

KOI TO GREECE



19th KOI World Cup

&

Training Camp

CHALKIDA 18-25 JULY 2010



19th KOI Training Camp & World Cup

Chalkida, Greece 2010

CHALKIDA, EVIA ISLAND - GREECE
18 - 25 July 2010

Bulletin No 1



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Welcome



Dear Friends,

19th KOI World Cup & Training Camp 18th till 25th July 2010

Unfortunately we were unable to hold KOI 19 in the Netherlands as originally planned but thanks to our friends in Kobe Osaka Greece we were able at very short notice to arrange the event in Evia where we have enjoyed Greek hospitality at its very best on three previous occasions.

It is the stated goal of KOI to provide the opportunity for people of all ages to have access to safe, high level international competition and to be able to attend seminars designed to enhance their understanding of karate-do. The competitors will train for three days with the KOI Instructors and will then have the chance to compete under the supervision of experienced, honest, and competent referees. Together with our referee colleagues in WKF we intend to ensure that this championship will be one which will live up to our ideals in every way, and which you will remember with fondness for many years to come.

Not only that but our young people will be able to meet and test their skills against others from more than 30 countries in the best way possible; in peace and friendship.

I am sure we will have a wonderful championship, training camp, and holiday and I look forward to seeing you all in Greece.

Yours sincerely

A handwritten signature in black ink, appearing to read "Tommy Morris". The signature is fluid and cursive.

TommyMorris



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Cities of Chalkida, Eretria & Amarinthos



Chalkida, the capital of the Evia Island, is a modern town which stands on both the Evian and mainland side of Euripus. The town embraces, with the traditional two storeyed houses and modern high-rise buildings, the channel of Euripus and creates the impression that a large river flows through the town. In Chalkida the visitor can see the quay which has been built to the left and right of the channel along the Evian and mainland coast and can admire the creation of technology, the bridge and the creation of nature, the tide.

One can also visit the old Christian Basilica of Saint Paraskevi, the traditional building which houses the town hall and the red house which is famous for its splendid neo-classical architecture. One can also climb up the fortress of Kanithos and admire the panorama of Chalkida.

More information on the City of Chalkida: www.chalkida.gr

Eretria, this glorious monument of the Hellenic cultural past, is, due to the ferry, the second (after Chalkida) entrance towards the western and southern Evia. The city by itself is honorary one of the municipalities of Evia. Next to it, the municipality of **Amarinthos**, with the historical as well Amarinthos, is wrapping up the most historically interesting region of Evia.



But its history and the great number of monuments are not the only motives for a visit to that - so close to Attica region. The beaches of Eretria and Amarinthos are considered to be among the most prized in the gulf of Evoikos, while a plethora of taverns in the seaside are satisfying every taste.

More information on Evia island: www.evia.gr



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The Sport Hall

The competition will take place at the indoor venue in the complex of Holidays in Evia.

It has a capacity of 200 spectators, while there are many rooms for the better training of the athletes before competitions. The main room is fully air-conditioned.

Accommodation



The hotel where the camp will take place will be "Holidays in Evia".

You can see more information about the hotel at: www.holidaysinevia.gr

Reservations

The reservations in the hotel designated by the organisation must be done through the official travel agency:

AEGIS HOLIDAYS

34 Sivitanidou Str. , 176 76 Athens, GREECE

Tel.: +30-210-9515423, +30-210-9533136

Fax: +30-210-9515424

e-mail: worldcup@kobeosaka.gr

All reservations should be made through the official e-mail and paid to the official travel agency.

Accommodation

Despite the fact that we are going there high season the hotel is offering us the same off-season rate that was extended to the WKF Youth Cup last year. This was specially negotiated for us and therefore we must ask everyone to stay at this hotel and to book as soon as possible as we cannot hold the rooms for long. The rates are extremely good bearing in mind it is a great facility, especially for families, and the rates are all inclusive.



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General information and event schedule

Registration

Final Registration and issue of documentation will take place at the HQ Hotel on Sunday 18 July from 1400hrs until 2000hrs. Coaches must bring two passport style photographs for all their competitors as well as their KOI licences and a photocopy of their competitor's passports or other proof of the competitor's age. If you have paid by bank transfer please ensure that you have the bank transaction receipt with you. You must attend registration. In case of scheduled flights being delayed, a special late registration will be held the next day (Monday). Entries will be accepted only on proof of delay and at the sole discretion of KOI OC.

Main Course Programme

Please make sure that you arrive on time and that you bring your course card and KOI licence to all sessions. The Training Camp will take place each day from 0900-1300hrs. On Wednesday after close of course, we will present the participation certificates and have a photo session.

Lesson A 0900 till 1000

Break 30 minutes

Lesson B 1030 till 1130

Break 30 minutes

Lesson C 1200 till 1300

The Training Camp is overseen and supervised by Tommy Morris.

Shukokai Kata and techniques: Steven Morris

Shotokan Kata and techniques: Jaap Smaal and Loh Beng Hooi

Shitoryu Kata and techniques: Patrick Lim Chee Jin

Sport Kumite Training: Richard Callaghan, Marco Mazzanti, Sergey Ivanov, Rafael Akchurine



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Instructor's Course Programme

Lesson	Subject	Main Instructor
Mon 1	Welcome and Training with Main Course	KOI Instructors
Mon 2	Sport Kumite	Marco Mazzanti
Mon 3	Ju Jitsu	Steven Morris
Tue 4	Shitoryu Shitei Kata & Bunkai	Patrick Lim
Tue 5	Sport Kumite	Richard Callaghan
Tue 6	Safe Stretching Methods PNF	Steven Morris
Wed 7	Shotokan Shitei Kata & Bunkai	Jaap Smaal
Wed 8	New KOI Katas for Younger Kids	Tommy Morris
Wed 9	Military Unarmed Combat	Tommy Morris

Referee's Course

The referee's course is open to beginners as well as qualified referees and to those who are working on the tables during the championships. It will be held as follows: Monday, Tuesday, Wednesday from 15.00 till 17.00 for theory instruction and written examination. The practical examination will take place on Thursday 22nd July starting at 0900hrs at the sport hall and further assessment/training will continue on Friday, Saturday, and Sunday during the competition by WKF/KOI senior referees. All the latest modifications to WKF Rules will be explained and confirmed by Tommy Morris.

The Competition Draw

The draw and competition programme will be given to the delegates at 19.00hrs on Wednesday at the HQ Hotel.

International DAN and KYU Grade Examinations

KOI examinations for Dan and Kyu grades will be held on Thursday from 1400hrs till 1600hrs at the Sport Hall or HQ Hotel (depending on numbers). Any member wishing to take an official KOI examination should complete the application form and return it not later than the closing date for entries.

KOI Congress

The Congress will be held at the HQ Hotel at 1900hrs on Thursday. Invitations to the delegates will be issued at registration. There will be a buffet/reception afterwards.



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The programme for Thursday Friday, Saturday and Sunday will be given with the draw sheets. Please note that 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). However we do not insist on WKF approved types so long as it is safe to use and within reasonable dimensions. Any colour may be worn. If in doubt ask Tommy Morris or any of our senior instructor's during the training camp. It is not required for masks to be worn for Cadet or children's kumite events.

Sayonara Party

The Sayonara Party will be on Sunday 25th July and departures on Monday 26th July.



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KOI World Cup Categories for 2010

MALE CATEGORIES		FEMALE CATEGORIES
<i>Individual Kumite</i>		<i>Individual Kumite</i>
Boys Kumite 10/11 years old		
Boys Kumite 12/13 years old		Girls Kumite 12/13 years old
Cadet Kumite 14/15 years old		Cadet Kumite 14/15 years old
Junior Kumite 16/17 years old		Junior Kumite 16/17 years old
Senior Kumite 18 years and over		Senior Kumite 18 years and over
Under 65kg		Under 53kg
65kg to under 72.5kg		Under 60kg
72.5kg to under 80kg		Over 60kg
Over 80kg		
<i>Team Kumite</i>		<i>Team Kumite</i>
Cadet Team Kumite 14/15 years old		
Junior Team Kumite 16/17 years old		Junior Kumite Team 16/17 years old
Senior Team Kumite 18 years plus		Senior Team Kumite 18 years plus
<i>Individual Kata</i>		<i>Individual Kata</i>
Boys Kata 6/10 years old		Girls Kata 6/10 years old
Boys Kata 11/13 years old		Girls Kata 11/13 years old
Cadet Kata 14/15 years old		Cadet Kata 14/15 years old
Senior Kata 16 years and over Shitoryu		Senior Kata 16 years and over Shitoryu
Senior Kata 16 years and over Shotokan		Senior Kata 16 years and over Shotokan,
Senior Kata 16 years and over Wadoryu		Senior Kata 16 years and over Wadoryu
Senior Kata 16 years and over Gojuryu		Senior Kata 16 years and over Gojuryu
Senior Kata 16 years and over All Styles		Senior Kata 16 years and over All Styles
<i>Mixed Gender (Male & Female)</i>		
Team Kata under 16 years old		All male, all female, or mixed
Team Kata over 16 years old		All male, all female, or mixed
Veteran Individual Kata 40 years and over		Male & Female compete together



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In order to give young competitors a worthwhile experience at the KOI World Cup they may in the **kata** events only (not kumite) in addition to entering in their own age groups; compete in the next age group upwards. Therefore 6/10 years old can also compete in 11/13 years old. 11/13 years old can also compete in Cadets 14/15 years old. Cadets 14/15 years old can also compete in the senior categories (but not in Veterans). We reserve the right to merge categories if necessary.

KOI World Cup Competition Regulations 2010

1. All participants must be members of KOI and have an up-to-date KOI licence.
2. The member's licence number will bear their country code and will be used as their competition number in all KOI events. The competition number must be stitched or sewn onto the back of the karate-gi.
3. All entry forms and payments must be received by KOI HQ by the published closing date.
4. The coach or the appointed delegate must bring the KOI licences, two passport style photographs and a photocopy of the relevant passport page of all their participants to the registration which will be held on the Sunday preceding the World Cup.
5. Failure to be at registration on time will mean non participation in the World Cup.
6. In case of scheduled flights being delayed, a special late registration will be held the next day (Monday). Entries will be accepted only on proof of delay and at the sole discretion of KOI OC.
7. All competitors must participate in the Training Camp where they will be briefed on the rules concerning contact and the latest tactics.
8. The competitor's age must be the same as the age for the category entered on the day (or weekend) of the competition.
9. Each country or region may enter any number of teams in each category, and any number of individuals.
10. All Kumite contestants must wear gum shields and must supply their own red and blue mitts and belts. Females should wear breast protectors. Shin and foot protection is compulsory but need not be of WKF approved type so long as it is safe and within reasonable dimensions. 12 years and younger will wear body protection supplied by the organisers.



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11. All competitors are responsible for providing their own medical insurance.
12. The rules are the rules of the World Karate Federation, with some exceptions as to weights, ages and categories. Preliminary rounds will usually be conducted according to the "Mirror" system. For children the rules will be those of Kobe Osaka International. (Absolutely no face contact allowed). You can download a copy from www.worldkarate.net
13. Each participating country or group entered must supply referees or judges to work in the World Cup. The actual number required is dependent on the size of the delegation as follows;
Up to 10 competitors- 2 referees or judges.
More than 10 and up to 20 competitors - 3 referees or judges.
More than 20 competitors - 4 referees or judges
14. If they do not have a World Karate Federation, Continental, or KOI qualification, they must attend the Referee Course and take the examination. Failure to comply may mean that their competitors will be unable to participate.
15. The person or persons organising the entries for the group's competitor confirms that all competitors have been advised of the risks of competition karate and that they fully realise and accept these risks.
16. Current WKF rules do not allow women to wear head scarves. As a family group KOI does, however in order to maintain some uniformity we request the following;
Competitors and those wearing karate-gi should wear a plain, un-patterned, white scarf. Referees, judges and officials and those wearing blazers should have a plain, un-patterned, black (or navy blue) scarf.
17. We do not normally allow spectators in the training camp but this can be hard on parents who have young children attending the course so if space permits we will allow parents to purchase a ticket which will allow them entry on the understanding that no filming is allowed (non-professional still cameras are okay).

On-line registration is open now at www.sportdata.org Don't forget to send us a copy at worldcup@kobeosaka.com



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Accommodation Cost

Hotel	Single room FB per day	Double room FB per day	Triple or Quad room FB per day
Holidays in Evia	98 €	63 €	55 €

The above prices are given per person per day in euro (€); with full board
Full board accommodation includes breakfast, lunch and dinner in buffet.

- ☞ A snack with a drink (no alcohol for less than 18 years) free of charge until 23:00 will be offered to the participants of the camp and their accompanying persons twice a day.
- ☞ Sport activities (tennis, volley, basketball, table tennis, aerobic), shows, contests and use of sunshades and deck chairs at the sea and the pools will be free of charge.

Transportation	Taxi	Bus
Airport/Hotel or Hotel/Airport	150 € each way (maximum 3 persons)	10 € per person each way

Please take into account that there are a limited number of single and double rooms available which will be allocated according to the order that the reservation is made.

Usefull links

Greek National Tourism Organization: www.gnto.gr

Athens International Airport: www.aia.gr