stay here from November till the end of March. It dries up in the summer. It used to yield a good quality of salt which was scraped from its dried up surface. The salt from this lake is now considered unfit for human consumption. About half-way between the monument of Zeno and Salt Lake on the right, there is the underground chapel of Ayia Phaneromeni. It is a rock cavern with two chambers. The structure suggests that it once was a pagan tomb, possibly dating back to Phoenician times. The place is credited with various magical properties: thus those who suffer from headaches or other diseases walk three times round it and leave a piece of clothing or a tuft of their hair on the grill in front of the south window. It is also much frequented by girls, whose lovers are overseas, who come here to pray for their safety.

[The Church of Lazarus](#) (Agios Lazaros) is another magnificent Orthodox Church in Larnaca which was built in the town over the tomb of St. [Lazarus](#), the brother of [Mary](#) and [Martha](#). He died here and was buried in the church named after him. In 890 AD, his tomb was found bearing the inscription "Lazarus, bishop of Larnaca. Four days dead. Friend of Jesus." The marble sarcophagus can be seen inside the church under the Holy of Holies.

The [Hala Sultan Tekke](#) is about 5 km (3 mi) west of Larnaka, on the banks of the Salt Lake. It is equivalent to the Christian "monastery". Within the precincts of this Tekke is the tomb of Umm Haram, who was the foster mother of Prophet [Mohammed](#). According to Muslim historical accounts Umm Haram died on this spot in 647 AD while accompanying the [Arab](#) invaders. She was buried here and later the [Ottomans](#) built the present mosque in her honour.

Another site of interest is the Fort of Larnaca which was erected by the [Turks](#) in 1625. This fort is now a museum and its inner courtyard is used as an open air garden - theatre during the summer months, by kind permission of the director of antiquities.

The Old Aqueduct known as "The Kamares", stands outside the town on the way to Limassol. It was built by the Ottoman Governor [Koca Bekir Pasha](#) in Roman style in 1745 to carry water from a source about 6 miles south of Larnaka into the town. The aqueduct is illuminated at night.

MORE INFORMATION REGARDING LARNAKA <http://en.wikipedia.org/wiki/Larnaca>

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Passports and Visas

European Union countries members can enter Cyprus with their identity cards or passports

Applications for visa, should be made to Diplomatic Missions of the Republic.

Please visit the web page of the Ministry of Foreign Affairs / Immigration Office for more information or any changes

<http://www.mfa.gov.cy>

Currency

The currency of the Republic is the Euro - €, which is divided into 100 cents. Notes and coins currently in circulation are as follows:

Banknotes: €5, €10, €20, €50, €100, €200 €500

There are coins in denominations of €2, €1, 50 cent, 20 cent, 10 cent, 5 cent, 2 cent and 1 cent.

There are 100 cent to €1.

For up to date exchange rates please go to the website of the Central Bank of Cyprus, <http://www.centralbank.gov.cy/>

Banking

Commercial banks in Cyprus offer a wide range of banking services in euros, as well as in foreign currencies, and have correspondents in most major cities around the world.

The banking hours for the public are: Monday –Friday, 08:30 – 13:30. Banks are closed at weekends and on public holidays.

Banks at Larnaka and Pafos International Airports provide exchange bureau services on a 24-hour basis. Hotels, large shops and restaurants normally accept credit cards and traveller's cheques. Banknotes of major foreign currencies are also acceptable. Rates of exchange are published daily in the local press and are broadcast through the media.

A number of Automatic Teller Machines ATM operate on a 24hrs basis in central places of all towns and in Larnaka.

Hotels, large shops, restaurants, etc. usually accept traveller's cheques and major credit cards.

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Credit Cards

Visitors in possession of any of the following international credit cards, may contact the appropriate bank for the withdrawal of cash.

VISA CARD: Bank of Cyprus Ltd., Laiki-Marfin Popular Bank Ltd., Hellenic Bank, Alpha Bank Limited, National Bank of Greece, Commercial Bank of Greece and Universal Bank.

DINERS CLUB, CARTE BLANCHE: Bank of Cyprus Ltd.

MASTERCARD: Bank of Cyprus Ltd., Laiki-Marfin Popular Bank Ltd., National Bank of Greece, Hellenic Bank, and Alpha Bank

AMERICAN EXPRESS: Bank of Cyprus, Laiki-Marfin Popular Bank Ltd.

More than 15.000 shops, restaurants and hotels accept at least one of the above Credit Cards. Establishments with P.O.S. accept also *VISA ELECTRON* and *MAESTRO*. Usually the Card symbol is displayed in the shop window or at the reception.

Business/Shopping Hours

PUBLIC SERVICE HOURS

Summer Period

Monday - Friday: 09:00 - 13:30 / 16:00-20:00

Saturday: 09:00 - 15:00

Electric Current - Voltage

The supply in Cyprus is 240 volts / 50Hz. Sockets are usually 13 amps, square pin in most buildings.

More than one low current rating appliance may be operated from the same supply point, by using an adaptor (i.e. radios, electric clocks etc.).

The use of adaptors for operating high current rating appliances is not recommended (i.e. electric heaters, toasters, irons etc.).

Many hotels provide adaptors upon request from the Reception. Adaptors can be purchased from electricians, supermarkets, grocery shops, etc.

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ALL OVER THE ISLAND

Ambulance: 199, 112

Fire Service: 199, 112


Police: 199, 112

Flag / Anthem

All Delegations must provide their official flag (2) and anthem (cd) during registration.

Accommodation

The reservations for accommodation will be handled by the Cyprus Karate Federation C.K.F.

	HOTEL	STARS	WEBSITE	DINSTANCE FROM SEA
1	 FLAMINGO BEACH HOTEL - Headquarters	3 Star	http://flamingobeachcyprus.com/	On the beach
2	 CACTUS HOTEL	2 Star	http://www.cactuscyprus.com/	300 meters from the sea

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3	SAN REMO HOTEL 	2 Star	http://www.sanremo.com.cy/	300 meters from the sea
4	ATRIUM ZENON HOTEL APTS 	CLASS A	http://www.atriumzenonhotelapts.com	200 meters from the sea

All reservations must be made until August 1st through the Cyprus Karate Federation at cypruskaratefederation@hotmail.com followed by bank transfer of the total amount for accommodation and transportation at the account of the Cyprus Karate Federation. In this case an email will be sent to C.K.F with the number of participants and rooming list. The C.K.F will respond back by giving you all the details for making the bank transfer. The amount shall be in euro.

Taking into consideration that Cyprus during this summer is experiencing huge number of reservations, we strongly advice you that you respond back to us the soonest possible. Accommodation will be offered on "first come first served basis". In the case where all hotels are fully booked, we will accommodate you in other hotels or apartments.

	Double	Triple	Quadruple
Flamingo Beach Hotel	100	130	-----
Cactus Hotel	85	110	-----
San Remo Hotel	85	110	-----
Atrium Zenon Hotel Apartments	-----	150	170

Prices are quoted in euro and are per room on bed and breakfast basis.

During the championships on the premises of the American Academy Sports Complex there will be a cafeteria that can host 200 people on buffet basis for lunch, and the cost is €10 per person. On this occasion you will have to buy tickets from the Cyprus Karate Federation.

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Transportation

- Transportation will be organized by taxi, mini bus or bus, depending on the number of participants on each arrival.
- The only **official** airports in Cyprus are Larnaca and Pafos. Transportation to the hotels will be only from the above airports.
- The cost of the transportation is €20 per person (2 ways).

Payments

1. Registration fee is €10 per athlete and will be paid during registration on Thursday 22/9 at the headquarter hotel or by bank transfer to the Cyprus Karate Federation.
2. Delegations are requested to send a precise reservation, specifying the number of rooms with names.
3. To have secure your accommodation you will have to fully pay the whole cost to C.K.F. as mentioned above. In addition to the accommodation, you will have to fully pay the whole cost of transportation. It is clearly stated that those who do not pay for their transportation they will not be allowed to use the shuttle buses from the Hotels to the Sports Complex. For delegations that have paid and then cancelled within 20 days prior to the event, 25% of the reservation cost will be withheld as cancellation fees.
4. Lunch will be offered in the cafeteria of the American Academy sports complex at the price of €10 per person.

MENU 1

SALADS

GREEK SALAD, CRAB SALAD, DIPS

MAIN MEAL

PAELLA RICE, PASTITIO (GREEK TRADITIONAL PASTA), ROAST CHICKEN, COD IN BREADCRUMBS, CHIPS

DESSERT

FRUIT IN SEASON

MENU 2

SALADS

GREEK SALAD, PASTA SALAD

MAIN MEAL

PORGOURI (TRADITIONAL COUS COUS), MOUSAKA (TRADITIONAL DISH), ROAST PORK IN GRAVY, LAMB KLEFTIKO (TRADITIONAL DISH)

DESSERT

TRADITIONAL SWEET

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Registration

Registration will be only made through the World Karate Federation's online system.

Participation cost is €10 per athlete and will be paid during the registration at the headquarters hotel or by bank transfer at the Cyprus Karate Federation's account number.

All delegation members (competitors and officials) must have a current WKF ID card. Applications for the WKF ID card may be filled either through the WKF web page or upon request and payment during the official registration. Competitors must present passports or official ID for personal data checking.

FBK Championships Competition Regulations

1. All participants must be members of FBK and WKF.
2. Children events are held according to the FBK rules. Please note that for Children Kata competition those born in 2000 and 1999 must perform Heyan, Pinan etc or Tokui Kata, different in every round and Tokui Kata for medal. Those born in 1998 and 1997 must only perform Tokui Kata, different in every round. No Bunkai required for team competition.
3. Competitors must supply their own red and blue mitts and belts. Shin and foot protection is compulsory for kumite for all age groups as well as mouth guards (gum shields). For the children, cadet and junior kumite categories the face mask and the chest protection are also compulsory.

Incentives

The Cyprus Karate Federation in an attempt to support the Balkan Karate Federations in order to attend the championship in Cyprus offers the following incentives with free accommodation on the basis of bed & breakfast:

Below 10 athletes	None
11-15 athletes	1 athlete free
16-20	2 athletes free
21-25	3
26-30	4
31-35	5
36-40	6
41-45	7
46 and over	8 athletes free

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GENERAL PROGRAM

Thursday, September 22rd

Place:	Schedule:	Activity:
Arrival of Delegations		
Flamingo Beach Hotel	10:00 – 16:00	Registration of Delegations
Flamingo Beach Hotel	16:00 – 18:00	Referee Course – theory/exams
Flamingo Beach Hotel	17:00 – 18:00	FBK Executive Committee informal Meeting
Flamingo Beach Hotel	19:00 – 20:00	Draw

COMPETITION PROGRAM

Friday, September 23 rd	
08:00 – 09:00	Weighing Male Children All Categories
09:00 – 11:00	Elimination and Repechage Kata Individual Male Children born in 2000 (tatami 1), 1999 (tatami 2), 1998 (tatami 3), 1997 (tatami 4)
11:00 – 12:00	Elimination and Repechage Kumite Male Children born in 2000: -30kg & -35kg (tatami 1), -40kg (tatami 2), -45kg (tatami 3), tatami 4 (+45kg)
12:00 – 13:00	Elimination and Repechage Kumite Male Children born in 1999: -35kg (tatami 1), -40kg & -45kg (tatami 2), -50kg (tatami 3), +50kg (tatami 4)
13:00 – 14:00	Elimination and Repechage Kumite Male Children born in 1998: -40kg & -45kg (tatami 1), -50kg (tatami 2), -55kg (tatami 3), +55kg (tatami 4)
14:00 -15:00	LUNCH BREAK
15:00 – 16:00	Elimination and Repechage Kumite Male Children born in 1997: +70kg (tatami 1), -63kg (tatami 2), -57kg & -70kg (tatami 3), -52kg (tatami 4)
16:00 – 18:00	Elimination and Repechage Kata Individual Female Children born in 2000 (tatami 1), 1999 (tatami 2), 1998 (tatami 3), 1997 (tatami 4)
18:00 – 18:30	Opening Ceremony
Finals	
18:30 – 19:00	Kata individual Male & Female Children
19:00 – 19:15	Medals Ceremony
19:15 – 19:45	Kumite Male Children All Categories
19:45	Medals Ceremony
Saturday, September 24 th	
08:00 – 09:00	Weighing Male & Female Cadet All Categories Weighing Female Children All Categories
09:00 – 11:00	Elimination and Repechage Female Cadet Kata (tatami 1), Male Cadet Kata (tatami 2), Female Junior Kata (tatami 3), Male Junior Kata (tatami 4)
11:00 – 12:00	Elimination and Repechage Kumite Female Children born in 2000: -35 kg (tatami 1), born in 1999: -37kg (tatami 2), born in 1998: -42kg (tatami 3), born in 1997: -47kg (tatami 4)
12:00 – 13:00	Elimination and Repechage Kumite Female Children born in 2000: -40 kg (tatami 1), born in 1999: -42kg (tatami 2), born in 1998: -47kg (tatami 3), born in 1997: -54kg (tatami 4)

13:00 – 14:00	Elimination and Repechage Kumite Female Children born in 2000: +40 kg (tatami 1), born in 1999: +42kg (tatami 2), born in 1998: +47kg (tatami 3), born in 1997: +54kg (tatami 4)
14:00 – 15:00	LUNCH BREAK
15:00 – 16:00	Elimination and Repechage Kumite Male Cadet -52kg (tatami 1), Male Cadet -57kg (tatami 2), Male Cadet -63kg (tatami 3), Male Cadet -70kg (tatami 4)
16:00 – 17:00	Elimination and Repechage Kumite Male Cadet +70kg (tatami 1), Female Cadet -47kg (tatami 2), Female Cadet -54kg (tatami 3), Female Cadet +54kg (tatami 4)
Finals	
17:00 – 17:15	Kata individual Male & Female Cadet, Male & Female Junior
17:15 – 17:30	Kumite Female Children born in 2000: -35kg, -40kg & +40kg (tatami 1) Kumite Female Children born in 1999: -37 kg, -42kg & +42kg (tatami 2) Kumite Female Children born in 1998: -42 kg, -47kg & +47kg (tatami 3) Kumite Female Children born in 1997: -47kg, -54kg & +54kg (tatami 4)
17:30 – 18:00	Medals Ceremony
18:00 – 19:00	Kumite Male & Female Cadet All Categories
19:00	Medals Ceremony
Sunday, September 25th	
08:30 – 09:00	Weighing Male & Female -21 All Categories Weighing Male & Female Junior All Categories
09:00 – 10:30	Elimination and Repechage Male Kata -21 (tatami 1), Female Kata -21 (tatami 2), Male Team Kata Cadet-Junior (tatami 3), Female Team Kata Cadet-Junior (tatami 4)
10:30 – 11:30	Elimination and Repechage Kumite Female Junior -48 kg (tatami 1), -53kg (tatami 2), -59kg (tatami 3), +59kg (tatami 4)
11:30 – 12:30	Elimination and Repechage Kumite Male Junior -55kg (Tatami 1), -61kg (tatami 2), -68kg (tatami 3), -76kg (tatami 4)
12:30 – 13:30	Elimination and Repechage Kumite Male -21: -53kg (tatami 1), -60kg (tatami 2), +60kg (tatami 3), Kumite Male Junior +76kg (tatami 4)
13:30 – 14:30	Elimination and Repechage Kumite Female -21: -53kg (tatami 1), -60kg (tatami 2), +60kg (tatami 3)
14:30 – 15:30	LUNCH BREAK
Finals	
15:30 – 16:30	Elimination, Repechage and Finals Male Team Kata Children 1999+2000 (tatami 1), Male Team Kata Children 1998+1997 (tatami 2), Female Team Kata Children 1999+2000 (tatami 3), Female Team Kata Children 1998+1997 (tatami 4)
16:30	Male Kata -21 & Female Kata -21 Male Team Kata Cadet-Junior & Female Team Kata Cadet-Junior Female Junior Kumite All Categories Male Junior Kumite All Categories Female Kumite -21 All Categories Male Kumite -21 All Categories
18:00	Medals Ceremony
Closing Ceremony	

ENTRY FORM FOR HOTEL: ACCOMMODATION AND TRANSFER

Please, return this entry form by email or fax until **1st of July 2011**

ORGANIZING COMMITTEE:
Cyprus Karate Federation

Tel: + 357 22 449839
Fax: + 357 22 449843

e-mail: cypruskaratefederation@hotmail.com
www.cypruskarate.org

Country	
Responsible Leader of Delegation or Person to contact	
Address	
Tel.-no.	
Fax.-no.	
E-mail	
Hotel wanted	
Arrival in Flight No.	
Departure from Flight No.	
Total number of Delegation participants (we need their names on a separate list)	

REGISTRATION FORM

Contact Person:

Federation: _____ Country: _____
 Surname: _____ Name: _____
 Address: _____ City: _____
 Telephone: _____ Fax: _____
 E-mail: _____

Travel Information:

Arrival in _____ by: _____ Departure from _____ by: _____
 Plane: _____ Bus: _____ Train: _____ Car: _____ Plane: _____ Bus: _____ Train: _____ Car: _____
 Number of persons: _____ Number of persons: _____
 Date: _____ Date: _____
 Hour: _____ Hour: _____
 Flight No.: _____ Flight No.: _____

Transfer Airport-Hotel

YES

NO

Transfer Hotel-Airport

YES

NO

Hotel booking in order of preference:

Number of Rooms	Double	Triple	Quadruple
Hotel.....			
Hotel.....			
Hotel.....			

Payment:

All payments should be in _____. The desired reservations will be activated upon receiving the _____% prepayment for them as above specified .

Date

Name of contact Person

(Signature)

OFFICIAL STAMP

TERM OF RESPONSIBILITY

To be send back

I, _____, as Chief of the Delegation of my Country, duly enrolled to participate in the Balkan Karate Championships which will be held in Cyprus, from 22-25 September 2011, with fully knowledge of Statutes, Rules and Norms of WORLD KARATE FEDERATION and Balkan Karate Federation, pledge myself to faithfully accomplish the regulations of this before mentioned entity and I take any 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 in the hotels.

Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the Championships, W.K.F, Balkan Karate Federation, Cyprus Karate Federation, its directors, as well as any person or company 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	
Surname	
Name	
Passport n^o	
Data of credit card	
Position in the National Federation	
Address	
Tel.-no.	
Fax.-no	
E-mail	

Place and date

Signature