

# International Karate Stage – Sopot, Poland 13th – 17th July 2015

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## Event Organizer

World Shotokan Ryu:  
Karate-do Smaal – Nederland  
Sakura Karate Klubb – Norway  
Gdanski Klub Karate Do – Poland  
Gokken Klub Sportowy – Poland

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## Instructors

Jaap Smaal 7.Dan  
Robert Hamara 7.Dan  
Miroslaw Adamowski – 7.Dan  
European Karate Champion  
Rene Smaal – 3.Dan

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## Place

Sopot is a small Polish town situated on the Baltic Sea coast between Gdansk and Gdynia, a natural center of the nearly one-million Tri-City agglomeration and the Pomeranian province. More information about Sopot you will find here: <http://www.sopot.pl/eGmina/en/touristzone/#/places/>  
All information about transportation you will find here: [http://www.inyourpocket.com/poland/sopot/Arrival-and-Transport/Getting-Around/Getting-to-Sopot\\_40261v](http://www.inyourpocket.com/poland/sopot/Arrival-and-Transport/Getting-Around/Getting-to-Sopot_40261v)

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## Accommodation

Tailored to suit every budget, our hotel packages range from luxurious 5-star hotels to budget hotels and guest houses. Whichever option you choose, you can be sure of enjoying your stay. For information about booking please contact: Iwona Hamara, e-mail: [iwona.hamara@gmail.com](mailto:iwona.hamara@gmail.com)

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## Venue

Hala Haffnera /100-lecia Sopotu, 81-817 Sopot. Jakuba Goyki 7, <http://www.sopot.net/sportshall.htm>

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## Course Programme 13th – 15th July 2015

The training camp will take place at the Hala Haffnera, each day 09.00-13.00 hrs. On Wednesday after the course closing, we will hand over the participation certificates and have a photo session.

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## Referee's Course 16th July 2015

Referee's course will be held by Shihan Robert Hamara and Shihan Jaap Smaal (both WKF Senior Referees).  
Theory instruction: Thursday 17<sup>th</sup> July 09.00 till 15.00 at the Hala Haffnera /100-lecia Sopotu, 81-817 Sopot, Jakuba Goyki 7.  
The practical examination will take place on Friday 18th July starting at 09.00hrs. Further training will continue on Friday during the competition by WKF senior referees.

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## International DAN and KYU Grade Examinations

Examinations for Dan and Kyu grades will be held on Thursday 16th July from 09.00 till 13.00hrs at the Sport Hall or HQ Hotel depending on numbers of participants. Any person wishing to take an official examination should complete the application form and return it not later than final registration on 13th July 2015. Application for Dan grade must be in our possession no later than 26th June 2015.

For more information and application please contact:  
Robert Hamara, e-mail: [shihan@sakurakarate.net](mailto:shihan@sakurakarate.net) ;  
mobil: +47 92233143

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## Sopot Open 2015 Summer Championships

Tournament will be held at the Hala Haffnera, 81-817 Sopot, Jakuba Goyki 7, on Friday 17th July 2015 from 09.00 to 15.00. The programme for Friday will be given with the draw sheets. Please note that competitors must supply their own equipment. Red and blue mitts, red and blue belts, shin and foot protection is compulsory for kumite for all age groups as well as mouth guards (gum shields). However we do not insist on WKF approved types so long as it is safe and within reasonable dimensions.  
The draw and competition programme will be given to the coaches at 20.00hrs on Wednesday after the training session.

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## Early registration fees will end 13th May 2015:

### Instructor course:

1 day – PLN 70 (€17);      3 days – PLN 180 (€ 45)

### Main Course:

#### Adults:

1 day – PLN 60 (€ 15) ;      3 days PLN 150 (€ 35)

#### Children up to 11 years:

1 day - PLN 50 (€ 12);      3 days PLN 120 (€ 30)

### Referee Course:

PLN 100 (€25 ) - (WKF and EKF judges and referees – FREE)

### Competition fees for participants in the course:

#### Individual events:

Adults – PLN 40 (€10);      Children – PLN 30 (€8)

#### Teams events:

Adults – PLN 80 (€20);      Children – PLN 60 (€16)

### Competition fees for non-participants in the course:

#### Individual events:

Adults – PLN 50 (€12);      Children – PLN 40 (€10)

#### Teams events:

Adults – PLN 100 (€25);      Children – PLN 80

(€20) Grading for kyu grades: PLN 80 (€20)

Grading for Dan grades – apply for fees

### Late registration fees after 13th May 2015

Will be assessed plus 20% of the early fees.

### On site registration fees from 13th July

Will be charged plus 40% of the early fees

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## For application and payment please contact

Robert Hamara, e-mail: [shihan@sakurakarate.net](mailto:shihan@sakurakarate.net);  
mobil: +47 92233143

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## Final Registration

Final Registration and issue of documentation will take place at the venue Hala Haffnera on Monday 13th July from 0800 till 1000 hrs.

If you have paid by bank transfer please ensure that you have the bank transaction receipt with you. Coaches (team leaders) must attend registration.

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## Sayonara Party

The Sayonara Party will be on Friday 18th July at 19.00. More information will be given to the coaches at the final registration on 13th July 2015

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## Exclusion of liability

Organizers and promoters exclude any form of liability whatsoever. Remember to take with you travel insurance! We would like to remind you that: karate protectors, sport tapes, ice bags and other protection and first aid items are personal equipment, and it is your responsibility to have these things with you.

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