



41st
EUROPEAN KARATE
PORTUGAL 2014 - Lisbon
Junior Cadet & 6th U21
7 to 9 February



ORGANIZATION

Organizing Committee: Portuguese Karate Federation



Address: Rua do Cruzeiro nº6 r/c Dto 1300-164 LISBOA

Head Coordinator - Carlos Silva

tesoureiro@fnkp.pt - mobile +351 960 164 777

Secretariat, General issues – Isaura Fonseca

secretary2014@fnkp.pt - mobile +351 967 328 378

Logistics, hotel, transfers and catering – Sara Rodrigues

logistics2014@fnkp.pt – mobile +351 961 800 988

Website - <http://euro2014.fnkp.pt>

Travel agency



Sandra Cordeiro

BULLETIN 2

Pages 33



Through internal and official document number 3008, the President of the Portuguese Republic, his Excellency, President Aníbal Cavaco Silva, has granted his high support to the 41st Cadet & Junior and 6th Under 21 years cup European Championships, to be held in Lisbon, in February 2014.

COM O ALTO PATROCÍNIO
DE SUA EXCELÊNCIA



O Presidente da República



As Secretary of State for Sport and Youth is with great pleasure that I address all those who visit our country to participate in the 41st European Junior & Cadet and 6th Under 21 Karate Championships, Lisbon 2014.

I greet all the participants in this international event, managers, coaches, judges and practitioners as well as their family members, for the opportunity to, in parallel with the sports competition, visit and discover Portugal.

Karate is an excellent vehicle for education and training, socialization and social integration. Whether in its competition or in its traditional slope, has presented an interesting development in our country and is a very important sport for the development of self-discipline and self-control in children and youth.

Karate by promoting the core values of sport, is in line with the sports policy direction of this XIX Constitutional Government, which set as one of its main guidelines ethics and values of sport and is a good example of the contribution that sport can have in promotion of sports in the female and the intercultural and intergenerational dialogue.

It is my deep desire that all may achieve their sporting goals, this being at least, each one overcoming.

Welcome to Portugal, welcome to Lisbon!

Emídio Guerreiro

Secretary of State for Sport and Youth



It is for me and for all of the components of the European karate family a great pleasure to visit, the city of Lisbon in Portugal. More than 40 European countries are going to meet in Lisbon around these European Cadet and Junior Championships - as well as under 21 European Cup - and around karate, a sport that is proving day by day not only how deep it is merged in our society but also the added value that its practice gives irrespective of age and condition.

The Karate Federation of Portugal is a very loyal and appreciated member from both the European Karate Federation and the World Karate Federation, for both qualitative and quantitative reasons. We are aware of the progress that karate has experienced in the country and how positively it has been contributing to the worldwide development of our sport.

The recent loss of the PKF President Joao Salgado is something that has tremendously hit all of us but at the same time it is a strong motivation to work for a successful event and to show Joao that this event, his event, will give us the opportunity to again honour his memory and thank him for all he did in life for Karate.

We also want to congratulate the Portuguese Federation for the commitment, professionalism and interest shown for the successful organization of these Championships, and wish that this event will serve to further promote karate popularity and practice throughout the country.

In the name of the whole European Karate, thank you for your inestimable contribution, and be sure that we all will enjoy unforgettable days in Lisbon and Portugal.

Antonio Espinos, President of the European Karate Federation



Dear friends,

Lisbon, with the richest history, was of the utmost importance when the intrepid Portuguese sailors discovered the world. With their ships, these brave men *presented the world with new worlds*. Due to its excellent geographic location, this city has been core in the communication through the seas of the various continents.

Just like the city and the country, we hope and wish that this Championship proves to be of significance in the interaction between the many cultures and nations that will partake in it, such are the expectations of the European Karate family. We will do everything in order to make sure that you are presented with an excellent stay and that all requirements are met so that, when returning home, you feel like you participated in an event of excellence that provided you unforgettable moments.

I want to thank specially to all those that, for over one year, worked in order for this championship to run smoothly and with all the necessary conditions. Getting to this point was only possible due to the personal effort of a great friend, mine and yours, who passed away unexpectedly, but whose merits and attitude will remain forever as an example. It's in the name of this memory, that I leave here my most felt tribute and, I am sure, of all Karate practitioners, to João Salgado.

As current President of the National Karate Federation – Portugal, I'd like to welcome you to the 41st European Cadet & Junior Karate Championship & 6th Under 21 Years Cup, which will take place in February the 7th, 8th and 9th, 2014 in the city of Lisbon, Portugal.

Regards,

Jorge Perestrelo, President of National Karate Federation – Portugal



Dear participants,

After 22 years of the last event held in Portugal (1992), promoted by the European Federation, Portugal is again at the forefront of European Karate.

National Portuguese Karate Federation, through the Organizing Committee is proud to organize the 41st European Junior & Cadet and 6th Under 21 Karate Championships, prestigious international event and the largest European event of karate in these categories.

Our presence in the construction, development and implementation of this project is mainly due to our late President João Salgado, his boldness and his quality as a leader, to believe in our ability and competence.

Thank you, President João Salgado.

Organizing committee has set targets in order to revalue this sport and to perform organizational affirmation. Economic difficulties in our country have become an obstacle to overcome. It is for this reason that the event in a general perspective, gives us cause for enhanced satisfaction, reflecting the dynamics of karate in Portugal and Europe. This Championship aims to demonstrate that Karate has a future and the legacy that brought us here, will be an achievement of successes to come.

We are working with all the commitment, so that you may feel a warm welcome. We look forward to welcome you. Thank you for honouring our Federation with your presence in Portugal.

Greetings,

Carlos Silva, General Coordinator





WELCOME TO PORTUGAL



Officially the Portuguese Republic, is a unitary sovereign state in South- Western Europe, whose territory is being bathed at south and west by the Atlantic Ocean.

Portuguese territory currently has 10 million inhabitants and has a total area of 92090Km².



We have a Mediterranean climate, the annual average temperature in mainland is from 12°C to 8°C in winter and in summer from 26°C to 42°C. Country of discoverers and friendly people, easy to deal with, ancient traditions and exceptional cuisine with beautiful beaches to enjoy our summer.



LISBON WELCOMES YOU



Lisbon is the capital city and largest city in Portugal with a population of 547,631 within its administrative limits on a land area of 84.8 km² (33 sq mi). The urban area of Lisbon extends beyond the administrative city limits with a population of over 3 million on an area of 958 km² (370 sq mi), making it the 11th most populous urban area in the European Union. About 3,035,000 people live in the Lisbon Metropolitan Area (which represents approximately 27% of the population of the country).



Lisbon is the westernmost large city located in Europe, as well as its westernmost capital city and the only one along the Atlantic coast. It lies in the western Iberian Peninsula on the Atlantic Ocean and the Tagus River.

Lisbon is recognized as a global city because of its importance in finance, commerce, media, entertainment, arts, international trade, education, and tourism.





It is one of the major economic centres on the continent, with a growing financial sector and the largest/second largest container port on Europe's Atlantic coast. Lisbon Portela Airport serves over 15.3 million passengers annually (2012); the motorway network and the high-speed rail system of (Alfa

Pendular) link the main cities of Portugal.

The city is the seventh-most-visited city in Southern Europe, with 1,740,000 tourists in 2009.

Lisbon is one of the oldest cities in the world, and the oldest city in Western Europe.



Lisbon enjoys a Mediterranean climate. Among all the metropolises in Europe, it has the warmest winters, with average temperatures 15 °C (59 °F) during the day and 8 °C (46 °F) at night in February (last Year).

Locally, Lisbon inhabitants may more commonly refer the spaces of Lisbon in terms of historic *bairros* (neighborhoods). These communities have no clearly defined boundaries and represent special quarters with a common historical culture, identifiable architectural landmarks, livings standards and/or local personality, such as *Alcântara*, *Bairro Alto*, *Alfama*, *Chiado*, and so forth.



GENERAL INFORMATION

Currency:

The Portugal currency is Euro. Foreign currencies can be exchanged at the airport, in Post offices, in banks, as well as in many foreign currency exchange offices which can be found all over the city. Banks are usually open from 8am to 3pm, from Monday to Friday.

Electricity :

220 Volts / 50 Hz

Communication:

To call Portugal from abroad, dial the international code 00(+) followed by 351 for Portugal. Example for Lisbon number: 00 (+)351 210 164 777.

Services:

Emergency ambulance service: 112

Passport / Visa requirements

For short stays, European regulations itemize a list of countries. Citizens of the European Union, as well as nationals of Iceland, Norway, Liechtenstein and Switzerland do not require a visa to enter Portugal.

Citizens of the following countries to enter Portugal must apply for a visa:

ALBANY / F.Y.R.O. MACEDONIA / ARMENIA / AZERBAIJAN / BELARUS / BOSNIA AND HERZEGOVINA / GEORGIA / MOLDAVIA / RUSSIA / SERBIA / MONTENEGRO / TURKEY/ UKRAINE .

Vaccination: no need.

Majority religion: Catholic



THE VENUE

MEO ARENA SPORT HALL



Parque das Nações, Meo Arena's location

“Parque das Nações” known as Expo'98. The area suffered massive changes giving Parque das Nações a futuristic look. A long lasting legacy of the same, the area has become another commercial and higher end residential area for the city. Central to this is the Gare do Oriente (Orient Station), one of the main transportation hubs of Lisbon for trains, buses, taxis, and the metro. Its glass and steel columns are inspired by Gothic Architecture, lending the whole structure a visual fascination (especially in sunlight or when illuminated at night). It was designed by the architect Santiago Calatrava from Valencia, Spain. Across the street, through Vasco da Gama Mall, is Parque das Nações (Park of the Nations), site of the 1998 World Expo.

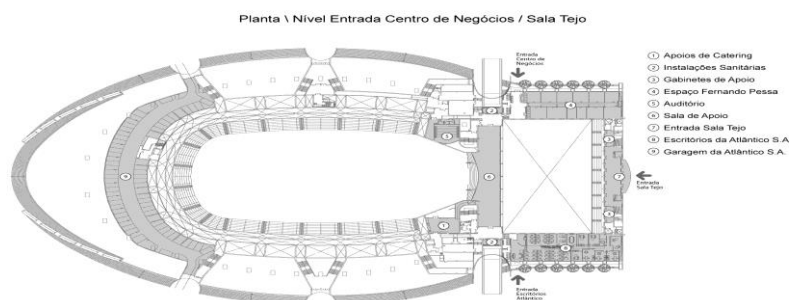
The area is pedestrian-friendly with new buildings, restaurants, gardens, the Lisbon Casino, the FIL building (International Exhibition and Fair), the Camões Theatre, as well as the *Oceanário de Lisboa* (Lisbon Oceanarium), the second largest in the world. The district's Meo Arena has become Lisbon's "jack-of-all-trades" performance arena.



Meo Arena measures 5200 m² with a seating capacity of 12.900. However the total capacity is 20.000 for all standing events.

- 3 seating levels
- 5 main entrance doors / 26 outside doors + tunnels
- Polyvalent Spaces
- Working Rooms
- Auditorium
- Multimedia Centre
- Telecommunication Centre

<http://arena.meo.pt>





ACCOMMODATION

Hotels, contracted for the 41st European Cadet, Junior and Under 21 years Karate Championships, are located in the Portuguese Capital, in Lisbon, all at walking distance to the sports hall.

Official Hotels, bed and Breakfast with optional dinner

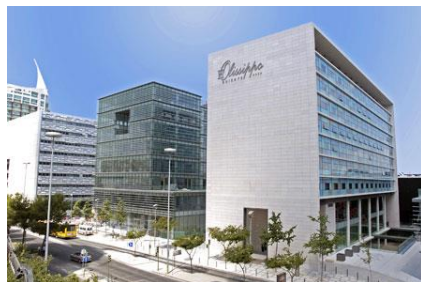
Prices in Euro (€) per room and night

| | Cat | For bookings after | | Dinner |
|-----------------------------|-----|-------------------------------|---------|-----------|
| | | the 02 nd December | in | with |
| | . | in | in | Non |
| | | SGL | DBL/TWN | alcoholic |
| | | | | Drinks |
| 1 Hotel Olissippo Oriente | 4* | 90,00 € | 95,00 € | 18,00 € |
| Headquarters | | | | |
| 2 Hotel Tivoli Oriente | 4* | 75,00 € | 85,00 € | 29,50 € |
| 3 Hotel Tryp Oriente | 4* | 69,00 € | 75,00 € | 18,00 € |
| 4 Hotel Vip Executive Art's | 4* | 69,00 € | 81,00 € | 21,00 € |
| 5 Hotel Sana Metropolitan | 4* | 69,00 € | 75,00 € | 19,00 € |

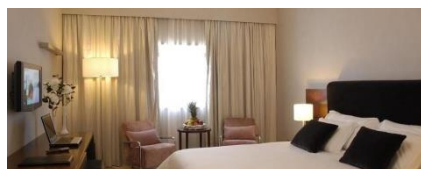
HEADQUARTERS HOTEL

Hotel Olissippo Oriente

1



The Olissippo Oriente Hotel is a modern 4 star unit located at "Parque das Nações" in Lisbon, standing out as one of its main features, the proximity to the Oceanarium, the Exhibition Centre (FIL), the Vasco da Gama Shopping Center and the Lisbon Casino. The Hotel, inserted in the centre of Parque das Nações.



Distinctive details on the different floors, provide an always new and welcome environment to those who visit us again.

Webpage: www.olissippohotels.com

Distance to Sports Hall: [0,5 km / 4 minutes walking](#)

Hotel Tivoli Oriente

2



With a stunning view out over the river and Parque das Nações (former Expo site), this 4-star Lisbon hotel reflects the energy, technology, art and friendliness of Lisbon today. Excellent for business meetings or weekend breaks, the Tivoli Oriente can be easily reached from any part of the city or further away by using the Gare do Oriente train station.



Take time out to enjoy the magnificent features of this stunning Parque das Nações hotel, including the indoor swimming pool, the welcoming Tivoli Caffé and the Hippopotamus Grill Restaurant, the perfect place for fans of the best in grilled meat.

Webpage: www.tivolihotels.com

Distance to Sports Hall: 0,4 km / 3 minutes walking

Hotel Tryp Oriente

3



The TRYP Lisboa Oriente Hotel is located in the eastern part of Lisbon, in the heart of the Parque das Nações, alongside the ultra-modern transport hub at Gare do Oriente and the Vasco da Gama Bridge. TRYP Lisboa Oriente Hotel is just a few minutes from the centre of the city and 3km from Lisbon International Airport, it is also in the vicinity of the FIL trade fair venue, the Pavilhão Atlântico, the Oceanarium, the Vasco da Gama shopping mall, and the new Lisbon Casino.



Tryp Lisbon Oriente Hotel offers rooms equipped with satellite TV and video system, minibar, safe, air conditioning, direct dial telephone with making fax and personal computer and a hairdryer. Free Internet Wi-Fi in all public areas.

Feel the excitement of one of the busiest European capitals from our hotel Tryp Oriente Lisbon. With a privileged location in the city, has at its disposal refined cuisine, impressive architecture and lively nightlife.

Each morning, charge your batteries with an excellent buffet breakfast before leaving for the city.



Webpage: www.tryporiente.com

Distance to Sports Hall: 0,4 km / 3 minutes walking

Hotel Vip Executive Art's

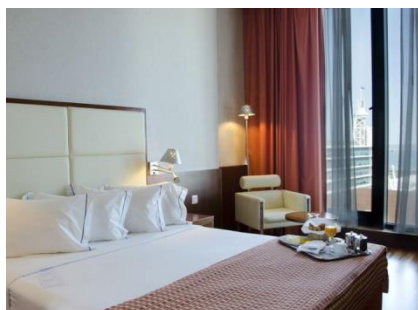
4



The VIP Executive Art's Hotel with 300 rooms combines design, avant-garde technology, comfort and unsurpassed services so we can satisfy the costumers need for ease and well being.

Located in front of "Parque das Nações", strategically placed in Lisbon's new modern business centre, this distinctive Hotel offers convenient access to fine dining, shopping and entertainment areas.

The four star Hotel, is distinguished for its hospitality and excellent service.



Webpage: www.viphotels.com

Distance to Sports Hall: 0,6 km / 5 minutes walking

Hotel Sana Metropolitan

5



With a strategic location, near Praça de Espanha and the Lisbon City Zoo, only 10 minutes away from “Marquês de Pombal Square” and the Lisbon International Airport the SANA Metropolitan Hotel, totally refurbished, has excellent access to enter or leave the city, to visit the El Corte Inglés Department Store or the biggest shopping centre in Europe: the Centro Comercial Colombo.



Come and see the renewed Astrolábio, a pleasant and casual space that turns your meal into a special moment.

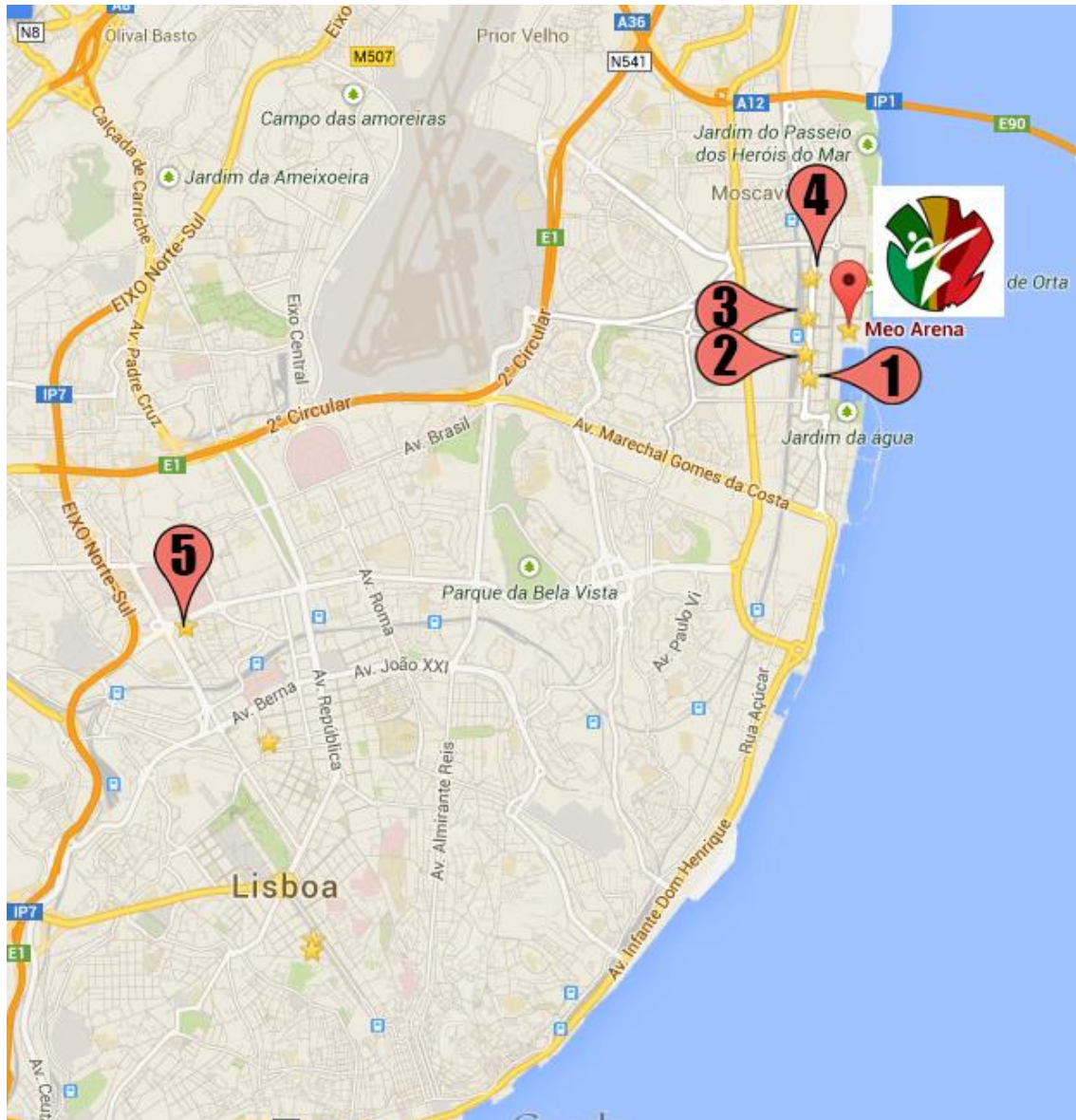
During the week, the lunch buffet is already a mandatory stop for those who work in the neighborhood, enjoying Portuguese cuisine but also international dishes. Consult us regularly to know more on our thematic buffets.

Webpage:

www.sanahotels.com



MAP OF OFFICIAL HOTELS



- (1) Hotel Olissippo Oriente - Headquarters
- (2) Hotel Tivoli Oriente
- (3) Hotel Tryp Oriente
- (4) Hotel Vip Executive Art's
- (5) Hotel Sana Metropolitan



LAND ARRANGEMENTS

Restaurant in Stadium

In the venue during the championship -----16.00€
Will be serve an OPEN BUFFET at 16 Euro per person including one drink and water.

ALL RESERVATIONS MUST BE MADE AND PAID UNTIL 15ST JANUARY 2014

Transfer Service

Airport Transfer from Lisbon to Hotel in private Bus -----15,00€
Price per person per transfer 2 way

ALL RESERVATIONS MUST BE MADE AND PAID UNTIL 15ST JANUARY 2014

Training facilities

In the 6 of February in the Venue is available to train for free, to the countries, which reserve and make the relevant application in time.

ALL RESERVATIONS MUST BE MADE AND PAID UNTIL 15ST JANUARY 2014

Public entrance tickets

Prices of the entrance tickets*:

| | |
|----------------|--------|
| For one day | 11.00€ |
| For three days | 16.00€ |

The tickets will be on sale through :

1. Blueticket (online ticketing).

The tickets can be purchased through the following websites:
www.blueticket.pt (official), arena.meo.pt (stadium's website), www.fnac.pt (ticket net's partner).

2. Portugal Karate Federation

For any request or booking, you can contact whit logistics and fill the application form.

The opening date for the sale of tickets will be on the 15th October 2013.

Warning: The entry ticket for spectators will be on sale during registration at the headquarters hotel and at the ticket office of the stadium **(subject to availability)**.



REGISTRATION OF THE DELEGATIONS

Registration of all athletes and officials will take place in the OLISSIPO HOTEL room MACAU A/B, on Thursday 6th February 2014 from 10am to 5pm.

PRESS ACCREDITATION

Press accreditation can only be given to professional journalists working for a media and having proof of their credentials. Accredited journalists will have access to working seats.

Photographers and TV or video cameraman will have access to their allocated seats only upon presenting the accreditation cards given to them during registration. Journalists and photographers will have access to the competition area with the accreditation given by the organization.

FAREWELL PARTY

There will be a Farewell party

The farewell is on Sunday evening (9th) from 10:30 to 3am of Monday (10th).

The tickets will be on sale at the cost of 15.00€.

INSURANCE

It is compulsory that all participants and members of delegations to have their own medical and personal trip insurance. The Portugal Karate Federation and European Karate Federation assume no liability or responsibility for the lack of insurance from participants and members of delegations.

The Heads of delegation have to sign the enclosed term of responsibility and return it by 15 of January 2014.

SALES IN CHAMPIONSHIP AND ADVERTISING

Please address all subject enquiries to

Isaura Fonseca - secretary2014@fnkp.pt - mobile +351 967 328 378

WEBSITE

<http://euro2014.fnkp.pt>



PAYMENT AND RESERVATIONS

ALL RESERVATIONS MUST BE MADE AND PAID UNTIL

15ST JANUARY 2014

- ✓ The number of rooms available is limited, reservation will depend on the availability of the Hotel, and this prices are for this event.
- ✓ Extra charges (telephone, minibar, meals...) will be paid directly to the Hotel.
- ✓ All above mentioned prices are NET and include all taxes as known at date of proposal.
- ✓ In the event of any change on official taxes, we reserve the right to review prices.
- ✓ No reservations have been made except where indicated.
- ✓ The payment and his confirmation shall be send to informed upon confirmation.

Cancelation conditions:

20 days prior to arrival: 75% fee of the total price for the booking, will be charged for cancellations.;

(until 15 of January 2014)

After 15 January 100% fee, of the total price for the booking will be charged for cancellations;

Please also note, when making changes to your reservations, in the last 10 days, the charge is € 50,00 change to cover office fees.



Bank Details

Beneficiary

FNKP – Federação Nacional de karate Portugal

Address – rua do cruzeiro nº 6 r/c dtr 1300-164 Lisboa

Name of Bank

BE\$ – Banco Espirito Santo

Address bank Arcadas do Parque 2765-001 Alapraia

ACCOUNT 2074 1035 0001

NIB - 0007 0207 00410350001 11

IBAN - PT50 0007 0207 0041 0350 0011 1

SWIFT/BIC - BESCPTPL

All fees derived by the bank transfer will be supported by the sender.



BOOKING FORM 1 IDENTIFICATION

FEDERATION: _____

CONTACT

| | |
|--------|--|
| Name | |
| E-mail | |
| Mobile | |

| | |
|---------------------|--|
| People | |
| Nr. Officials | |
| Nr. Athletes | |
| Nr. Coaches | |
| Nr. Referees | |
| Others (specify) | |
| Phone | |
| Fax | |

PAYMENT

Name Account - FNK-P or Federação Nacional karate Portugal
Address – rua do cruzeiro, nº 6 rc dtr 1300-164 lisboa – Portugal
Account - 2074 1035 0001
IBAN - PT50 0007 0207 0041 0350 0011 1
SWIFT/BIC - BESCPTPL

All fees derived by the bank transfer will be supported by the sender.

Send the booking form and bank transfer to :
logistics2014@fnkp.pt
to Sara Rodrigues



BOOKING FORM 2 CATERING

CATERING SPORTS HALL

| | Nr.pax | | | |
|--------------|--------|-----------------|----------|----------|
| Day 1 | | | | |
| Day 2 | | | | |
| Day 3 | | | | |
| Total | | X 15.00€ | = | € |

PAYMENT

Name Account - FNK-P or Federação Nacional karate Portugal
Address – rua do cruzeiro, nº 6 rc dtr 1300-164 lisboa – Portugal
Account - 2074 1035 0001
IBAN - PT50 0007 0207 0041 0350 0011 1
SWIFT/BIC - BESCPTPL

All fees derived by the bank transfer will be supported by the sender.

**Send the booking form and bank transfer to :
logistics2014@fnkp.pt
to Sara Rodrigues**



BOOKING FORM 3 ACCOMMODATION

FEDERATION: _____

Hotel 1st choice: _____

Hotel 2nd choice: _____

| Groupe 1 | Nr. | Check-in | Check-out | Groupe 2 | Nr. | Check-in | Check-out |
|----------|-----|----------|-----------|----------|-----|----------|-----------|
| Singles | | | | Singles | | | |
| Twins | | | | Twins | | | |
| Dinners | | | | Dinners | | | |

Total amount Group 1: _____ € Total amount Group 2: _____ €

PAYMENT

Name Account - FNK-P or Federação Nacional karate Portugal
Address – rua do cruzeiro, nº 6 rc dtr 1300-164 lisboa – Portugal
Account - 2074 1035 0001
IBAN - PT50 0007 0207 0041 0350 0011 1
SWIFT/BIC - BESCPTPL

All fees derived by the bank transfer will be supported by the sender.

**Send the booking form and bank transfer to :
logistics2014@fnkp.pt
to Sara Rodrigues**



BOOKING FORM 4 TRAVEL PLAN

TRAVEL DETAILS

| | |
|----------------|--|
| Arrival Date 1 | |
| Arrival Time | |
| Flight Nr. | |
| Nr. of People | |

| | |
|----------------|--|
| Arrival Date 2 | |
| Arrival Time | |
| Flight Nr. | |
| Nr. of People | |

| | |
|------------------|--|
| Departure Date 1 | |
| Departure Time | |
| Flight Nr. | |
| Nr. of People | |

| | |
|------------------|--|
| Departure Date 2 | |
| Departure Time | |
| Flight Nr. | |
| Nr. of People | |

PAYMENT

Name Account - FNK-P or Federação Nacional karate Portugal
Address – rua do cruzeiro, nº 6 rc dtr 1300-164 lisboa – Portugal
Account - 2074 1035 0001
IBAN - PT50 0007 0207 0041 0350 0011 1
SWIFT/BIC - BESCPTPL

All fees derived by the bank transfer will be supported by the sender.

Send the booking form and bank transfer to :
logistics2014@fnkp.pt
to Sara Rodrigues



BOOKING FORM 5 ROOMING LIST 1

FEDERATION: _____

1th - ROOMING LIST

| Room | Name | Surname | Position | Check In Date | Check out Date | Male - M Female - F |
|------|------|---------|----------|------------------|-------------------|------------------------|
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| 14 | | | | | | |
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Hotel name _____

Position – President – P / Administrator – AD / athletes – A / coach – C

Referees – R / others - O



BOOKING FORM 6 ROOMING LIST 2

FEDERATION: _____

2th - ROOMING LIST

Hotel name _____

| Room | Name | Surname | Position | Check In Date | Check out Date | Male - M Female - F |
|------|------|---------|----------|------------------|-------------------|------------------------|
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Position – President – P / Administrator – AD / athletes – A / coach – C

Referees – R / others - O



BOOKING FORM 7 TICKETS

FEDERATION: _____

1 –ENTRANCE TICKETS

| | | |
|-------------------------|--|---|
| Number of tickets 1 day | | |
| Number of tickets 3 day | | |
| Total amount | | € |

2- OTHER REQUEST 1

| |
|--|
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| |

Send the booking form and bank transfer to :
logistics2014@fnkp.pt
to Sara Rodrigues



EVENT'S PROGRAMME

EKF – CHAMPIONSHIPS 7/8/9 of February – Lisbon PORTUGAL

Thursday, 6th February 2014

| | | |
|---------------|--|----------------------------|
| 10:00 – 17:00 | Registration of Delegations (There will be a fast lane for the NFs having made online registration, with no changes and having paid by bank transfer. For any issues with the online registration, please contact office@sportdata.org) | HQ Hotel Room MACAU A/B |
| 14:00 – 16:30 | 1st European coach education forum | HQ Hotel Room TOKYO |
| 15:00 – 16:30 | Referee Commission Meeting | HQ Hotel Room PEQUIM B |
| 16:30 - 17:30 | License Renewal Examination | HQ Hotel Room PEQUIM B |
| 17:00 – 18:00 | Medical Commission Meeting | HQ Hotel Room PEQUIM |
| 19:00 – 20:00 | Technical Commission Meeting | HQ Hotel Room PEQUIM A |
| 18:00 – 19:00 | Referees, Judges and Coaches Meeting | HQ Hotel Room TOKYO |
| 19:00 Hours | Open Draw for Coaches | HQ Hotel Room MACAU A/B |

In the finals, all the coaches must be dressed with suit and tie (male and female).

**Executive Committee Meeting
Saturday 8 of February 9,00 / 11,00 – Room PEQUIM A**



EKF – CHAMPIONSHIPS
7/8/9 of February – Lisbon PORTUGAL
COMPETITION PROGRAM



| Friday 7 of February | |
|--|--|
| | Cadets program kata/kumite |
| 10:00 – 10:30 11:00 – 11:30 | Weigh-in Cadet Male, All Categories Weigh-in Cadet Female, All Categories |
| 10:00 – 12:15 | Kata Ind. Cadet Male/Female & Kata Female (- 21) Eliminatories & Repechages |
| | <i>Cadet Kumite Eliminatories</i> |
| 12:15 | Male -52 kg -57 kg -63 kg |
| 13:30 | Female -47 kg -54 kg +54 kg |
| 14:45 | Male -70 kg +70 kg |
| 15:30 | <i>Repechages Cadet Kumite Male & Female</i> |
| | <i>Finals</i> |
| 17:00 | <i>Kata Ind. Cadet Male/Female & Kata Female (- 21)</i> |
| 17:15 | <i>Medals Award</i> |
| 17:30 | <i>Male -52 kg -57 kg -63 kg</i> |
| 17:45 | <i>Medals Award</i> |
| 18:00 | <i>Female -47 kg -54 kg +54 kg</i> |
| 18:15 | <i>Medals Award</i> |
| 18:30 | <i>Male -70 kg +70 kg</i> |
| 18:40 | <i>Medals Award</i> |

In the finals, all the coaches must be dressed with suit and tie (male and female).

| Saturday 8 of February | |
|--|---|
| | Junior program kata/kumite |
| 10:00 – 10:30 11:00 – 11:30 | Weigh-in Junior Male, All Categories Weigh-in Junior Female, All Categories |
| 10:00 – 12:15 | Kata Ind. Junior Male/Female & Kata Male (- 21) Eliminatories & Repechages |
| 12:15 | Opening Ceremony |
| | Junior Kumite Eliminatories |
| 13:15 | Male -55 kg -61 kg -68 kg |
| 14:30 | Female -48 kg -53 kg -59 kg |
| 15:45 | Female +59 kg & Male -76 kg +76 kg |
| 16:45 | Repechages Junior Kumite Male & Female |
| | Finals |
| 18:00 | Kata Ind. Junior Male/Female & Kata Male (- 21) |
| 18:15 | Medals Award |
| 18:30 | Male -52 kg -57 kg -63 kg |
| 18:45 | Medals Award |
| 19:00 | Female -47 kg -54 kg +54 kg |
| 19:15 | Medals Award |
| 19:30 | Male -70 kg +70 kg |
| 19:45 | Medals Award |

In the finals, all the coaches must be dressed with suit and tie (male and female).

| Sunday 9 of February | |
|--------------------------------|--|
| | Junior Team & -21 kumite program |
| 10:00 – 10:30 11:00 – 11:30 | Weigh-in Under 21 Female, All Categories Weigh-in Under 21 Male, All Categories |
| 10:00 – 11:00 | Kata Team Cad/Junior Male/Female Eliminatories & Repechages |
| | Under 21 Kumite Eliminatories |
| 11:00 | Female -53 kg -60 kg +60 kg |
| 12:00 | Male -68 kg -78 kg +78 kg |
| 13:15 | Repechages Junior Kumite Male & Female |
| | Finals |
| 14:30 | Female -53 kg -60 kg +60 kg |
| 14:45 | Medals Award |
| 15:00 | Male -68 kg -78 kg +78 kg |
| 15:20 | Medals Award |
| 15:35 | Kata Team Cad-Junior, Male/Female |
| 16:00 | Medals Award |
| 16:10 | Closing Ceremony |

In the finals, all the coaches must be dressed with suit and tie (male and female).



1st EUROPEAN COACH EDUCATION FORUM

Objectives:

- Develop academic connection between the coach education departments of the European national Karate federations.
- Share experiences developed by each national federation.
- Establish and discuss a European policy pattern of Coach Education models.

Invited Organizations:

- **International Council for Coaching Excellence (ICCE)**
- **European Coaching Council (ECC)**
 - o Coach-net project
- European Network of Sport Science, Education & Employment (ENSSEE).
- Others with responsibility in Coach Organizations.

Provisional Programme

Day: Wednesday before the beginning of the Karate Junior & Cadet Championships

14h00 – Participants reception

14h30 – Open ceremony

14h45 – Karate coach Education in Portugal & Europe (by European Karate Federation)

15h00 – Portuguese Karate coach Education policy (by Portuguese Karate Federation)

15h15 – Other interested federations in doing its coach education policy presentation, or some who can be invited

16h00 – Discussion (in a matter of trying to develop a European coach education pattern)



16h30 – Conclusion



EKF APPROVED ITEMS

Important: The use of the WKF Face Mask and new Body Protector is compulsory for Kumite Cadet Categories male & female).

It can be purchased from the distributors of the five WKF approved companies, those details can be found at WKF web site www.wkf.net) The WKF Face Mask can also be purchased at the stands area in the MEO ARENA.

| TRADEMARK | MAIN OFFICE |
|---|--|
|  | <p>SPORTS MASTERS AUSTRALIA P/L 105-111 Jardine st. - Fairy Meadow 2519 NSW AUSTRALIA Phone: +612-42834363 Fax: +612-42855512 e-mail: sales@sports-master.com</p> |
|  | <p>PRIDE 410 Park Avenue, 15th Floor New York, NY 10022, USA E-mail: info@prideuc.com</p> |
|  | <p>WACOKU No. 168-13, CHYUAN-SHING, Lii. SHIN-HUAH, TAINAN TAIWAN. R.O.C. Telf: 886-6-5982133 / Fax: 886-6-5970840 e-mail: twitower@ms43hinet.net</p> |
|  | <p>BEST SPORT Ltd. Zelionaya, 18-23. Gurievsk 238300 Kaliningradsky Region RUSSIA Phones: 007 9114672969 / 007 911 4997553 Fax: 007 08439 23337 e-mail: best_sport@mail.ru</p> |

WKF APPROVED Trademarks for sports items will also be permitted.



TERMS OF RESPONSIBILITY

To be filled, signed sent back before by 15st January 2014

I, _____
the undersigned, as the Head of Delegation of my country, duly enrolled to participate in 41st European Junior & Cadet and 6th Under 21 Karate Championships, which will be held in Lisbon, Portugal, from the 6th to the 9th of February 2014, 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 Portugal 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:

First name/ Surname:

Passport number: & expiry date:

Credit Card details: & expiry date:

Position in the federation:

Address: Tel: & email:

Fill in, stamp, sign and send to - Secretary2014@fnkp.pt

Signature