Invitation Kyokushin Open 2016 Bergen

Norwegian Martial Arts Federation and Bergen Karate Klubb has the pleasure of welcoming all friends of Karate to **Kyokushin Open 2016**



Organizer:

Norwegian Martial Arts Federation

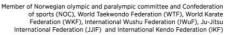
Contact person: Bjørn Solberg, mobile: 997 01 059 e-mail: bjorn@kampsport.no

Technical organizer:

Bergen Karate Klubb

Contact person: Nils Dybsland, mobile: 951 18 483 e-mail: nod@entra.no









Venue	Laksevågshallen
	Lyder Hornsvei 42, 5163 LAKSEVÅG
Date	Friday April 8th 2016
	Scandic Bergen City Hotel 19.00 – 21.00 – Weighing and registration 20.00 – 22.00 – Referee meeting
Date	Saturday April 9th 2016
Program	08:00 Sportshall opens, Laksevågshallen 09:00 Free transportation by bus from Scandic Bergen City Hotel. 09:30 Medical check-up. (Full Contact only). 10:30 Information meeting for team leaders, coaches. 11:00 Tournament starts. 16:30 Tournament ends. 16:45 Free transportation by bus back to Scandic Bergen City Hotel. 20:00 Sayonaraparty

Classes		
Fullcontact + 18 years.	Ladies: Light weight (-60), middle weight (-70), heavy weight (+70) Men: Light weight (-70), middle weight (-80), light heavy weight (-90), heavy weight (+90)	
Fullcontact with limitation. + 18 years.	Ladies: Light weight (-60), middle weight (-70), heavy weight (+70) Men: Lettvekt (-70), middle weight (-80), light heavy weight(-90), tungvekt (+90)	
Fullcontact with limitation. Age 15-17 years.	Girls: Light weight (-60), middle weight (-70), heavy weight (+70) Boys: Light weight (-65), middle weight (-75), heavy weight (+75)	
Fullcontact with limitation. Age 13-14 years.	Girls: Light weight (-50), heavy weight (+50) Boys: Light weight (-55), heavy weight (+55)	

Rules	
Kumite	Fullcontact: Rules approved by The Norwegian Martial Arts Federations.

Enrolment		
Enrolment	Send the enrolment form no later than March 26 th 2016. E-mail: kyokushin.open.norway@gmail.com	
Starting fee	Starting fee, NOK 400,- paid in cash due to registration.	
Draw	Organizer will provide draw lists in the morning Saturday April 9 th in the Sportshall.	













Hotel		
Hotel	Official Tournament Hotel: Scandic Bergen City • Single room, breakfast included NOK 740,- • Twin room, breakfast included NOK. 840,- • Trippel room, breakfast included NOK 1110,- Order code: KAR080416 For bookings, please contact: Scandic Bergen City Tlf: 55 30 90 80 Mail: bergencity@scandichotels.com Guaranteed rooms at this price, reservations must be made within Friday, March 25 th Payment at check out.	
Transportation	The organizer will provide bus transportation from Scandic Bergen City Hotel to the Sportshall and back to the Hotel after end of tournament.	
Sayonaraparty	Venue for Sayonaraparty: Scandic Bergen City, Saturday April 9th at 20:00 Deadline for enrolment March 26th 2016.	

Welcome to Bergen!





