



20th

# Balkan Seniors Karate Championships



24-25  
March  
2018



Istanbul Turkey



# 20th Balkan Seniors Karate Championships

24-25 March 2018 Istanbul, Turkey



President of Karate Federation of Balkan

Dear Friends,

It is a great honor for me to invite all competitors from the Balkan countries to participate in the 20th Balkan Karate Championships for Seniors which will take place in Istanbul, Turkey on 24-25 March 2018.

Organizing such an event is prestigious and a great responsibility. We hope that all participants will feel the Turkish hospitality. Karate Federation of Balkans is actively working towards the endorsement of the philosophy and spirit of Karate, promotes and develops Karate as an elite sport, as well as a mass sport for everyone.

The Balkan Karate Championship in Istanbul is more than just a competition, it is a place where friendship, respect and tolerance meet. The Karate sport is a challenge to the human spirit, the will and strength of the human body, daring and respect towards the opponent and a century old wisdom from the path.

Karate speaks all languages and connects all people and generations, regardless of race, gender and religion. I wish all participants good health and strength, boldness respect and dignity, and many sports victories.

Please accept my most sincere greetings and best wishes for success



Esat DELIHASAN

The President of Karate Federation of Balkan



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General Secretary of Karate Federation of Balkan

Dear sportsmen, judges and friends,

First of all I would like to express pleasure that the Karate Federation of Balkan became very stable and more organized.

This is organization which gathers in its membership leading national federation and sportsmen from Europe and the whole world.

I am sure that this Balkan championship, which will be organized in Istanbul, will contribute to our organization in order to strengthen respect in organizational and competitive manner.

It's my great pleasure to welcome all participants of the 20th Balkan Seniors Championship. Turkey and Istanbul are the traditional host a major sporting event such as this competition. Reassemble the whole Balkan in one place; it is a great honor and responsibility for Karate Federation of Balkan.

We hope that all participants and guests will see and feel the energy, knowledge and hospitality of our people and therefore will constantly return to compete.

This event is more than the competition itself. It will be a combination of friendship, art and karate. I wish that this event, for all participants and for the world karate sport, be seen as wordless dialogue in the spirit of sport philosophy. Karate speaks all languages and connects all people and generations, regardless of race, gender, religion and political status.

I wish to all participants to achieve the desired results.



Slavoljub PIPER  
General Secretary of Karate Federation of Balkan





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## Organisation

Turkish Karate Federation

Beştepe Mahallesi, Nergiz Sk. 7/A D:56, 06560 Yenimahalle/Ankara

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Event Coordinator Mr. Ercument Tasdemir

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## City of Istanbul

As much for its tourist haunts and delightful way of life, did you know that Istanbul has some quirky facts to its own history?

From tulips to the population to Agatha Christie, there are quite a few facts that will surprise anyone who is not knowledgeable about the large city

Istanbul is the only city in the world that straddles two continents: Asia and Europe.

- Istanbul, while being the ancient capital of many empires, from Rome to the Ottoman era, it is not the modern capital of Turkey as Ankara is.
- Istanbul, which used to be known as Constantinople thanks to the Roman Emperor Constantine the Great, is built on **seven hills** to match the seven hills of Rome.
- Tulips, the symbol of Holland, originated in Istanbul and were sent from Istanbul to Netherlands.
- Grand Bazaar is the biggest old covered bazaar in the world, with over 3.000 shops.



- British author Agatha Christie wrote her famous novel "Murder on the Orient Express" at Pera Palas Hotel in Istanbul.

- Istanbul is surrounded by sea, with the Bosphorus cutting right through it. And yet, snow is common in the city, with the annual average being 18 inches.





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- Istanbul has the same population – 13 million and rising – as one of the smallest countries in Europe, Belgium

- Originally named the Tower of Christ, the Galata Tower was built in 1348 at the apex of fortified walls and was used to house prisoners of war, later became an observatory, but now offers a 360-



degree viewing gallery of the city.

- Istanbul was once renowned as the most crowded city in the world – in 1502.

- Istanbul has the third oldest subway in the world, built in 1875. It's 573 meters long and located in the Beyoglu district.

## Top Ten Tourist Attractions in Istanbul

The powerful Byzantine and Ottoman empires ruled their lands from Istanbul for hundreds of years. They called the city Constantinople, and it became a metropolis for royal rulers and influential religious leaders to leave their mark. These days, the city has embraced the modern world while maintaining its traditional heritage. It is one of the top destinations in the world for a city break and there are many tourist attractions in Istanbul that will wow and delight you at the same time.

## Princes Islands

Exiled royalty from the Byzantine and Ottoman Empires were sent to the Princes Islands. Lying in the sea of the Marmara, off the coastline off Istanbul, they are nine islands, which become a hive of activity in summer. The traditional method of transport is a horse and cart. Large and impressive Ottoman mansions, built in the nineteenth century, line each side of neatly paved streets. Some properties have also become the summer homes for the Turkish jet-setters.



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## Hagia Sophia

From the outside, the Hagia Sophia may seem overwhelmingly big, but the real attraction of this Istanbul landmark is the architecture genius inside the domed Byzantine building. Built in 360 as an orthodox church, the Hagia Sophia was converted to a mosque in 1453, then into a museum in 1935. Large Islamic engravings adorned the top of tall stone columns while copious amounts of natural light stream through 40 windows. The Hagia Sophia is a prime example of Byzantine architecture and because of additions made to its structure over the years; is one of Istanbul's most iconic buildings.



## Blue Mosque

The [Blue Mosque](#) and Hagia Sophia resemble opposing chess pieces on a large game board. They stand facing each other with an average distance of 200 metres between them. Although the Hagia Sophia has lost its primary function as a place of worship, the Blue Mosque is the largest functioning mosque in Turkey. Also called the Sultan Ahmet mosque, it was built in 1609 using more than 20, 000 handmade ceramic tiles, and 200 stain-glassed windows. At full capacity, it can accommodate 10,000 people for prey.



## Topkapi Palace

The [Topkapi Palace](#) overlooks the golden horn and at the time of its completion, it was a busy city housing 4000 people. The architecture and décor is not as grand as the other palaces of Istanbul, but it still has many attractions such as original furnishings, clothes, and jewels from the royal rulers of the Ottoman Empire. Also on display is Muhammad's cloak and sword, the most important relics of the Islamic world.



## Grand Bazaar

The [Grand Bazaar](#) consists of more than 3000 shops and is a hive of activity from morning to night. The sprawling mass of crowded streets and tight corners means it is inevitable that first time visitors will get lost. Daily, vocal shopkeepers ply for the attention of 250,000 visitors, and only take a day off on Sunday. Its history dates from the beginning of





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the Ottoman Empire and if shopping is not your idea of fun, the old architecture will impress.

## **Basilica Cistern**

The Basilica cistern is easily missed if you are not deliberately looking for it. Lying underground, it is a water cistern dating back 1500 years. Large fish swim in the shallow waters and under man-made platforms that lead to the back of the cistern and the upside down heads of Medusa. The Basilica cistern has also achieved fame as the setting for one scene in the James Bond film called from Russia with Love.



## **Galata Tower**

The Galata tower stands proudly on the Istanbul skyline and gives up an extensive panoramic view over some of the best tourist attractions in Istanbul. Its current use as a museum is very different from its roles in history as a fire spotting tower and dungeon. At the top of the tower are two restaurants, used for the nightly Turkish shows introducing visitors to Turkish entertainment.

## **Bosphorus Cruise**

The shoreline of the Bosphorus has a lot of history to tell. During the great wars, battleships were a frequent site as troops flooded into the city. Nowadays the shoreline is home to grand places of the Ottoman royalty, old castles, rich summerhouses, and the traditional wooden Turkish yalis, of which some were built in the nineteenth century. The best way to see all the buildings of the Bosphorus is on a [pleasure cruise](#) with a guided commentary.



## **Dolmabahce Palace**

Last on our list of tourist attractions in Istanbul is Dolmabahce Palace, last home of the Ottoman rulers. It reflects everything that was extravagant about them. 14 tons of gold decorate the ceiling, pure crystals line the main stairway, and 131 handmade silk carpets are spread out on the floors. It also holds a large chandelier that weighs more than 4 tons and has an extraordinary 750 bulbs.

Our [daytime excursions](#) go to all the major tourist attractions in Istanbul. Whether you want to tour palaces, cruise down the Bosphorus or explore the streets of the old city, you will find a wide range of choice to enhance your visit.





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## Visa

All visa related issues should be checked on

<http://www.mfa.gov.tr/default.en.mfa>

Also online e-visa option is valid on web site <http://www.evisa.gov.tr/>

## Language

The official language is Turkish and mostly spoken language is English.

## Time Zone, Electric and Water

Turkey uses EET or Eastern European Time (GMT + 2), for summer, the rule is EEST or Eastern European Summer Time, which is one hour ahead.

220 Volts electric is used with two pins plugin

## Currency

**Name:** Turkish Lira  
**Symbol:** ₺ **Kuruş:** Kr  
**Minor Unit:**  
1/100 = kuruş

### TRY Stats

5 TL, 10 TL, 20 TL, 50 TL, 100 TL, 200 TL  
1 € = 4.658 TRY

## Weather

Cloudly and sunny 9-10 Degree's

## Working Hours and Days

The opening hours of Government departments, offices and banks are from 8.30am to 12:30pm and

1.30pm to 5:30pm, Monday to Friday. Shops are normally open from 9am to 7pm every day, including weekends. During the summer months, you can expect the working day to begin at 7am or 8am and end at 2pm, in some cities. Working days are Monday, Tuesday, Wednesday, Thursday, Friday and Saturday, Sunday are the holidays.

## How to Go

Istanbul has two international airports; one on the Asian side (Ataturk Airport) and the other one on the European side (Sabiha Gokcen Airport). From Istanbul you can fly to many other cities of Turkey as there are frequent daily flights of different airline companies.

Also Istanbul has subways connected from all Balkan Countries.

Turkish Airlines [www.thy.com](http://www.thy.com)

Turkish Railways [www.tcdd.gov.tr](http://www.tcdd.gov.tr)

Istanbul Otogar [www.otogar.com](http://www.otogar.com)



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## Health Security and Insurance

Bagcilar State Hospital is the main health unit in the competition area.

[www.beh.gov.tr](http://www.beh.gov.tr)

In case of emergency situations following numbers should be called;

Health Urgency 112

Police 155

## Transportation

Transfer from the Ataturk Airport – Hotel – Ataturk airport

4 pax two ways 30 €

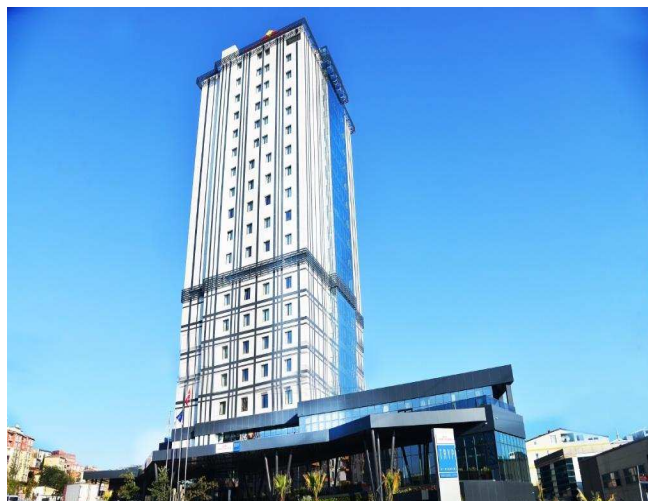
10 pax two ways 150 €

20 pax two ways 300 €

45 Pax two ways 500 €

## Accommodation

Hotel and sporthall is a complex and the competition shall be held in Tryp Wyndham & Hawthorn Suites (5 Star)



Hotel Name	Single	Double
Tryp Wyndham Hawthorn (5 Star)	70 €	50 €

**The prices are per person per night with full board basis.**

The number of rooms available are limited and a first come first serve policy will be implemented.

Note: Please be informed that when making changes to your initial reservation, the first change is free of charge, from the second change onwards, the change is 15 Euros to cover office fees.

[www.balkankarate.org](http://www.balkankarate.org)



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## Booking and Payments

Preliminary reservation of official hotel should be made until 2nd of March 2018. A reservation of 30% of the total price should be paid up to March 9th, 2018; this date will be considered final.

A reservation and 100% of the total price should be paid up to March 9th, 2018; this date will be considered final. Rooming list must include a contact person with the email address and phone number.

**All athletes and delegations must be accommodated in hotels in the organization of the Technical Organizer (KFB Statute, Article 57).**

## Registration

Deadline for registration of competitors and team is 20th of March, 2018. To apply, it is necessary to use on line Sport Data.

A country can register:

- up to 4 competitors for individual Kata events
- up to 4 competitors for individual Kumite event
- 1 Team for Kata Team - 1 Team for Kumite Team.

## Protective Equipment

All competitors must bring with them their own gloves and belts (red and blue) and all other protective equipment approved by the WKF.

## Official Entry Fee's

Participation fee of Kata individual:	20 Euro
Participation fee of Kata Team:	15 Euro
Participation fee of Kumite Team:	20 Euro
Participation fee of Kumite individual:	20 Euro

## Age Categories

Seniors	Kata	+16 Years
	Kumite	+18 Years
Veterans	Kata Kumite	1983 -1974
	Kata Kumite	1973 - 1964
	Kata Kumite	1963 and older





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## Weight Categories

Individual						Team
Seniors Female	-50 Kg	-55 Kg	-61 Kg	-68 Kg	+68 Kg	3 + 1
Seniors Male	-60 Kg	-67 Kg	-75 Kg	-84 Kg	+84 Kg	5 + 2
Veterans Female	-53 Kg	-60 Kg	+60 Kg			3 + 1
Veterans Male	-65 Kg	-75 Kg	+75 Kg			3 + 1

## Insurance

It is compulsory for all participants and delegation members to effectuate their own medical insurance and personal trip insurance. Karate Federation of Turkey and Karate Federation of Balkan are taking no liability for these concepts. During the registration each delegation must present the signed insurance form.

## Entrance

Entrance to the sporthall is free of charge.

## Flag and Anthem

Each participating country is requested to provide 2 national flags and a CD/DVD with the national anthem.



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## Event Programme

### 23rd of March 2018 Friday

11:00 – 19:00	Registrations of Delegations	HQ Hotel
11:00 – 19:00	Weighing All Categories	Sporthall
19:00 – 20:30	KFB Executive Committee Meeting	HQ Hotel
20:00 – 20:30	Drawing	HQ Hotel

### 24th of March 2018 Saturday

		M/F	Tatami	Eliminations &Repechage
09:00	Kata Individual	Female		Eliminations &Repechage
	Kata Individual	Male		Eliminations &Repechage
10:00	-61 Kg	Female		Eliminations &Repechage
	-68 Kg	Female		Eliminations &Repechage
	+68 Kg	Female		Eliminations &Repechage
	-67 Kg	Male		Eliminations &Repechage
	-75 Kg	Male		Eliminations &Repechage
	-84 Kg	Male		Eliminations &Repechage
	+84 Kg	Male		Eliminations &Repechage
	Veterans Kumite	Female		Eliminations &Repechage
	Veterans Kumite	Male		Eliminations &Repechage
18:00	Opening Ceremony			
	All Finals			
	Medals Ceremony			

### 25th of March 2018 Sunday

		M/F	Tatami	Eliminations &Repechage
09:00	Team Kata	Female		Eliminations &Repechage
	Team Kata	Male		Eliminations &Repechage
	Team Kata Veteran	Female		Eliminations &Repechage
	Team Kata Veteran	Male		Eliminations &Repechage
09:30	-50 Kg	Female		Eliminations &Repechage
	-55 Kg	Female		Eliminations &Repechage
	-60 Kg	Male		Eliminations &Repechage
12:00	Team Kumite Veteran	Female		Eliminations &Repechage
	Team Kumite Veteran	Male		Eliminations &Repechage
	Team Kumite	Female		Eliminations &Repechage
	Team Kumite	Male		Eliminations &Repechage
	All Finals			
	Medals Ceremony			
	Closing Ceremony			



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## Rooming

National Team:

No	Surname Name	Position	C/I Date	C/O Date	Number Of Nights	Room Type S/D
1.						
2.						
3.						
4.						
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30.						

\* Position: C=Competitor, Co=Coaches, De=Delegation Head, P=President of NF, R=Referees/Judges, D=Doctors, V=VIPs, A=Administration, P=Press, O=Others \*\* Room type: S=Single, D=Double, T=Triple  
Dated: \_\_\_\_\_ Name of Contact Person: \_\_\_\_\_ e-mail address: \_\_\_\_\_ phone number: \_\_\_\_\_  
Signature: \_\_\_\_\_ Official Stamp: \_\_\_\_\_





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## Terms of Responsibilities

To be filled, signed and sent back by March 25th, 2018

I, the undersigned, as the Chief of Delegation of my country, duly enrolled to participate in the 20th Balkan Seniors Championships which will be held in Istanbul, Turkey, from the 24 – 25 March 2018, with full knowledge of the Statutes, the Rules and the Norms of The KARATE

FEDERATION OF BALKAN, pledge myself to faithfully accomplish the regulations of this before mentioned entity, and I take any and all administrative, civil and criminal responsibilities for 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 KF B and the Karate Federation of Turkey, 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:	
Surname, First name:	
Passport number & expiry date:	
Credit Card details & expiry date:	
Position in the federation:	
Address:	
Tel.-no.:	
Fax & email:	

ADDRESS:

TEL

.. +

FAX

.. +

MOBILE

.. +

E-Mail

..

Signature