

ISSO CHAMPIONSHIPS 2013
The Shotokan and Shito karate styles competition



27-29 September
Bar, Montenegro





ISSO Championships 2013
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Dear ISSO family,

It is a great pleasure for me to write you in order to invite you to take part at the ISSO Championship (Shokotan – Shito Ryu) which will take place in Bar – Montenegro from the 27th to the 29th of September 2013.

The organization of this year's ISSO Championship is not only a great chance for all of those who practice karate, especially for those who like Shokotan and Shito Ryu, but also a commitment for future activities and the realization of better facilities in which the young sportsmen could successfully practice these

karate styles in a better and well organized way.

I have to point out that Montenegro has been a great and successful host for many important karate championships, among which The 1st Mediterranean Cup 1987, The European Senior Championship 1989, The European Cadet and Junior Championship 2006 and many European University Championships in karate and the World Universities Championship in Karate 2010.

Even though it is a small country, Montenegro has important European goals and hopes, and also a strong orientation and capacity to build its way towards the European integration process and also to develop itself in all areas, following the example of bigger and more developed countries. In sports, because the young athletes of this country have shown many times their potential in sports.

For this reason, we have always welcomed our guests with happiness and with our hearts open, especially the sportsmen from all around the planet. We have always been great hosts, as it has always been in the Montenegrin tradition. I am sure that we will do the same this time.

I wish many great results to all of the participants and a very nice stay to our guests in Bar and Montenegro.

DEPUTY CHAIRMAN of ISSO
Rajko Vujošević



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Date: 27-28-29 September 2013

Categories: Kata shotokan (only)
Kata shitoryu (only)
Kumite shitoryu (WKF rules)
Kumite shotokan (WKF rules + shobu – ipon)

Registration: Registration must be made online on www.sportdata.org until:
Registration by numbers (Quantitative form) –August, 25th 2013
Registration by names (Individual form) - September, 19th 2013
All forms must be also sent to OC on e-mail:

issobarmne2013@gmail.com

The official registration session will be held on 25th and 26th September in Hotel Sidro, Bar at Accreditation Center (8h-22h)
Clubs, Regions and National teams have right to participate
For official registration all clubs, regions or national teams must prepare all necessary documentation:

- Quantitative (Q), Individual (I), and Confirmation (C) form
- Passports and WKF ID cards for all team members
- Proof of payment (accommodation, entry fee)

Protective Equipment: All equipments must be WKF approved and Best Sport.
Gumshields, Handgloves, Foot and shin Protect is compulsory in WKF Competitions.

The rules are the WKF rules and it is obligatory all children and cadets-juniors categories to have the WKF face mask and the WKF approved items.

VISA: Please go to: <http://www.mip.gov.me/en/index.php/Visas-for-Foreign-Citizens/>. If you need VISA you must contact OC until June, 27th 2013

Location of event: Sports Hall “Topolica”

Organizing committee

contacts:

Rajko Vujosevic

Boris Sekulic

tel 00 382 69 012 171

00 382 67 510 611

tel/fax: +382 20 664 295

e-mail: issobarmne2013@gmail.com

Entry fee

The entry fee for the participants is 30€ per person per category (+10€ if participate in two categories). All participants in veterans, seniors, juniors-cadets categories and male-female must have a WKF ID card (27€, cost). Children ID card (karate kid ID) will cost 10€. The incomes from the WKF ID belong to WKF as the event is a WKF accredited competition (WAC).



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AGE CATEGORIES

Shotokan competition		Shitu ryu competition	
Children	2000, 2001, 2002, 2003	Children	2000, 2001, 2002, 2003
Cadet	1998, 1999	Cadet	1998, 1999
Junior	1996, 1997	Junior	1996, 1997
Senior	+16 kata, +18 kumite	Senior	+16 kata, +18 kumite

KATA

AGE	INDIVIDUAL	TEAM
Children	2003	2002, 2003
	2002	
	2001	2000, 2001
	2000	
Cadet	1998,1999	1996, 1997, 1998, 1999
Junior	1996,1997	
Senior	+16	+16
Veterans	+45	+45

WEIGHT CATEGORIES

Children, male				Children, female			
2003	2002	2001	2000	2003	2002	2001	2000
-30kg	-35kg	-40kg	-52kg	-30kg	-37kg	-42kg	-47kg
-35kg	-40kg	-45kg	-57kg	-35kg	-42kg	-47kg	-54kg
-40kg	-45kg	-50kg	-63kg	+40kg	+42kg	+47kg	+54kg
-45kg	-50kg	-55kg	-70kg				
+45kg	+50kg	+55kg	+70kg				

Cadet	Junior	Senior	Cadet	Junior	Senior
M	M	M	F	F	F
-52kg	-55kg	-60kg	-47kg	-48kg	-50kg
-57kg	-61kg	-67kg	-54kg	-53kg	-55kg
-63kg	-68kg	-75kg	+54kg	-59kg	-61kg
-70kg	-76kg	-84kg		+59kg	-68kg
+70kg	+76kg	+84kg			+68kg
		open			open
Team 5+2 (J-C-J-C-J)		Team 5+2	Team 3+1 (J-C-J)		Team 3+1

Entry fee for the participation: kata team 60€

Entry fee for the participation: kumite team 60€



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PROGRAMME OF COMPETITION

Wednesday, 25 September 2013

Official registration (Accreditation Centre, Hotel Sidro, 8-22h)

Thursday, 26 September 2013

DAN certificates awarding

Official registration (Accreditation Centre, Hotel Sidro, 8-20h)

General technical meeting and draw – Hotel Sidro, 21h

Referees meeting – 17h Hotel Sidro

Friday, 27 September 2013

Programme of competition children (all ages)

09:00h Kata Male – Kata Female

Kata Male – Kata Female (all categories)

10:00h Kumite Male – Kumite Female

Saturday, 28 September

MALE JUNIOR INDIVIDUAL KUMITE

(Age 16&17) -55, -61, -68, -76, +76kg

FEMALE JUNIOR INDIVIDUAL KUMITE

(Age 16&17) -48, -53, -59, +59kg

MALE CADET INDIVIDUAL KUMITE

(Age 14&15) -52, -57, -63, -70, +70kg

FEMALE CADET INDIVIDUAL KUMITE

(Age 14&15) -47, -54, +54kg

MALE JUNIOR INDIVIDUAL KATA (Age 16&17)

FEMALE JUNIOR INDIVIDUAL KATA (Age 16&17)

MALE CADET INDIVIDUAL KATA (Age 14&15)

FEMALE CADET INDIVIDUAL KATA (Age 14&15)

Sunday, 29 September

Seniors Male – Female Kata and Kumite WKF and Shotokan categories.

Farewell party – entrance 5€

The competition Programme will be available one day before the tournament according to the number of participants.

Every competitor in Kata categories will present a maximum of five different kata (free)



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TRAVEL AGENCY

Contact person: Milena Lopovic
tel/fax: 00 382 20 625 551
mob. tel. 00 382 69 021 210
e-mail: info@inrut.me

TRANSFERS:

Airport Podgorica – Bar one way this service cost 10€ per person

Airport Tivat – Bar one way this service cost 10€ per person

HOTELS:

Sidro (500m) half board (breakfast-dinner) price 35€ per person
Inex Zlatna obala (3km) half board (breakfast-dinner) price 27€ per person
Adria Hotels (500m) half board (breakfast-dinner) price 25€ per person
Korali (4km) half board (breakfast-dinner) price 35€ per person
lunch coupon in all hotels 5€

PAYMENT INSTRUCTION:

Field 56 - Intermediary bank:

Swift Address	COBADEFF
Name	Commerz BANK AG Frankfurt

Field 57 - Account with Institution:

Party Identifier	400876851700 EUR
Swift Address	CKBCMEPG
Name	CRNOGORSKA KOMERCIJALNA BANKA AD PODGORICA

Field 59 - Beneficiary Customer:

IBAN	ME25510000000001141730
Name & Address	INRUT DOO PODGORICA MUSIKICA 15 81000, Podgorica, MONTENEGRO



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MONTENEGRO

Montenegro – the pearl of the Mediterranean, unique in many ways, is situated in the south of the Adriatic sea. There is no other place where you can find so much natural wealth, beauty, mild beaches, clear lakes, fast rivers and gorgeous mountains, like in the small country of Montenegro. In the morning you can wake up along the beautiful Adriatic coast, have lunch on the banks of the Skadar Lake, and enjoy the evening walks in the Montenegrin Mountains. Montenegro is a place that cannot leave you indifferent.



Montenegro is not only an excellent choice for your holidays, Montenegro has many other remarkable characteristics: history, culture, tradition, good weather conditions, clean air, beautiful nature, blue Adriatic Sea... Everyone should visit Montenegro at least once in a lifetime. This little country is part of the Balkans and part of the Mediterranean, near Serbia, Bosnia, Croatia, Italy and Albania. Despite its small size there are so many contrasts and so much natural beauty. Don't forget to take your camera with you because in Montenegro every view is majestic and you'll think that you're dreaming eyes wide open. You don't even need to stage your photos; just click and you can put the most beautiful photos from your holidays in your album.

Montenegro is certainly one of the most interesting spots in the world. Even though it covers solely around 14.000 km² and it only has about 670.000 citizens, its contribution to the world cultural heritage is impressive compared to its size... Montenegro is a Southern European and a Mediterranean country. It is one of the most Southern European states and it comes out on the South part of the Adriatic Sea. About 500km from Rome, 1.500 km from Paris, and Berlin, and about 2.000km West from Moscow, Montenegro lies on the Balkan Peninsula in the very heart of Europe.



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Usefull information about Montenegro

General

Montenegro belongs to the Middle Mediterranean region of southern Europe. Montenegro borders on Albania to the southeast, the Adriatic Sea to the south, Croatia and Bosnia and Herzegovina to the west and Serbia on the north.

<i>Surface Area:</i>	13,842 km ²
<i>Population:</i>	670,000
<i>Capital:</i>	Podgorica (173,000 inhabitants) the administrative and economic center.
<i>Historic capital:</i>	Cetinje the historical and cultural center
<i>Time zone:</i>	GMT+1
<i>Electrical force system:</i>	220V/50Hz

Currency

Money in use in Montenegro is EURO
1 EUR=100 cents
Coin: 1, 2, 5, 10, 20, 50 cents and 1, 2 EUR
Paper currency: 5, 10, 20, 50, 100, 200 and 500 EUR

Banks

Working hours: from 8 a.m. 8 p.m. every working day, from 8 a.m. 1 p.m. on Saturday, on Sundays closed. All banks offer currency exchange and cash advances on major credit cards. Most hotels, shops and restaurants accept Visa, MasterCard, Eurocard, Diner's Club and American Express.

Important phone numbers

Emergency calls - SOS	112	Fire Station:	123
Emergency squad:	124	Exact time:	125
Police:	122		

City codes

Podgorica and Kolašin	(0)20	Nikšić and Šavnik	(0)40
Cetinje	(0)41	Pljevlja and Žabljak	(0)52
Tivat and Kotor	(0)32	Berane, Rožaje i Plav	(0)51
Herceg Novi	(0)31	Bijelo Polje i Mojkovac	(0)50
Bar and Ulcinj	(0)30	Budva	(0)33

Communication

To call Bar from abroad, dial your international access code (+382) for Montenegro, then the city code (30) for Bar and telephone number.
When calling from Montenegro country code + city code.



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Cellular telephony

There are three operators in Montenegro:

Telenor Montenegro	Info: 1188	Code: (0)69
T- mobile	Info: 1500	Code: (0)67
M:tel	Info: 1600	Code: (0)68

Their roaming services are available in almost all European countries and in bigger countries throughout the world. Tourists are recommended to use prepaid cards which can be bought at Post Offices, operators selling services and kiosks.

Air Transportation

You can travel by air to Montenegro, arriving at one of the two international airports: Podgorica and Tivat. The national airline company "**Montenegro Airlines**" operates scheduled flights to Belgrade, Budapest, Vienna, Zurich, Frankfurt, Dusseldorf, Ljubljana, Rome etc. Scheduled flights from Montenegro are also operated by JAT, Adria Airways and Pelican Blue Line to Belgrade, Ljubljana, Skopje, Bari etc.

Airport Golubovci (Podgorica) is: 12km from Podgorica, 170km from Žabljak, 62km from Budva, 45km from Bar. **Information:** 020/ 243 007, 244 916

Airport Tivat is: 3km from Tivat, 20km from Budva, 20km from Herceg Novi, 4km from Kotor, 55 km from Bar, 70 km from Ulcinj. **Information:** 032/ 671 337, 671 894

Sea Transportation

Montenegro is connected to the whole world by sea transportation. Ferries and freighters regularly operate between the lines Bar- Bari and Bar- Ancona.

The international ports of Bar, Budva and Herceg Novi receive all kinds of vessels. The ports of Bar and Kotor also have marinas for yachts and boats and offer all kinds of services.





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City of Bar

The city of Bar, with 505 km² of surface, is located on the South-East part of Montenegro, on the shores of the Adriatic Sea. The sea shore is long 46 km, 9 km of which is beach. Bar also occupies 67 km of the Skadar Lake shores.



As the majority of Montenegrin cities, during its history, Bar has been part of different civilizations and cultures. While in other cities the traces of past dominations are still evident and recognizable, in Bar it is not possible to recognize traces of just one of its past dominations to which it, sometimes, belonged for centuries. The heritage of the previous domination used to be replaced with new constructions. In the newly made heritage, the remains of previous dominations were always recognizable.

The city of olives, Montenegro's sea-gate, the city which has been the cradle of coexistence for centuries, regardless of religion or nationality, the city of Bar represents the mixture of modernity, tradition and beauty. It is not only an important dynamic economic centre of Montenegro, but also a city with a rich cultural and historical tradition. Some of the most important civilizations of Montenegro, originated from Bar. Here can be found the remains of the most ancient written monuments and the most important literary and historical masterpiece of Montenegrin's Middle Age originates from here. The city has also been the heart of the most ancient religious institution of Montenegro (Bar's archdiocese). One of the oldest olive trees in the world is situated here in Bar. It is over 2000 years old.

The rich cultural and historical tradition is situated in Bar, and it has favourable climate, excellent geographical location, and beautiful nature.



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Bar has a wonderful Mediterranean climate, which attracts a great number of tourists every year. With its 270 sunny days per year, Bar is one of the sunniest Mediterranean cities. The sea shore which is long 46 km, 9 km of which are beaches, the 67 km of Skadar Lake shores, and the mountain massif which separates these two big water surfaces, make Bar the ideal vacation resort for tourists who want to relax on the beautiful beaches and admire the unspoilt nature. It is the ideal vacation resort even for those who want to see the numerous cultural and religious monuments or spend their vacation playing sports.



The city of Bar has about 40000 inhabitants, situated in villages of high urbanization. The villages are easily reachable because of the good roads built on the lake and coastal area. Bar is known as a multinational and multi-religious city with excellent interpersonal relations and high standards of tolerance. Despite the numerous national-political breakdowns during the history, not so typical for the Balkans, the good tradition of coexistence on this area has not been spoilt.



Bar is the city of youth and sport talents. There are many sports grounds for those who want to play a sport, for example in hotels and schools, or at the sports and recreation centre. There are 60 sports teams and associations, out of which 23 engaged in trainings for competitions with about 1500 sportsmen.



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Competition venue – Sports Hall Topolica

“Topolica” sports centre has all the necessary facilities needed for this event.



Sports hall Topolica is located at 300 meters from the centre of Bar, 200 meters from the city beach and Adriatic sea. The construction of this sports complex began in 2006 and various sport facilities are scattered across a five hectare area. The indoor facilities consist of:

- Large hall (capacity 3,200 seats)
- Training hall
- Combat sports hall
- Table tennis hall
- Business facilities.

The large hall serves as the main indoor arena in Bar.

Dimensions of the floor: 40mX25m

Lighting: 1500 lux measured 1m above the floor

Sound system is available

Access to internet is available

Air condition system is available

Medial care and first aid room is available.

Official website of the Sports Centre Topolica www.topolica.com .



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Accommodation

Hotel Sidro

Hotel Sidro represents at the same time a beach as well as city hotel. Located in the proximity of both the city centre and the beach this hotel has an ideal location. Hotel Sidro is officially rated as a two stars hotel. The Hotel can host up to 230 guest, and the restaurant too can host the same number of guests at the same time, because the capacity is 240 seats, without counting the 100 seats in front of the restaurant, in the beautiful decorated garden of Sidro hotel in Bar. In



nice decorated and carefully cultivated park there are two terraces. The Hotel also disposes of a large parking place for 50 cars and for those who are looking for an active holiday hotel Sidro provides sport fields for basketball, volleyball and also indoor football ground.



Hotel Adria



The Hotel “Adria” is located at 400 m from the coast in a quiet part of Šušanj, so that gives tourists a pleasant stay in peace and quiet. Rooms in the hotel are comfortably equipped following the European standards, with two stars - each room has a balcony, bathroom, telephone, fridge, all rooms have air conditioning. The hotel has its own parking space. Guests can relax in a natural shade of the vine and kiwi on the spacious terrace of the hotel.



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Hotel Inex Zlatna obala



INEX ZLATNA OBALA at Montenegro's coast, categorized as 3 star BEACH HOTEL, ranges over Ratac peninsula, 2km south of Sutomore summer resort and 4 km from Bar, and it is a part of INEX HOTELI hotel chain. It is a champion of quality in the category for tourist settlements for a year 2003. Ratac peninsula is an unfledged oasis with prodigal vegetation, which gives an exquisite charm to hotel tourist settlement Inex Zlatna obala.

57 bungalows (3 star category) are surrounded with special Mediterranean flora (17 different species) which, during the hot sunny days makes a cozy chill, and along with crystalline clear sea and well known wind Mistral, makes a very pleasant stay for every visitor. All 57 bungalows are set up in a curve line along the hotel beach, which is for guest's use only. Nearby, in a small cove on the peninsula, there is a naturist beach.

Hotel Korali



Within a wide area, situated under a strap of woods and Mediterranean vegetation, gently touching perennial olive yard and practically immersing itself into the sea, Hotel Korali captures attention with its whiteness and luxurious beauty. Fitting in the entire ambient, hotel complex consists of 3 separated buildings with ichthyologic features and 330 rooms, i.e. 687 beds. The hotel is situated on the very coastline – 30 m from the sea, and has:

single, double and triple rooms. All rooms are comfortable, with their own terraces, majority of which are sea-view rooms.



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QUANTITATIVE FORM – SHOTOKAN

Country _____
 Club/Region/National team _____
 Team leader _____ e-mail: _____
 Phone number _____

KATA

AGE	MALE	FEMALE
Children		
Cadet		
Junior		
Senior		
Veterans		
Officials		
Total		

KUMITE

AGE	MALE	FEMALE
Children 2000		
Children 2001		
Children 2002		
Children 2003		
Cadet		
Junior		
Senior		
Officials		
Total		

Please fill all empty fields with numbers of participants and officials.

Arrival and departure informations:

Arrival				Departure			
No of persons	Date	Time	Flight number	No of persons	Date	Time	Flight number

Date: _____

Signature and stamp

Quantitative form, filled, with signature and stamp, must be sent to OC by mail: issobarmne2013@gmail no later than August, 25th 2013.



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QUANTITATIVE FORM – SHITO

Country _____
 Club/Region/National team _____
 Team leader _____ e-mail: _____
 Phone number _____

KATA

AGE	MALE	FEMALE
Children		
Cadet		
Junior		
Senior		
Veterans		
Officials		
Total		

KUMITE

AGE	MALE	FEMALE
Children 2000		
Children 2001		
Children 2002		
Children 2003		
Cadet		
Junior		
Senior		
Officials		
Total		

Please fill all empty fields with numbers of participants and officials.

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CONFIRMATION FORM

Country_____

Club/Region/National team_____

Team leader_____ e-mail_____

Phone number_____

With this I confirm that above mentioned Club/Region/National team is member of National Karate Federation_____ which is member of World Karate Federation.

Signature of President or Secretary General of National Karate Federation

Stamp of National Karate Federation

Date and Place

Confirmation form, filled, with signature and stamp, must be sent to OC by mail: issobarmne2013@gmail no later than August, 25th 2013.