



I W K U



INTERNATIONAL WADO KARATE UNION CHAMPIONSHIPS



**2013**

**ATHENS GREECE**

**( GLYFADA )**

**6 – 7 – 8 DECEMBER 2013**



# IWKU

INTERNATIONAL WADO KARATE UNION CHAMPIONSHIPS 2013



**Bouloubasis Christos**  
**President of IWKU**

Dear All,

Hereby, i would like with pleasure, to invite you, to the 1st International Wado Karate Union (I.W.K.U.) tournament, on December 2013, in Athens Greece.

WADO and its schools are joining their deep knowledge and power in KARATE and under the WKF's approval, supervision and accreditation, as one and united, will mars in the future having as main purpose to promote and develop KARATE.

You all are more then welcome and invited to this unique tournament.



# IWKU

INTERNATIONAL WADO KARATE UNION CHAMPIONSHIPS 2013



***IWKU**, created in order to unite Wado schools and their practitioners in a common exchange of experience and technic.*

***IWKU**, aim is the organization once a year of the IWKU championships where the athletes from around the world will join and compete in their karate style competition.*

***IWKU** follows the WKF rules and regulations and it is a karate style organization.*



### Organizing Committee



**Vovlas Grigoris**  
Treasurer H K F



**Kanellis Ioannis**  
Head Coach of the H N K T  
Chairman of the B K F Referee's Committee



**Skarogiannis Stelios**  
Coach of the H N K T



**Aihmalotidis Giorgos**  
Vice President  
Technical Committee of H K F



**Rallis Giorgos**  
Deputy Secretary General H K F

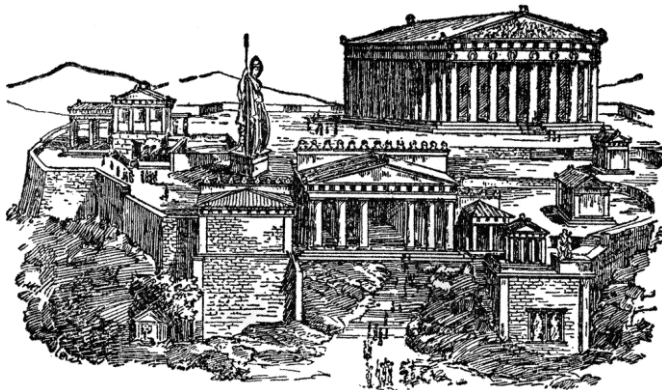


# Welcome to Greece Welcome to Athens

*Athens was named according to the Greek mythology from competition that the goddess Athena had with Poseidon about who will become protector of the city. The myth says that Poseidon gave a spring with sea water whilst Athena offered an olive tree as she touched the ground of the sacred rock of the Acropolis. The people of Athens choose Athena as their protector and so the city was named after the goddess of wisdom. The myth is symbolic but the two Gods symbolising the strength of Athens as a city of wisdom and as a sea power. The first settlement of Athens 3000 BC was situated on the rock of Acropolis.*



*The history of Athens begins more than 3000 years ago when during the prehistoric times its first inhabitants created their first settlement on the rock of Acropolis. It took hundreds of years until the sacred rock of Acropolis find its glory during the golden age of Pericles 495 - 429 BC with the construction of most of its Monuments like the Parthenon by the famous architects Iktinos and Kallikrates and the Sculptor Phidias. During those thousands of years Athens went through times of Glory and times of decline . Finally became the Capital of Greece in 1834 mostly for its location and historical importance.*

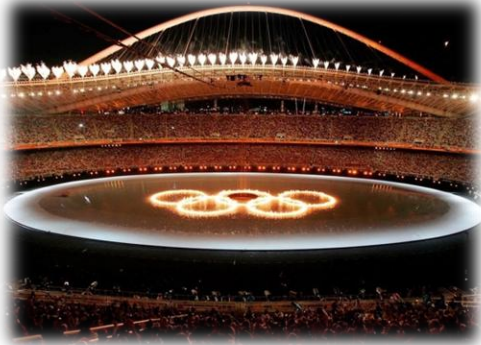


*The historical center of Athens is the most important area of the city for the thousand of tourists who are visiting the Greek capital in order to admire the shrine of Democracy the Acropolis, the Parthenon, the museums and the monuments and theatres from the glorious past of Athens. The Pedestrianisation of the historic center that is surrounded from the triangle between Plaka, Dionysiou Areopagitou street and Keramikos includes almost all the magnificent sights of Athens. At Dionyssiou Areopagitou one can go walking from Syntagma square or by metro to the Acropolis station, a few meters away is the new Acropolis museum and opposite is the Ancient theatre of Dionysus, a little bit further is the Herodes Atticus Odeon and after that is the way on the Acropolis. The hills of Filopapos and Pnix are near by as well as the ancient Agora, the temple of Hephaestus the oldest neighborhoods of Athens Plaka, Anafiotika and Monastiraki on the north west slopes of the sacred rock. An amazing planning that give the opportunity to the visitor to see within a few hours the most important sights of Athens.*



# Welcome to Greece Welcome to Athens

Athens is the capital of Greece, located in the prefecture of Attica surrounding by the mountains of Parnitha, Aegaleo, Penteli, Hymmetus and the Saronic gulf with a population of 3,000,000 people in the greater area.



Since then Athens grew to the city we know today, an important financial European capital that hosted the last Olympic games with a great success.



The infrastructure of Athens has been developed very fast within the last 10 years with new highways, a new airport, new metro lines, a new tram line, a new railway the Proastiakos rail, huge shopping centers, stadiums and sport centers and the port of Piraeus has been developed to one of the most important ports in the Mediterranean.



**Eleftherios Venizelos Airport**



All lines (metro & suburban r/w) generally run from approx. 05:00 to approx. 24:00



### The Location



#### Glyfada - Attica

A suburban high-end area at the South East part of the region.

#### Distances

Athens Center : 16km

Airport : 26Km

Piraeus Port : 17Km



# Γλυφάδα

Ο τόπος μας

Glyfada, is a nice, modern , quiet and full of facilities and things to do suburban area. It's location and the easy to access it, has give to the area the characteristic, as one of the most well know and most visited areas of the region.

It combines the sea view, for a relaxing coffee or a nice lunch break or a dinner, when at the same time you can go for shopping at the great shopping area which offers a variety of choices, from Monobrand to Multi stores.



Short distances close to all you may need, a really friendly environment for the visitors.

With a modern public transportation system for an easy and with comfort access to main destinations such as, as Athens center, Piraeus or the Airport.





### The Location



#### **Banks**

- Weekdays 08:00 - 14:30
- Saturdays and Sundays – Closed
- Available ATM

#### **Restaurants**

- Weekdays 17:00 – 23:00 (Traditional taverns, International cousin)
- Saturdays 12:00 – 23:00 (Traditional taverns, International cousin)
- Sundays 12:00 – 23:00 (Traditional taverns, International cousin)

#### **Fast Foods and Snacks**

- Monday to Sunday 12:00 - 24:00 (in some cases 24h open).

#### **Market's Timetable**

- Monday, Wednesday , Saturday 09:00 - 15:00 (some mono-brand stores are open until 17:00)
- Tuesday, Thursday, Friday 09:00 – 20:00
- Sundays the market is closed.

#### **Shopping Malls & Department stores**

- Monday to Saturday 09:00 to 20:00
- Sundays are closed

### All transactions available in







### The Arena Glyfada Indoor Hall

A 2.733 sqm complex, which have been built for use as a multi-sports and other activities center. With more then 3.000 seats for spectators and with a new and just replaced floor made by wood. Really easy to access it, warm and clean with a lot of services available, such as , as wi-fi connection, warm-up area etc.



Karate's statement location for several and really important tournaments, such as, as Karate 1 World Cup 2012 (last October) and Karate 1 World Cup 2013 ( October ).



...and at a really close distance from the 2 official hotels.  
Actually a walking distance, saving time and money from transportations.



# IWKU



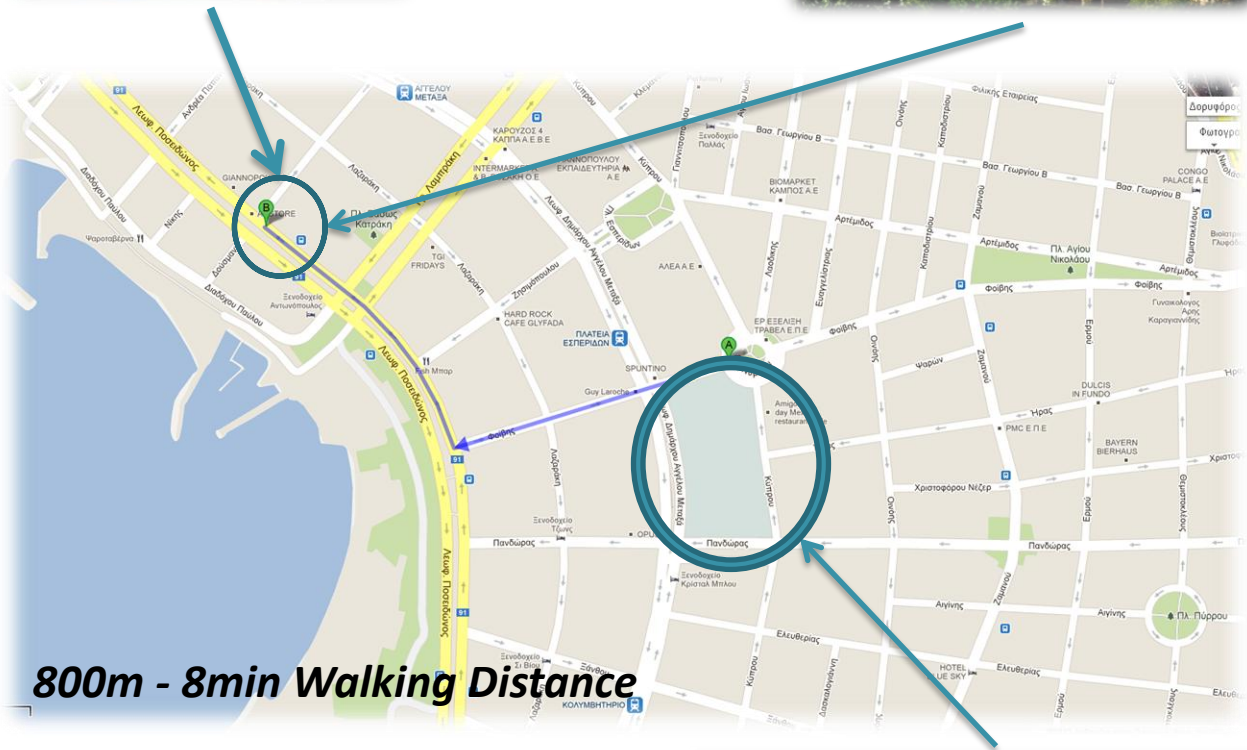
## INTERNATIONAL WADO KARATE UNION CHAMPIONSHIPS 2013

### Official Hotels

#### FOUR SEASON



#### GONGO PALACE



#### Glyfada Indoor Hall





## Official Hotels

### **GONGO PALACE**

**Address: 75 Poseidonos Ave.,  
166 74 Glyfada, Athens**

**tel. : +30 2108946711**

**fax : +30 2108946719**

**web:**

<http://www.congopalace.gr>

#### **Room Type :**

Single 75 € (HB)

Double 50€ Per person (HB)

Triple 43€ Per Person (HB)

Quad (4prs) 135€ Per Room (HB)

*"upon request subject of availability due to VERY limited family rooms"*

#### **CONGO PALACE 4\***

**( Main Hotel**

**Registrations – Waging )**

#### **Congo Palace Glyfada hotel**

Welcome to Congo Palace, one of the best [hotels in Glyfada, Attica](#). This is a 4-star **hotel in Glyfada** built in a key location in the Glyfada area and in fact quite close to the local shopping center.

The 4-storey building of the **Congo Palace Glyfada hotel** with the sea and pool views is justifiably considered to be one of the most modern **hotels in Glyfada**, since it [offers](#) 7 room types and a total of 91 beautiful rooms, which look forward to welcoming you and offering you quality services.



# IWKU



INTERNATIONAL WADO KARATE UNION CHAMPIONSHIPS 2013

## Official Hotels



### **FOUR SEASON**

**79 Posidonos Ave.  
166 74 Glyfada  
Athens Greece  
Tel ++30 210 8942211-13  
Fax ++30 210 8944266  
Web site:  
[www.fourseasonshotel.gr](http://www.fourseasonshotel.gr)**

### **FOUR SEASON HOTEL 3\***

Single 65 € (HB)  
Double 45€ Per person (HB)  
Triple 35€ Per Person (HB)  
Family (4prs) 135€ Per Room (HB)  
*"upon request subject of availability due to limited interconnecting rooms"*

**Four Season** hotel is a 3 star hotel located in the seaside suburb of Glyfada right only 100 metres from Congo Palace hotel. Our hotel is located in the center of Glyfada and is a short distance away from both the port of Piraeus and the Airport.

The hotel was fully renovated in 2003. All rooms come with air-conditioning, T.V, direct inward dialing, mini bar, hair dryer, an office desk, room service, free Wi-Fi.

Our restaurant offers breakfast, lunch and dinner and provides a great variety of dishes from both Greek and international cuisine. The bar offers coffees, snacks and refreshing drinks. There is a NOVA projection room available on the hotel's roof garden and two meeting rooms for business conferences.



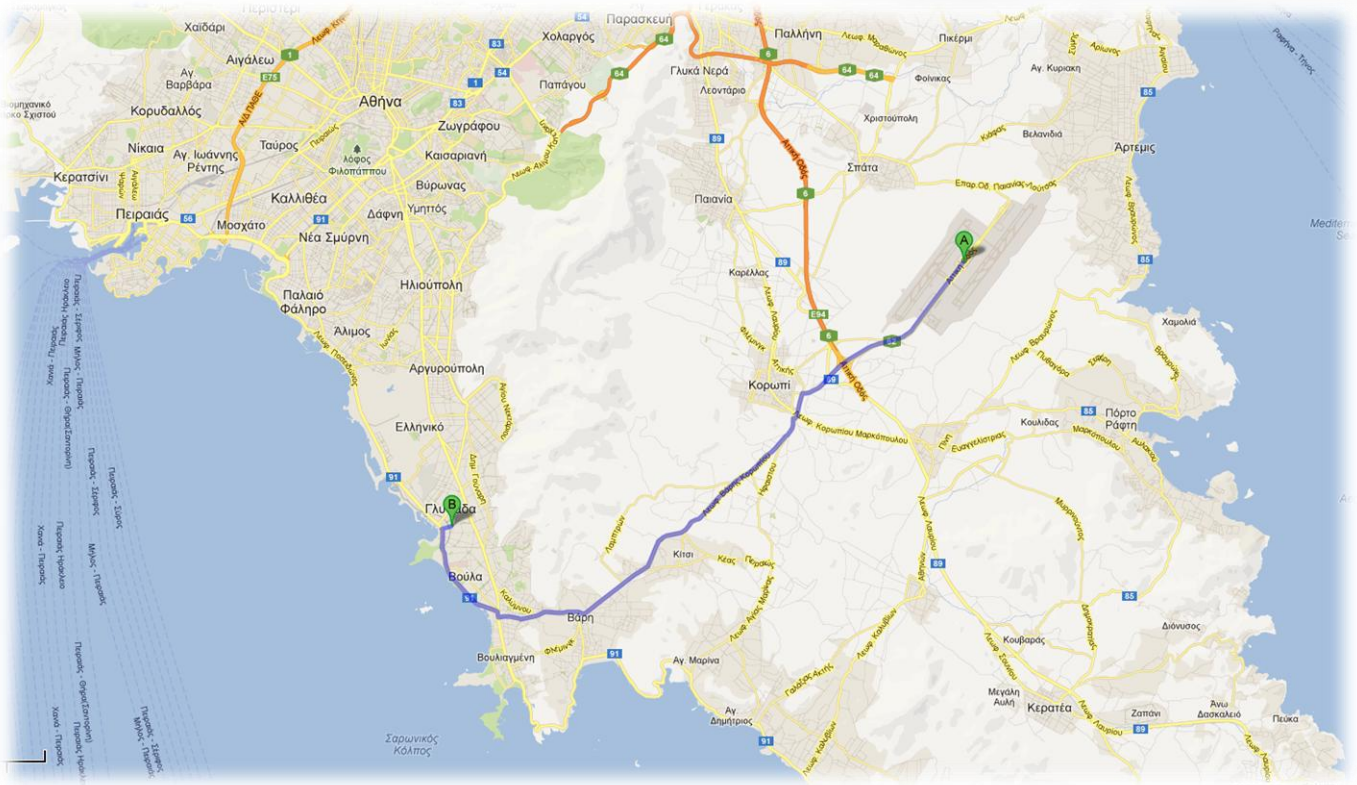
# IWKU



## INTERNATIONAL WADO KARATE UNION CHAMPIONSHIPS 2013

### How to Get There...

# Γλυφάδα



**A. Athens International Airport**

**26Km - 30min Est. by car or taxi**



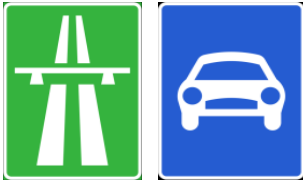
**B. Glyfada**



### How to Get There...

# Γλυφάδα

Dist : 26 km, Time : 29min



Max Cap. : 20 up to 50prs – Cost 125€ (one way)



Max Cap. : 4 prs – Cost 50€ (one way)



Max Cap. : 5 up to 20 prs – Cost 90€ (one way)

### Car Rental

All well known brands are operating in Greece, with branches at the airport and at Glyfada city as well.





# IWKU



INTERNATIONAL WADO KARATE UNION CHAMPIONSHIPS 2013

## Official Tour Operator

### CONTACT FOR HOTEL ACCOMODATION



**MICHALAKOPOULOU 148, 11527,ATHENS**

**[EMAIL.elpida@elpidastartours.com](mailto:elpida@elpidastartours.com)**

**TEL. +302107483380**

**MOBILE. +30 6974990413**

**FAX. +302107483387**

*For confirmation of your reservation an advance payment of 30% is requested until the 1st of September 2013 and it must be transferred to the following account:*

**BANK NAME: PIRAEUS BANK**  
**COMPANY NAME: ELPIDA STAR TOURS MONEPE**  
**ACCOUNT NUMBER: 507905 37 21 111**  
**IBAN NBR: GR25 0172 0790 0050 7905 3721 111**  
**SWIFT CODE: PIRBGRAA**

***Elpida STARtours**, our official tour operator is one of the most experience and with a long lasting presence in sports events, especially in such tournaments (Karate) as the 2013 IWKU CHAMPIONSHIPS.*

*So please do not hesitate to contact them for any issue or question you may have concerning your hotels accommodations or your transportations, they will be more than delighted to assist you.*



### Registration information

Follow the below link on Sportdata's official calendar.

[https://www.sportdata.org/karate/wac/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vern=1080](https://www.sportdata.org/karate/wac/veranstaltung_info_main.php?active_menu=calendar&vern=1080)

The screenshot shows the website's header with logos for WKF Accredited Competition, World Karate Federation (WKF), and Sportdata event technology. The navigation bar includes Home, Event Calendar, News, Help, Contact, Tickets, Live Stream, and Forum. A breadcrumb trail reads: SET ONLINE > KARATE > WAC - WKF ACCREDITED COMPETITION > EVENT CALENDAR > INTERNATIONAL WADO KARATE UNION -IWKU- CHAMPIONSHIPS 2013. The main content area features a 'MAIN MENU' with links to Welcome, SET Online Platforms, and Event Manager Login. A central banner for the 'International Wado Karate Union -IWKU- Championships 2013' includes icons for Registration, Other Items, Tickets, Timetable, and Live Stream. Below this are tabs for Information, Categories, Downloads, Gallery, and Contact, and a section for Competitors in categories, Statistics, and Results. On the right, there are social media links for Facebook, Twitter, and RSS, a language selector set to 'english', and a 'KEEP UP TO DATE' button.

### COMPETITION FEES

**INDIVIDUAL KUMITE** - > 35 € per competitor

**INDIVIDUAL KATA** - > 35 € per competitor



### Registration Key Dates:

Opening date - **Monday 30<sup>th</sup> of September 2013**

Expiration date - **Friday 29<sup>th</sup> of November 2013**





### AGE & CATEGORIES KATA

#### Male

<b>Children male</b>	<b>Up to 9 years</b>	
<b>Children male</b>	<b>10-11 years</b>	
<b>Children male</b>	<b>12-13 years</b>	
<b>Cadet Male</b>	<b>14-15 years</b>	
<b>Junior Male</b>	<b>16-17 years</b>	
<b>Male +18</b>	<b>18-35 years</b>	
<b>Veteran +36</b>	<b>+36 years</b>	

#### Female

<b>Children female</b>	<b>Up to 9 years</b>	
<b>Children female</b>	<b>10-11 years</b>	
<b>Children female</b>	<b>12-13 years</b>	
<b>Cadet female</b>	<b>14-15 years</b>	
<b>Junior female</b>	<b>16-17 years</b>	
<b>Female +18</b>	<b>18-35 years</b>	
<b>Veteran +36</b>	<b>+36 years</b>	



### AGE & WEIGHT CATEGORIES

Children male		Cadet Male	Junior Male	Male +18
10-11	12-13	Cadet 14-15	junior 16-17	Senior +18
-30	-35	-52	-55	-60
-35	-40	-57	-61	-67
-40	-45	-63	-68	-75
-45	-50	-70	-76	-84
-50	-55	+70	+76	+84
+50	+55			

Children female		Cadet Female	Junior Female	female +18
10-11	12-13	Cadet 14-15	junior 16-17	Senior +18
-32	-37	-47	-48	-50
-37	-42	-54	-53	-55
-42	-47	+54	-59	-61
+42	+47		+59	-68
				+68



### ***Event's Program - > tbd\****

		<b>DAY</b>	<b>KATA</b>	<b>KUMITE</b>
<b>Children male Children female</b>	<b>Up to 9 years</b>	<b>Friday</b>		
<b>Children male Children female</b>	<b>10 - 11 years</b>	<b>Friday</b>		
<b>Children male Children female</b>	<b>12 - 13 years</b>	<b>Friday</b>		
<b>Cadet male Cadet female</b>	<b>14 - 15 years</b>	<b>Saturday</b>		
<b>Junior Male Junior female</b>	<b>16 - 17 years</b>	<b>Saturday</b>		
<b>Male +18 Female +18</b>	<b>18 - 35 years</b>	<b>Sunday</b>		
<b>Veteran +36 Veteran +36</b>	<b>+36 years</b>	<b>Sunday</b>		

*\*Event's official program will be fully completed and announced the next day of the expiration date of the registries.*

#### **Registration Key Dates:**

**Opening date - Monday 30<sup>th</sup> of September 2013**

**Expiration date - Friday 29<sup>th</sup> of November 2013**

### KATA

### WKF Competition Rules



**Any traditional Wado karate Kata may be performed. Variations as taught by the *contestant's school* will be permitted in all rounds.**

#### **What to look for when judging Kata**

- 1. Conformance**
- 2. Technical performance**
- 3. Athletic performance**
- 4. Technical difficulty**



**Once performed a Kata may not repeated**



#### **If Kiken**

**The opponent does not need to perform the previously notified Kata**



### *Outfit and Specifications*



*Karate Gi*



*Gi jacket*



*Sponsors*



*Decorations*

*Discreet pony tail retainer is permitted*





**International Wado Karate Union**  
**[www.iwku.net](http://www.iwku.net)**  
**[info@iwku.net](mailto:info@iwku.net)**  
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