

# Haugesund Open

June 10-12, 2016

**All welcome to the land of the Vikings**

**Saturday, WKF kumite and kata for children – adults**

**Friday and Sunday kumite / kata seminar**

**Team from Egypt will also attend the seminar**

**Seminar, pay at the door**

**Kumite:** No name yet, one from National team Egypt or national coach. Info coming soon.

**Kata:** Aziz Kheder

<https://www.youtube.com/watch?v=HaM23oifVSs>

<https://www.youtube.com/watch?v=nxg-iC6YV1E>

[http://www.nkfshotokan.com/historie/abdelaziz\\_kheder.asp](http://www.nkfshotokan.com/historie/abdelaziz_kheder.asp)

**The nearest airport: Haugesund Lufthavn, Karmøy**

**Overview of participants for Haugesund Open**

**[http://www.nkfshotokan.com/nyheter/detail/detail.asp?ID=923&ID\\_Info\\_main=120](http://www.nkfshotokan.com/nyheter/detail/detail.asp?ID=923&ID_Info_main=120)**

**KAMP  
SPORT**



**KAMP  
SPORT**

# Karmøyhallen,

## Kopervik, NORWAY

### **RULES & REGULATIONS:**

The competition will be conducted according to rules of WKF with two third places, flag system in kata and kumite with repechage.

8 – U12: Two persons go kata at once.

The day of birth decide the age category.

**Friday – Kumite / kata seminar.**

**Saturday - Competitions for Cadets, Junior, U21, Seniors and Masters (+40).**

**Sunday – Kumite / kata seminar.**

### **KATA, WKF rules:**

- Teams kata for (U16) different kata in every round.
- Teams kata for senior (+16) different kata in every round.
- Kata Children (8-10 years) can do the same kata every round (2 rounds). No rating, all get medals.
- Kata Older Children ( 11 years) can do the same kata every round.
- Kata Youth (12-13 years) new kata in the final.
- Kata Cadet (14-15 years) new kata every round.
- Kata Juniors (16-17 years) new kata every round.
- Kata (U21, seniors) new kata every round.
- Kata (seniors +21 years) new kata every round.
- (By few participant may U21 and senior merged).
- Kata Master (+40 years) new kata in the final.

**- Kata 8 – U12 years, two persons goes kata at once.**

### **KUMITE, WKF rules:**

- Teams kumite (U16 years), 3 competitors, 2 min.
  - Teams kumite (+16 years), 3 competitors, 3 min.
  - Individual Kumite: (8-10 years) 1 min.. (2 rounds). No rating, all get medals.
  - Individual Kumite: (11 years) 1.5 min. cup system.
  - Individual Kumite: (youth 12-13 years) 1.5 min.
  - Individual Kumite: (cadet 14-15 years) 2 min.
  - Individual Kumite: (juniors 16-17 years) 2 min.
  - Individual Kumite: (seniors U21 years) male 3 min. female 2 min.
  - Individual Kumite: (seniors +21 years) male 3 min. female 2 min.
  - (By few participant may U21 and senior merged).
  - Individual Kumite: (Masters +40 years) 2 min.
- If in weight category will be less than 8 competitors, category can be combined.  
- In team kumite competitions, team can be complete with competitor from younger age category.

- Contestants who start in kumite are obligated to have necessary equipment (teeth guard, groin guard, feet guards and gloves in blue and red color, body protector). **In kumite, no face mask.**

#### **KUMITE INDIVIDUAL weight classes:**

- Kumite individual (Children) Male/Female: 8-10 years: No weight classes (only regional)
- Kumite individual (Children) Male/Female: 11 years: No weight classes (only Nordic Country)
- Kumite individual (Youth) 12 – 13 years: Male -40kg, +40kg, / Female -35kg, +35kg
- Kumite individual (cadet) 14-15 years, Male: -60kg, +60kg / Female: -55kg, +55kg
- Kumite individual (junior) 16-17 years, Male: -61kg, -76kg, +76kg / Female: -48kg, -59kg, +59kg,
- Kumite individual (U21) Male: -67kg, -84kg, +84kg, / Female: -55kg, -68kg, +68kg
- Kumite individual (Seniors) +21 years, Male: -67kg, -84kg, +84kg, / Female: -55kg, -68kg, +68kg
- (By few participant may U21 and senior merged.
- Kumite individual (Masters) +40 years, Male / Female: No weight classes.

All non-Norwegian athletes will get medal from the Norwegian Martial Arts Federation (NMAF).  
All 8 – 11 years will also get a medal from NMAF

## **PAYMENTS & REGISTRATION :**

150 NOK per class, Children 8 – 11 years.  
200 NOK Per class, youth – master.  
350 NOK For team

300 NOK Kata/kumite seminar (1 day 200 NOK), only seminar pay at the door.

**Sign up:**  
**By mail to [alf-fag@online.no](mailto:alf-fag@online.no)**

### **Last entry date May 31, 2016. (No entry after this date)**

Deleting the entry of the competitor in the day of the competitions means that you are still obliged to pay the entry fee.

Deadline of making any changes in entries is May 31.10.2016. After this date, each change of the entry will be charged with extra payment of 100 NOK.

Registration and weight inn Saturday 08.00 – 10.00 at the sports hall (Karmøyhallen, Kopervik)

If the competitor has been registered in wrong weight category it means that he will be disqualified.

There will not be possibility of making any changes in the day of the contest.

## **PAYMENT:**

Please make necessary payment of the starting fee by money transfer under the title “Haugesund Open” and name of the club and country on the following account:

Sentrum Karateklubb  
Kagt.72  
4280 Skudeneshavn  
Norway

Account no.: 3361.12.97268

**SWIFT CODE (BIC):** DNBANOKK  
**IBAN:** NO1733611297268

## **TIMETABLE:**

### **10.06.2016 – Friday (kata / kumite seminar)**

17.00 – 18.30 kumite

18.30 – 20.00 kata

### **11.06.2016 - Saturday**

07.30 Sports hall open

08.00 – 10.00 Weight Control / registration

08.00 Referee meeting

09.00 – 12.00 Children 8-10-, and 11 years, kata / kumite

12.00 Medal Ceremony for 8 – 11 years.

12.30 Opening Ceremony, pictures of all competitors, coaches, referees.

13.00 – 16.00 All kata. Youth – master, team kata

16.00 – 20.00 All kumite. Youth – master, team kumite

### **12.06.2016 – Sunday (kata / kumite seminar).**

11.00 – 12.30 kata

12.45 – 14.15 kumite

## **TRANSFERS:**

We can help with transfer for your team from airport to hotel and from hotel to airport.  
For more information, please contact the organizer by e-mail: [alf-fag@online.no](mailto:alf-fag@online.no)

## **Hotels, accommodations:**

### **When ordering room mention “KARATE”**

Scandic Maritim [www.hotelmaritim.no](http://www.hotelmaritim.no)

Single room Nkr.600,- Double room Nkr.800,-

Family room up to 5 persons (800,- same as double room, for person no 3-5 +Nkr.200,- each person).

25 min drive from the hall, walking distance to downtown Haugesund.

Park Inn, Radisson Blu <http://www.parkinnhotell.no/hotell-haugesund>

Single room Nkr.600,- Double room Nkr.800,-

20 min drive to the hall, 5 min drive to Haugesund sentrum.

Hotel Neptun Ph.no. [mail@hotellneptun.no](mailto:mail@hotellneptun.no) +47 52 86 59 00

Single room Nkr.650,- Double room Nkr.750,-

25 min drive from the hall, walking distance to downtown Haugesund.

Skudenæs Camping (20 min drive from the hall) <http://www.skudenescamping.no/>

Phone no.: +47 934 85 693

# Worth visiting in Karmøy and Haugesund

**Skudeneshavn. Most of the houses is from the early 1800.**

[https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=gamle+skudeneshavn&oq=gamle+skude&gs\\_l=img.1.0.0i2412.2073.6133.0.8823.11.9.0.2.2.0.143.621.7j1.8.0....0...1ac.1.64.img..1.10.631.bnYGOfeOrBY](https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=gamle+skudeneshavn&oq=gamle+skude&gs_l=img.1.0.0i2412.2073.6133.0.8823.11.9.0.2.2.0.143.621.7j1.8.0....0...1ac.1.64.img..1.10.631.bnYGOfeOrBY)

**Åkrehamn. Well known for the beautiful beaches....**

[https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=gamle+skudeneshavn&oq=gamle+skude&gs\\_l=img.1.0.0i2412.2073.6133.0.8823.11.9.0.2.2.0.143.621.7j1.8.0....0...1ac.1.64.img..1.10.631.bnYGOfeOrBY#hl=no&tbm=isch&q=%C3%85kra+sand](https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=gamle+skudeneshavn&oq=gamle+skude&gs_l=img.1.0.0i2412.2073.6133.0.8823.11.9.0.2.2.0.143.621.7j1.8.0....0...1ac.1.64.img..1.10.631.bnYGOfeOrBY#hl=no&tbm=isch&q=%C3%85kra+sand)

**Kopervik. The Haugesund Open competition city.**

[https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=gamle+skudeneshavn&oq=gamle+skude&gs\\_l=img.1.0.0i2412.2073.6133.0.8823.11.9.0.2.2.0.143.621.7j1.8.0....0...1ac.1.64.img..1.10.631.bnYGOfeOrBY#hl=no&tbm=isch&q=kopervik+sentrum](https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=gamle+skudeneshavn&oq=gamle+skude&gs_l=img.1.0.0i2412.2073.6133.0.8823.11.9.0.2.2.0.143.621.7j1.8.0....0...1ac.1.64.img..1.10.631.bnYGOfeOrBY#hl=no&tbm=isch&q=kopervik+sentrum)

## Competition hall

[https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=gamle+skudeneshavn&oq=gamle+skude&gs\\_l=img.1.0.0i2412.2073.6133.0.8823.11.9.0.2.2.0.143.621.7j1.8.0....0...1ac.1.64.img..1.10.631.bnYGOfeOrBY#hl=no&tbm=isch&q=kar m%C3%B8y+hallen](https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=gamle+skudeneshavn&oq=gamle+skude&gs_l=img.1.0.0i2412.2073.6133.0.8823.11.9.0.2.2.0.143.621.7j1.8.0....0...1ac.1.64.img..1.10.631.bnYGOfeOrBY#hl=no&tbm=isch&q=kar m%C3%B8y+hallen)

**Avaldsnes, first capital of Norway. Viking village and a museum.**

[https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=avaldsnes&oq=avaldsnes&gs\\_l=img.1.0.0i10i2416j0i24.3302.5598.0.11506.8.8.0.0.0.0.135.590.7j1.8.0....0...1ac.1.64.img..0.8.587.txC9-89\\_jGQ](https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=avaldsnes&oq=avaldsnes&gs_l=img.1.0.0i10i2416j0i24.3302.5598.0.11506.8.8.0.0.0.0.135.590.7j1.8.0....0...1ac.1.64.img..0.8.587.txC9-89_jGQ)

[https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=avaldsnes&oq=avaldsnes&gs\\_l=img.1.0.0i10i2416j0i24.3302.5598.0.11506.8.8.0.0.0.0.135.590.7j1.8.0....0...1ac.1.64.img..0.8.587.txC9-89\\_jGQ#hl=no&tbm=isch&q=avaldsnes+vikingg%C3%A5rd](https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=avaldsnes&oq=avaldsnes&gs_l=img.1.0.0i10i2416j0i24.3302.5598.0.11506.8.8.0.0.0.0.135.590.7j1.8.0....0...1ac.1.64.img..0.8.587.txC9-89_jGQ#hl=no&tbm=isch&q=avaldsnes+vikingg%C3%A5rd)

**Centrum of Haugesund**

[https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=avaldsnes&oq=avaldsnes&gs\\_l=img.1.0.0i10i2416j0i24.3302.5598.0.11506.8.8.0.0.0.0.135.590.7j1.8.0....0...1ac.1.64.img..0.8.587.txC9-89\\_jGQ#hl=no&tbm=isch&q=Haugesun+sentrum](https://www.google.no/search?hl=no&site=img&tbm=isch&source=hp&biw=1366&bih=667&q=avaldsnes&oq=avaldsnes&gs_l=img.1.0.0i10i2416j0i24.3302.5598.0.11506.8.8.0.0.0.0.135.590.7j1.8.0....0...1ac.1.64.img..0.8.587.txC9-89_jGQ#hl=no&tbm=isch&q=Haugesun+sentrum)

**Shopping**

Oasen <https://www.google.no/maps/place/Oasen+Storsenter/@59.3752257,5.3192303,13.25z/data=!4m2!3m1!1s0x0:0x55d515eb31eb76f3>

Amanda <https://www.google.no/maps/place/Amanda+Storsenter/@59.3945324,5.3324381,15z/data=!4m2!3m1!1s0x0:0x9ef5c7b713d65582>