

MARTIAL ARTS STRETCHES YOUR LIMITS

Invitation

Norwegian Cup II / 11th Kyokushin Open

Full Contact Karate

September 28th 2013



Organized by:

Norges Kampsportforbund

www.kampsport.no

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Norwegian Marital Arts Association - Karate Division
and Bergen Karate Klubb have the pleasure of welcoming all friends of Karate to the
Norwegian Cup 2 / 11th Kyokushin Open in Full Contact Karate

Time & Date:

Venue:	Laksevågshallen Address: Lyderhornsveien 42, 5163 Laksevåg, Norway
Date	Saturday, September 28th 2013
Program	<p>Friday September 27: Hotel: Scandic Bergen City. 6:00 p.m. Information stand available in hotel reception. 7-9 p.m. Weighing and registration. 9 p.m. Referee meeting.</p> <p>Saturday September 28th: 8:00 a.m. Venue: Sportsshall opens. 9:00 a.m. Free transport from hotel. 9:30 a.m. Medical check-up. (Full contact only). 10:30 a.m. Information meeting for team leaders. 11:00 a.m. Competition starts. 4:30 p.m. Competition ends. 4:45 p.m. Free transport to hotel. 8:00 p.m. Sayonaraparty.</p>

Class and rules

Classes	
Full Contact w/knockout 18 – 34 y	<p>Women: light weight (-60 kg), middle weight (-70 kg), heavy weight (+70 kg)</p> <p>Men: light weight (-70 kg), middle weight (-80 kg), light heavy weight 1 (-90 kg), heavy weight 2 (+90 kg)</p>
Full Contact w/limitation From 18 y	<p>Women: light weight (-60 kg), middle weight (-70 kg), heavy weight (+70 kg)</p> <p>Men: light weight (-70 kg), middle weight (-80 kg), light heavy weight 1 (-90 kg), heavy weight 2 (+90 kg)</p>
Full Contact w/limitation 15-17 y	<p>Girls: light weight (-60 kg), middle weight (-70 kg), heavy weight 2 (+70 kg)</p> <p>Boys: light weight (-65 kg), middle weight (-75 kg), heavy weight (+75 kg)</p>
Full Contact w/limitation 13-14 y	<p>Girls: Light weight (-50 kg), heavy weigh (+ 50 kg)</p> <p>Boys: Light weight (- 55 kg), heavy weigh (+ 55 kg)</p> <p>Weight Classes may be modified as necessary to satisfy the requirements of maximum 10 kg weight difference.</p>
Rules	The Norwegian Martial Arts Association's rules for Full Contact Karate and Full Contact Karate w/limitations. See: http://www.kampsport.no/portal/pls/portal/docs/1/5378061.PDF

Enrolment, starting fee, draw and registration

Enrolment	<p>For enrolment: use the form attached, and send to: (The Norwegian Martial Arts Association Serviceboks 1, Ullevål Stadion 0855 Oslo Norway)</p> <p>E-mail: robert@kampsport.no and Bo Vidar Larsen E-mail: bovidar@boos.no</p> <p>Deadline: Friday September 6, 12:00 midnight. Enrolment not sent via the attached form will not be accepted. Information on name, belt, age and weight must be included. Individual: Starting fee NOK 200,- for each participant per class.</p>
Starting fee	<p>Information on payment from abroad: Name of account: Bergen Karate Klubb Att: Jon Helge Hammersland Account-address: Breimyra 166, 5134 Flaktveit, Norway IBAN nr : NO8650810618032 SWIFT-address: NBANOKK Name of bank: DnB NOR Bank-address: Stranden 21, Aker Brygge, N-0021 Oslo Deadline for starting fee payment: September 6. 2013. Participants will not be allowed to attend the competition unless the starting fee has been paid.</p>

Draw	Lists and schedule will be handed out on competition day, September 28.
Registration	Health certificate must be presented upon registration.
Referees	All referees are invited to be part of the judgement. Referees must be approved as referees in their organization. Participation at the Referee meeting is mandatory. Time and place: 9:00 p.m. Friday September 27th at Hotell Scandic Bergen City, Håkonsgt. 2.

General information

Hotel / Accomodation	<p>Travel and accomodation is to be covered by each club/participator. Scandic Bergen City is the "Event Hotel".</p> <p>Use the following booking nr: BERK270913 discount is available for all Norwegian Cup/ 11th Kyokushin Open participants, but the reserved rooms will not be available after September 6.</p> <p>– Respond quickly!</p> <p>Prices: Single room, breakfast included: NOK 790.- Double room, breakfast included: NOK 890.- Trippel room, breakfast included: NOK 1185.-</p>
Banquet / Sayonara	<p>Venue for Sayonaraparty: Scandic Bergen City, Håkonsgaten 1-4.</p> <p>Price for participants, team leaders, referees, representatives: NOK 200.-</p> <p>Others must pay (in advance) NOK 350.-</p> <p>NB: Remember to register how many participants that are attending the banquet.</p>
Other info	<p>www.kyokushin.no www.kampsort.no www.visitbergen.com</p>

Welcome to Bergen!



Photo: Bergen Tourist Board, Per Eide.