

17-18.08.2019

HELSINKI KARATE OPEN

& *Champions' Camp*

4uServices



giocolombophoto

€1000 prize money*

SPONSORED BY:

誠 涛



SEITOKAI
MARTIAL ARTS
EQUIPMENT
DESIGNED BY CHAMPIONS.
FOR SERIOUS ATHLETES



空手道は一つ！ルールは一つ！目指せオリンピック！

KARATE INTO THE OLYMPICS



IN PARTNERSHIP WITH:

FORENOM



LÄHITAPIOLA



Adecco **sihti**



TerveysHelppin avulla etälääkäripalvelut ovat aina ulottuvillasi.

**TerveysHelppi ottaa terveysasiasi
haltuun kokonaisvaltaisesti.**

Asiakkaanamme saat yhteyden terveydenhoidon ammattilaisiin, korvausasiasi vireille sekä ohjauksen hoitoon – joko välittömästi etälääkärille tai eteenpäin perinteiselle vastaanotolle. Jos sinulla on LähiTapiolan henkilövakuutus, palvelumme on jo käytössäsi.

Tutustu palveluun tarkemmin ja lataa
TerveysHelppi-aplikaatio puhelimeesi:
lahitapiola.fi/terveyshelppi

Lataa applikaatio nyt:



Palveluntarjoajat: TerveysHelppi: Mehiläinen Oy ja Terveysvakuutus: LähiTapiola alueyhtiöt.

Tarvitsetko töitä tai työntekijöitä?

**Sihti ja Adecco ovat apunasi Suomessa
19. paikkakunnalla. Ota yhteyttä!**

Rekrytointi / henkilöstövuokraus / soveltuvuusarvioinnit / suorahaku

Adecco **sihti**

Avoimet työpaikat ja yhteystiedot: adecco.fi / sihti.fi

18.08.2019

Champions' Camp

8:30 – 10:00

Accreditations

10:30 – 12:30

Session 1 - Kumite & Kata

14:00 – 16:00

Session 2 - Kumite & Kata

Training fees:

1 Session - **€45**

2 Sessions - **€60**

(to be paid until 10.8.2019)

Account:

SEITOKAI SPORTS OY

IBAN: FI7981469710177576

BIC: DABAFIHH

REGISTRATIONS ON THE DAY: €100

Location:

Laajasalo Tennis Hall,

Sarvastonkaari 23,

00840 Helsinki – Finland



KUMITE: ALEXANDRA RECCHIA

2x WORLD CHAMPION
3x EUROPEAN CHAMPION
12x PREMIER LEAGUE CHAMPION



KATA: NGUYEN HOANG NGAN

1x WORLD CHAMPION
2x WORLD SILVER
1x PREMIER LEAGUE CHAMPION



NOTE: The Champions Camp takes place after the HELSINKI KARATE OPEN, in the same Sports Hall.

SEITOKAI has the great pleasure of inviting you to the
“Helsinki Karate Open 2019”,
the biggest Karate tournament in Finland!

26 countries have been represented in this tournament, and every
year more delegations are joining!

This competition follows WKF rules (2019), with repechages and 1 bronze medal.

CATEGORIES

KATA:

- U10 (f,m)
- U12 (f,m)
- U14 (f,m)
- U16 (f,m)
- U18 (f,m)
- Seniors +16 (f,m)
- Veterans +40 (f,m)
- TEAM U10 (f,m, mixed)
- TEAM U12(f,m, mixed)
- TEAM U14 (f,m, mixed)
- TEAM U16 (f,m)
- TEAM U18 (f,m)
- TEAM Seniors +16 (f,m)
- TEAM Veterans +40 (f,m, mixed)

KUMITE:

- U10 “pyykkipoika” (pegs, for beginners), (f,m)
- U10 open (f,m)
- U12 open (f,m)
- U14 female, -40kg, -45kg, -50kg, +50kg
- U14 male, -45kg, -50kg, -55kg, +55kg
- U16 female, -47kg, -54kg, +54kg
- U16 male, -52kg, -57kg, -63kg, -70kg, +70kg
- U18 female, -48kg, -53kg, -59kg, +59kg, OPEN
- U18 male, -55kg, -61kg, -68kg, -76kg, +76kg, OPEN
- SENIORS female (+18), -55kg, -61kg, -68kg, +68kg, OPEN
- SENIORS male (+18), -60kg, -67kg, -75kg, -84kg, +84kg, OPEN
- VETERANS female +40 years old, OPEN
- VETERANS male +40 years old, OPEN
- TEAM U16 female (3 competitors)
- TEAM U16 male (3 competitors)
- TEAM U18 female (3 competitors)
- TEAM U18 male (3 competitors)
- TEAM SENIORS female +18 years old, (3 competitors)
- TEAM SENIORS male +18 years old, (3 competitors)

NOTES: for beginners and competitors with less than 2 years of experience, you may register for Categories marked “B”. Example: “KATA U12 B”

All competitors are allowed to register in multiple categories.

The organization will not be responsible for insuring any accident occurred during the competition or training camp.

Competitors must have their own insurance.

REFEREES

The organization welcomes all the licensed judges and referees from abroad.

Judges and referees will be paid in cash, the following sums:

- Nordic License - €70
- EKF License - €100, hotel and transfers
- WKF License and Chief Referee - €150, hotel, transfers and trip costs.

A warm meal and refreshments are offered to all referees during the event.

Trip costs, transportation and accommodation will be negotiated on a case by case scenario.

MEDICAL STAFF

The organization welcomes 4 volunteers for the first aid posts.

Medical staff will be paid in cash, the following sums:

- Doctors - €70
- Nurses - €50

A warm meal and refreshments are offered to medical staff during the event.

MEDALS AND AWARDS

Each Category will have 3 medalists (1 bronze medal). Trophies and Special Awards will also be given to the top competitors and staff of the year 2018-2019.

SEITOKAI will offer €1000 in prize money awards (*see next page*).

SEITOKAI will also offer a trophy for the *“Best Competing Team”*, awarded to the team with the most points in the end:

GOLD MEDALS = 3 points

SILVER MEDALS = 2 points

BRONZE MEDALS = 1 point



TATAMI – COMPETITION AREA

4 full regulation Tatami areas, 2 warm-up Tatami areas



THE SCHEDULE

EXPECTED SCHEDULE, 17.8.2019

- 9:00 – REGISTRATIONS & WEIGHING (1kg allowance)
- 9:30 – REFEREE BRIEFING (*staff room*)
- 10:00 – COACH BRIEFING (*tatami 1*)
- 10:15 – OPENING CEREMONY (*all teams must be present*)
- 10:30 – COMPETITION STARTS
- 18:00 – SUPER FINALS (prize money categories)
- 19:00 – AWARDS CEREMONY: “Best Competing Team 2019”, SEITOKAI awards, Prize money

[medals for each category will be given immediately after the finals]

1000€ Prize Money!

- 150€ for Senior Male Kumite Open winner,
- 150€ for Senior Female Kumite Open winner,
- 100€ for Senior Male Kata winner,
- 100€ for Senior Female Kata winner,
- 150€ for U18 Male Kumite Open winner,
- 150€ for U18 Female Kumite Open winner,
- 100€ for U18 Male Kata winner,
- 100€ for U18 Female Kata winner.

** please note that the prize money is dependent on a minimum of 400 registrations, and a minimum of 12 competitors on the category.
The expected number of registrations is 500.*

PRE-REGISTRATION, AND ALL INFO OF THE EVENT:

WWW.SPORTDATA.ORG

PRE-REGISTRATIONS UNTIL 10.8.2019:

30€ (individual categories) *can be paid on the day*

60€ (team categories) *can be paid on the day*

REGISTRATIONS ON THE DAY OF THE EVENT:

50€ (individual categories)

90€ (team categories)

REGISTRATIONS

PAYMENTS UNTIL 10.8.2019
BY BANK TRANSFER:

SEITOKAI SPORTS OY
IBAN: FI7981469710177576
BIC: DABAFIHH

OR IN CASH, ON THE DAY OF
THE EVENT.

IN CASE OF BANK TRANSFER,
PLEASE BRING A PROOF OF
PAYMENT.



HELSINKI – FINLAND



Helsinki, the capital of Finland, is a vibrant seaside city of beautiful islands and great green parks.

The city's rhythm is laid back yet at the same time refreshingly active in terms of both the number and quality of restaurants and nightclubs.

The archipelago of Helsinki consists of around 330 islands, providing beautiful set-ups for days at the beach or weekend camping trips. Many of the islands, such as **Suomenlinna** and **Pihlajasaari**, can be reached by a regular ferry from early morning until late at night.

A third of Helsinki is covered in green areas. Along with a score of sports grounds, they offer great possibilities for outdoor activities and relaxation. The large **Central Park** and its forests spread out just outside the city center.

SUOMENLINNA, THE FORTRESS ISLAND

The fortress of **Suomenlinna** is a UNESCO World Heritage Site and one of Finland's most popular sights.

The beautiful islands of Suomenlinna are only a 15-minute ferry ride away from Helsinki Market Square. They offer a variety of atmospheres; whether you are looking for a cheerful weekend with friends, a tranquil evening stroll, picnic or perhaps a jog – it is all made possible by the diverse routes, locations, restaurants and cafés across the islands.



SUMMER IN HELSINKI!

+15°C – +32°C

AROUND 100 DAYS

JUNE-AUGUST

SEASONS

SUMMER



WATCH THE VIDEO

<http://www.visitfinland.com/summer/>

In Finnish Lapland a single summer day lasts for over two months. In the southern parts of the country it is never really dark either, just a period of twilight for a few hours. This is why we call Finland the **Land of the Midnight Sun**.

THE SPORTS HALL

Venue: Sarvastonkaari 23, 00840

Helsinki – **LAAJASALON TENNISHALLIT**

More info: +358 40 364 7540 ;

info@seitokai.eu ;

www.helsinki-karate-open.webs.com



THE HOTELS

The organization recommends **FORENOM Aparthotel Herttoniemi**,
3km away from the venue, with good prices and transportation.

Address: Hitsaajankatu 12, Helsinki.

FORENOM also offers you other options nearby:

[APARTHOTEL HELSINKI KAMPPI](#) ; [APARTHOTEL HELSINKI PIKKU HUOPALAHTI](#) ;

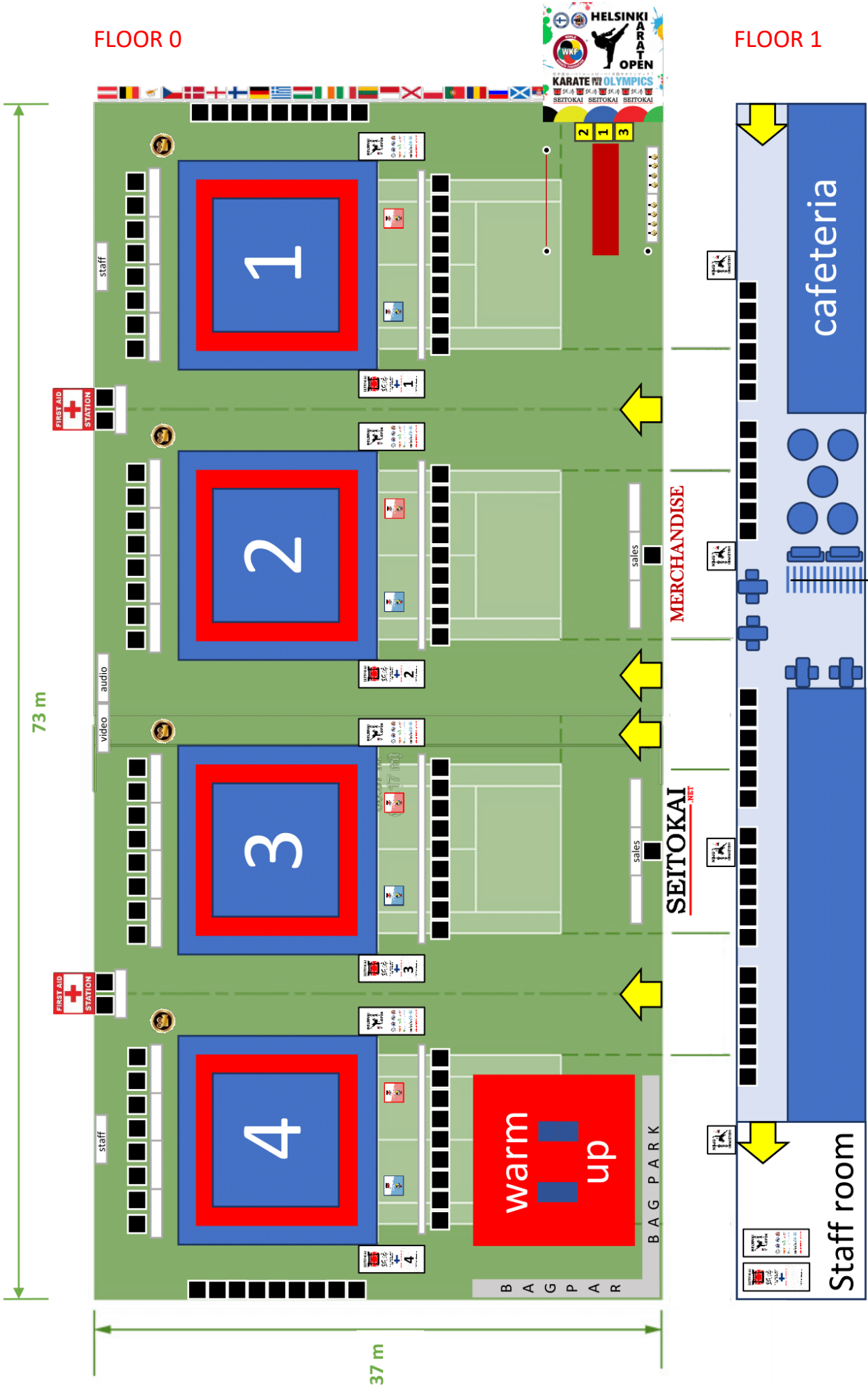
[HOSTEL HELSINKI MERIHAKA](#) ; [HOSTEL HELSINKI PITÄJÄNMÄKI](#)

PLEASE USE THE CODE "SEITOKAI19" WHEN BOOKING YOUR ROOM, FOR DISCOUNT PRICES



FLOOR 0

FLOOR 1



REGISTRATIONS, TICKET SALES, CHANGING ROOMS

BRING THIS MAGAZINE FOR 10% DISCOUNT

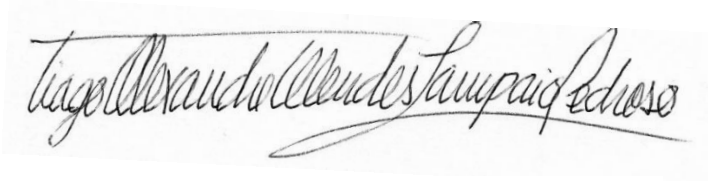
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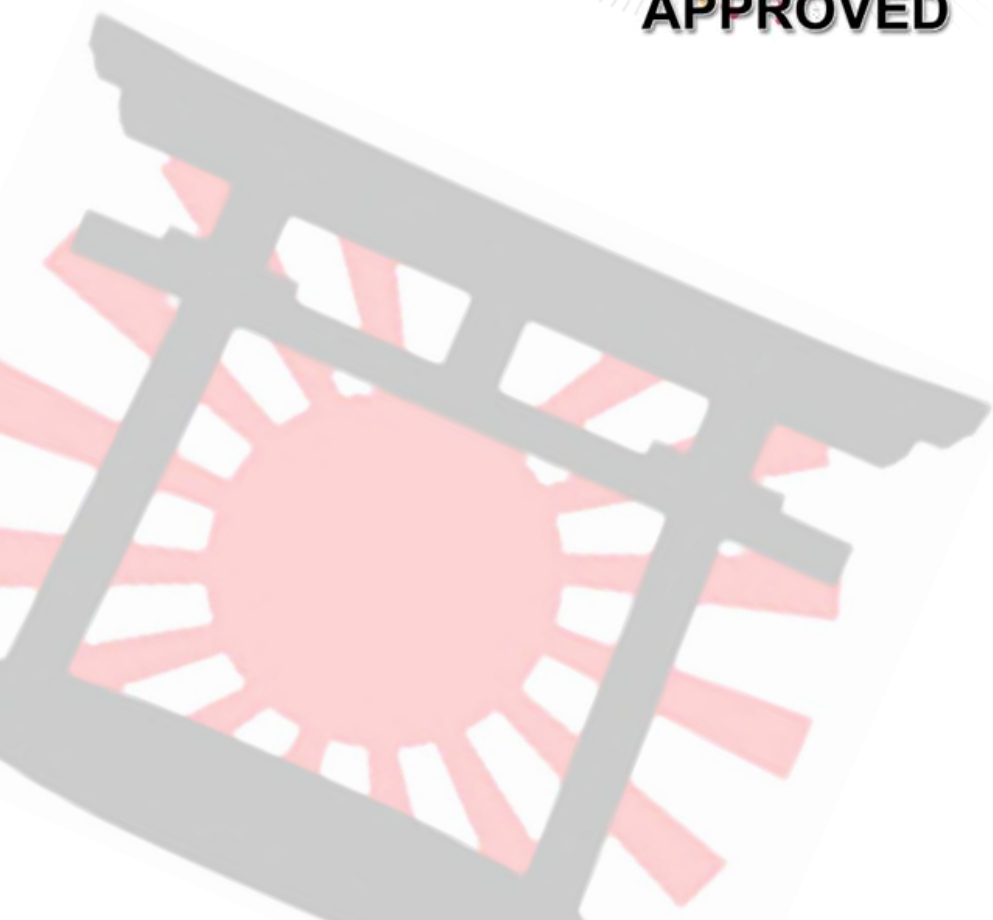
REPRESENTING **SEITOKAI**, I EXTEND TO ALL
OF YOU MY WARM WELCOME.

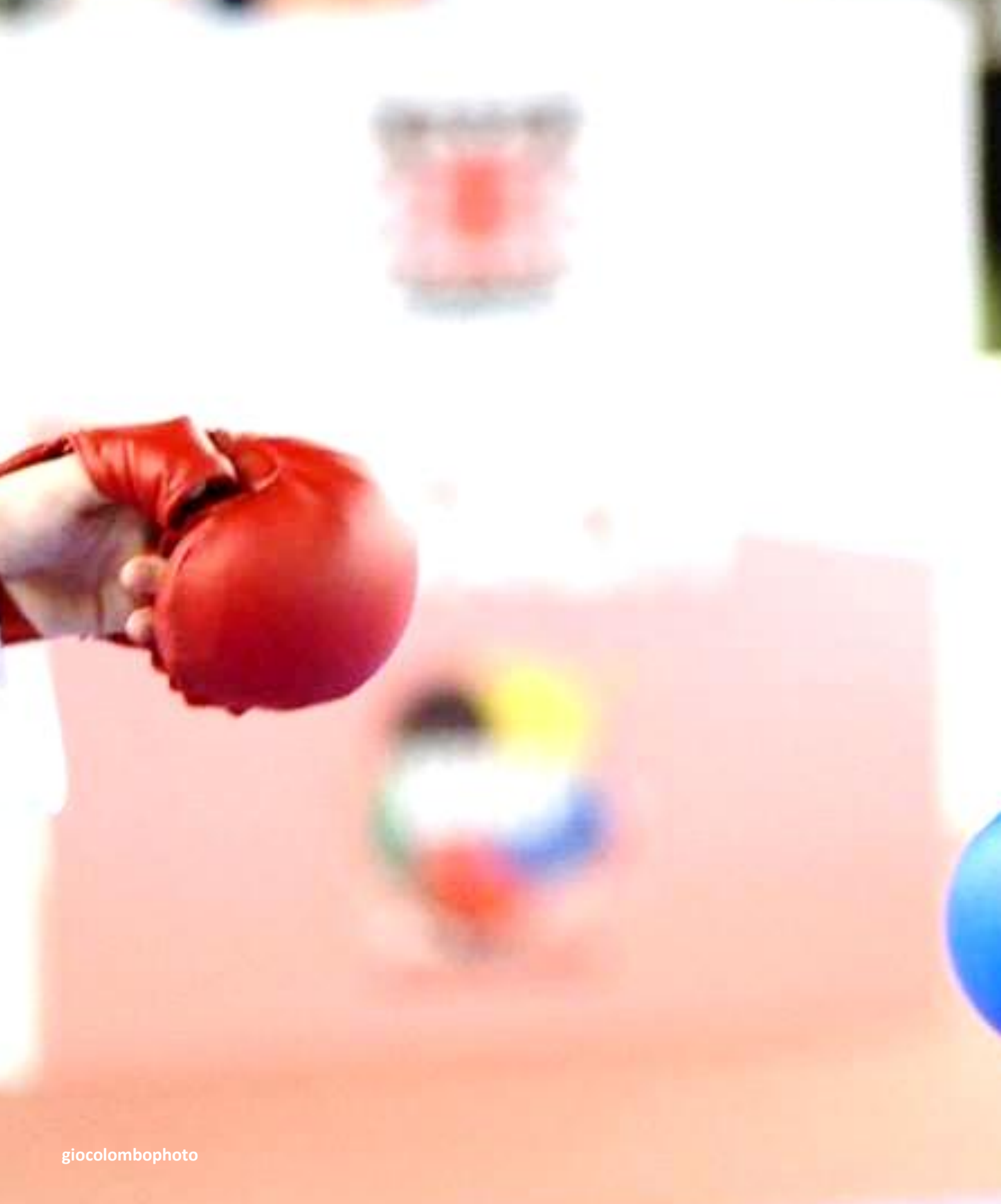


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