



OFFICIAL BULLETIN



2015 EUROPEAN KARATE CHAMPIONSHIPS JUNIORS, CADETS & U21

Initial Greetings



After having been in Zurich in the 2011 Senior EKF Championships, we all feel extremely satisfied to visit you again for these 42nd European Junior, Cadet and 7th U21 Championships. This event will inaugurate new competition categories approved in 2014 for the U21, and some changes in the competition rules that for sure will help to make the event better and more attractive

I take again this opportunity to recognize the work developed by the Swiss Karate Federation during these last years. For me it is a model of efficiency, responsibility, quality and well doing. It has always been a pleasure to work with the SKF, and in all the before mentioned I want to make a special mention to its President Rolland Zolliker, who has always made things easy inside a positive atmosphere of help and collaboration.

The celebration of this event in Switzerland is something well deserved by the Swiss Federation and I can say, without any doubt, that these 42nd European Junior, Cadet and 7th U21 Championships are going to be a new success of our sport in the Continent, a new success of the EKF Federation thanks to the inestimable contribution of one of its outstanding members as it is the Swiss Karate Federation.

Antonio Espinós
WKF PRESIDENT



Welcome to Zurich, Switzerland – a country looking back on a long tradition of karate.

The Swiss karate community and Switzerland as the host country of the forthcoming European Championships in February 2015 are looking forward to an outstanding event where many excellent athletes will gather to perform and compete. Karate as a sport has been established in our country in the early 60s.

Bernard Cherix, who introduced karate to Switzerland, was one of the founding members of today's European Karate Federation. The Swiss Karate Federation already held European Championships in Geneva in 1978, in Sion in 1986 and in Zurich in 2011. This fine tradition in addition to a highly motivated organizing committee provides a sound basis for a successful tournament.

The city of Zurich is located at the heart of Europe and is an important financial, cultural and social focal point of Switzerland. Its extraordinary geographic location on the northern shores of Lake Zurich, the lovely view of the Alps on the horizon, the various recreational areas nearby and its urban diversity and multicultural flair add to the many attractions the city has to offer.

We consider it an honour and a pleasure to host the European Karate Championships 2015, offering the cosmopolitan city of Zurich the chance to emphasize and strengthen its place in the world of karate once more. We all are looking forward to this and to an exciting and inspiring tournament.

Roland Zolliker
PRESIDENT OF THE SWISS KARATE FEDERATION



It all starts with movement – people meet, move, participate in sports, compete, organize tournaments. For a short moment, all that counts is to win or to lose. But in fact, what matters in the long run are the countless hours of exercise – sport as a continuous, repetitive and intense movement.

Karate consists mainly of a continuous repetition of certain movements.

Concentration, precision, internalisation of sequences and physical training are the main focus. During a competition you can see clearly how many hours have been spent on training and whether the sequences have been internalized. The right movement makes all the difference – and for that you have to train hard.

During the European Karate Championships Juniors, Cadets & U21 2015 in Zurich more than 800 young competitors between the age of 14 and 20 are going to perform demanding katas which they have been practising for many hours and advanced kumite bouts for which they have had an intense training.

The ZKS – the Cantonal Association of Sports of Zurich, umbrella organisation of 60 sport associations, 2300 sport clubs with 345 000 sportsmen and sportswomen in the canton of Zurich wishes the young karatekas a competitive European Championship with fair play, joy and contentedness. We wish them during the whole training year stamina, the willingness to help each other and much enjoyment out of the movement.

We are hoping for an exciting and successful competition with enthusiastic spectators and sportsmen and sportswomen.

A very warm thank you to the organizing committee for getting the Championships into Zurich, the „Canton of Sport“, as well as for their commitment in organizing the European Karate Championships Juniors, Cadets & U21 2015.

With kindest regards

Yolanda Gottardi

CEO CANTONAL ASSOCIATION OF SPORTS OF ZURICH

Zurich

Zurich has plenty to offer: an active cultural scene with over 50 museums and more than 100 galleries, top hotels and restaurants, a shopper's paradise with international labels and urban Zurich brands as well as the most flamboyant and lively nightlife in Switzerland. Zurich is also a leading knowledge and business location which is widely appreciated for its good accessibility and excellent infrastructure.

WEATHER & CLIMATE

The climate is moderate with no excessive heat, cold or humidity. The daytime temperature range in February is -2 to 7 °C (28° - 45° F).

<http://www.zuerich.com/en/Visitor/Information/facts/weather-in-zurich.html>

TRAVEL

Zurich is quick and easy to reach, whether by train, plane or private vehicle. Its international airport has direct connections with over 150 destinations. The majority of the European capitals are no more than an hour's flight from Zurich airport. Zurich's main station is just a 10-minute train ride from the airport and situated right in the city centre. It offers a high level of mobility and an attractive range of public transport.

http://www.zuerich.com/en/Besucher/Information/transport/1-details.html#details?utm_source=Zuerich.ch&utm_medium=landingpage&utm_campaign=Partner

VISA

Every traveller must have a valid passport. EU or EFTA citizens must present valid personal identification, an ID card or a passport. Citizens of the following countries must apply for a visa:

ARMENIA / AZERBAIJAN / BELARUS / GEORGIA / MOLDOVA / RUSSIA / TURKEY / UKRAINE

For more information, please refer to:

<https://www.bfm.admin.ch/bfm/en/home/themen/einreise.html> and

https://www.bfm.admin.ch/content/bfm/en/home/themen/einreise/merkblatt_einreise.html.

Visa application form:

<https://www.bfm.admin.ch/bfm/en/home/themen/einreise/visumantragsformular.html>

CURRENCY

Please note that Switzerland remains with the Swiss franc, usually indicated as CHF or SFR. While Switzerland is not part of the European Union and thus is not obliged to convert to the Euro, many prices are nonetheless indicated in Euro so that visitors may compare prices. Merchants may accept Euro but are not obliged to do so. (*Exchange rate*)



ELECTRICITY

230 Volts / 50 Hz. Switzerland uses type C (2-pin) and Type J (3-pin) plugs. (Type C 2-pin plugs also fit J sockets.) Most power sockets are designed for three pin round plugs. The standard continental type plug with two round pins, applied for many electrical travel products, may be used without problems. Adaptors are available in most hotels.

LANGUAGE

The official languages are German, French and Italian. Zurich is in the German part of Switzerland. English is very common, though and widely spoken.

TIME

GMT (Greenwich Mean Time) +1 hour.

HEALTH

Medical care in Switzerland is among the best in the world. For emergencies, you may go to the nearest hospital or emergency practice, or in urgent cases, call the ambulance (144). Each hospital has an emergency department. You should have your insurance card with you each time you visit a doctor or purchase medicines. Pharmacies in Switzerland have a sign saying "Apotheke" and are usually open during regular business hours. Located on Bahnhofplatz in the main train station building you can find a private medical station which provides urgent care without prior appointments. It is open on an outpatient basis every day of the year from 7 a.m. to 10 p.m. (including weekends and holidays) as is the pharmacy connected to it.

INSURANCE

It is compulsory that all participants and members of the delegations have their own medical and personal trip insurance. The Swiss Karate Federation and European Karate Federation as well as the Organizing Committee assume no liability or responsibility for the lack of insurance from participants and members of the delegations. The heads of the delegations have to sign the enclosed terms of responsibility and return it by **5 January 2015**.

Accommodation

HEADQUARTER

Renaissance Zürich Tower Hotel

Turbinenstrasse 20

8005 Zürich

www.renaissancezurichtower.com

OFFICIAL HOTELS

All rates are quoted per room and night, including breakfast and all applicable taxes unless otherwise specified. Exchange rate 1 Euro = 1.2 CHF (Please note that all prices are subject to change. You will be charged the rates indicated on the reservation platform at the time of booking.)

Hotel	Single room	Double room	Meals
HEADQUARTER Renaissance Zürich Tower Hotel **** Turbinenstrasse 20 8005 Zürich www.renaissancezurichtower.com	EUR 165	EUR 192	Rest. Equinox Starters EUR 13+ à la carte EUR 22+
Four Points by Sheraton Zurich **** Sihlcity Zürich Kalandergasse 1 8045 Zürich www.fourpointssihlcity.com	EUR 166	EUR 195	Rest. Rampe Süd Starters EUR 13+ à la carte EUR 22+
Crowne Plaza Zurich **** Badenerstrasse 420 8040 Zürich www.cpzurich.ch	EUR 166	EUR 188	Rest. Letzileu Starters EUR 6+ à la carte EUR 13+
Novotel Zürich City West **** Schiffbaustrasse 13/Am Turbinenplatz 8005 Zürich www.novotel.com	EUR 143	EUR 165	Snackbar Starters EUR 9+ à la carte EUR 21+
Ibis Zürich City West *** Schiffbaustrasse 11/Am Turbinenplatz 8005 Zürich www.ibis.com	EUR 125	EUR 140	Bistro Menu EUR 15+
Ibis Budget Zürich City West *** Technoparkstrasse 2 8005 Zürich www.ibis.com	EUR 112	EUR 130	Breakfast Buffet only

Deadline for booking: 6 December 2014. The online reservation platform is available here:
<http://karate2015.eu/en/hotels-and-accommodation/>

OFFICIAL TRAVEL AGENCY

Kuoni Destination Management
Ueberlandstrasse 360
8051 Zürich
Switzerland
www.kuoni-dmc.com

Contact:

Elisa Iacobucci
Senior Project Manager
Phone: +41 (0) 44 325 21 98
Fax: +41 (0) 44 322 41 13
elisa.iacobucci@ch.kuoni.com

MAP



Follow this link to a overview map:

<https://mapsengine.google.com/map/edit?mid=zzHg59WCuNSU.kskjlWhv3y0>

TRANSFERS

Transportation from the airport to the official hotels will be arranged by the Organizing Committee for **20 Euro per person** (over 8 persons) and **30 Euro per person** (up to 8 persons) for a round trip (arrival and departure).

Saalsporthalle



ADDRESS

Giesshübelstrasse 41
8045 Zürich

HOW TO GET THERE

Tram 5/13 to Saalsporthalle

Train S4 to Saalsporthalle

Limited parking spaces available (public parking *park&ride* near train station Brunau, parking lot of the shopping center sihlcity).

<http://www.stadt-zuerich.ch/content/ssd/de/index/sport/sporthallen/saalsporthalle/adresse-und-oeffnungszeiten.html>

Categories

IMPORTANT INFORMATION

Please note that there are **new categories** that will apply for these championships, The **age limit** of competitors for the corresponding category will be the first day of competition. This means competitors must have the relevant age by 6 February 2015.

Under 21	Cadets	Juniors
<i>Individual Kata (age 18/19/20)</i>	<i>Individual Kata (age 14/15)</i>	<i>Individual Kata (age 16/17)</i>
Male/female	Male/female	Male/female
<i>Male Individual Kumite (age 18/19/20)</i>	<i>Male Individual Kumite (age 14/15)</i>	<i>Male Individual Kumite (age 16/17)</i>
-60 Kg. -67 Kg. -75 Kg. -84 Kg. +84 Kg.	-52 Kg. -57 Kg. -63 Kg. -70 Kg. +70 Kg.	-55 Kg. -61 Kg. -68 Kg. -76 Kg. +76 Kg.
<i>Female Individual Kumite (age 18/19/20)</i>	<i>Female Individual Kumite (age 14/15)</i>	<i>Female Individual Kumite (age 16/17)</i>
-50 Kg. -55 Kg. -61 Kg. -68 Kg. +68 Kg.	-47 Kg. -54 Kg. +54 Kg.	-48 Kg. -53 Kg. -59 Kg. +59 Kg.
		<i>Team Kata (age 14/17)</i>
		Male/female

Programme

EVENT SCHEDULE

Thursday 5 February 2015		Renaissance Zürich Tower Hotel
09:00-16:00	Registration for delegations *	Room Zürich
15:00-16:30	Referee commission meeting	Room Fürstenberg
16:30-17:30	Licence renewal examination	Room Fürstenberg
16:30-18:00	Open draw for coaches	Room Bavaria
17:00-18:00	Medical commission meeting	Room Weller
18:00-19:00	Anti-doping commission meeting	Room Weller
18:30-19:30	Referees, judges & coaches meeting	Room Bavaria
19:00-20:00	Technical commission meeting	Room Weller
21:00	Press conference tbd	Room tbd
Saturday 7 February 2015		
09:00-11:00	Executive committee meeting	Room Fürstenberg

* There will be a fast lane for the NFs having made online registration, with no changes and having paid by bank transfer. For any issues with the online registration, please contact office@sportdata.org

COMPETITION SCHEDULE

Friday 6 February 2015	Cadets programme kata/kumite
	<i>Weigh-in</i>
09:00-09:30	Cadet male (all categories)
10:00-10:30	Cadet female (all categories)
	<i>Kata individual</i>
09:00	Cadet male/female Junior male/female -21 male/female
11:00	Repechages (kata individual)
	<i>Cadet kumite eliminations</i>
13:00	Male (-52/-57/-63 kg)
14:00	Female (-47/-54/+54 kg)
15:00	Male (-70/+70 kg)
16:00	Repechages (cadet kumite male & female)
	<i>Finals</i>
17:30	Kata individual cadet male/female & junior male
17:45	Medals award
18:00	Kata individual junior female & -21 male/female
18:15	Medals award
18:30	Male (-52/-57/-63 kg)
18:45	Medals award

19:00	Female (-47/-54/+54 kg)
19:15	Medals award
19:30	Male (-70/+70 kg)
19:40	Medals award
Saturday 7 February 2015	Junior programme team kata & individual kumite
	<i>Weigh-in</i>
09:00-09:30	Junior male (all categories)
10:00-10:30	Junior female (all categories)
11:00-12:00	-21 female (all categories)
13:00-14:00	-21 male (all categories)
	<i>Kata Team</i>
09:00-10:15	Junior male/female Eliminations & repechages
	<i>Junior kumite eliminations</i>
10:15	Male (-55/-61/-68 kg)
11:30	Female (-48/-53/-59 kg)
12:45	Female (+59 kg) & male (-76/+76 kg)
13:45	Repechages (Junior kumite male & female)
16:00	Opening Ceremony
	<i>Finals</i>
17:00	Male (-55/-61/-68 kg)
17:15	Medals award
17:30	Female (-48/-53/-59 kg)
17:45	Medals award
18:00	Female (+59 kg) & male (-76/+76 kg)
18:15	Medals award
18:30	Kata team junior male/female
19:00	Medals award
Sunday 8 February 2015	-21 kumite programme
	<i>Kumite eliminations</i>
09:00	Female (-50/-55/-61 kg)
10:15	Male (-60/-67/-75 kg)
11:45	Female (-68/+68 kg) & male (-84 kg)
13:00	Male (+84 kg)
13:00	Repechages (-21 kumite male/female)
	<i>Finals</i>
14:30	Female (-50/-55/-61 kg)
14:50	Medals award

15:05	Male (-60/-67/-75 kg)
15:25	Medals award
15:40	Female (-68/+68 kg)
15:50	Male (-84/+84 kg)
16:05	Medals award
16:30	Closing ceremony
20:00	Farewell-Party

Note: In the bouts for bronze medals and finals, all coaches must be dressed with suit and tie (male and female).

CATERING AT THE VENUE

There will be an organized lunch service providing warm meals daily. One menu per day will contain meat and there will be a vegetarian menu. **Please pre-order lunch vouchers by e-mail to tickets@karate2015.eu**

Day / Menu	Pre-Order	On site
FRIDAY Chicken Curry Noodles Vegi Curry Noodles	EUR 9	EUR 12
SATURDAY Meatballs, Rice (Beef) Vegi-balls, Rice	EUR 9	EUR 12
SUNDAY Penne Amatriciana (Porc bacon *) Penne Napoli	EUR 9	EUR 12
SPECIAL PACKAGE 3-DAYS MENU Pre-order lunch vouchers for all 3 days for EUR 25 instead of EUR 36 / person	EUR 25	N / A

* Our catering service will do its best effort to provide a beef version of this meal on request and pre-order only. In this case please contact us by e-mail at the time you place your pre-order (tickets@karate2015.eu).

FAREWELL PARTY

The official farewell party will be held on Sunday 20:00h near the HQ hotel. The entrance fee is EUR 10 if you pre-order until the day of registration or EUR 15 for later orders including 2 soft drinks and snacks. **Please pre-order the tickets by e-mail to tickets@karate2015.eu.**

EKF APPROVED ITEMS

Trademark	Main Office
	<p>SPORTS MASTERS AUSTRALIA P/L 105-111 Jardine st. - Fairy Meadow 2519 NSW AUSTRALIA Phone: +612-42834363 Fax: +612-42855512 E-mail: sales@sports-master.com</p>
	<p>PRIDE 410 Park Avenue, 15th Floor New York, NY 10022, USA E-mail: info@prideuc.com</p>
	<p>WACOKU No. 168-13, CHYUAN-SHING, Lii. SHIN-HUAH, TAINAN TAIWAN. R.O.C. Phone: 886-6-5982133 / Fax: 886-6-5970840 E-mail: twitower@ms43hinet.net</p>
	<p>BEST SPORT Ltd. Zelionaya, 18-23. Gurievs 238300 Kaliningradsky Region RUSSIA Phones: 007 9114672969 / 007 911 4997553 Fax: 007 08439 23337 E-mail: best_sport@mail.ru</p>

WKF approved trademarks for sports items will also be permitted.



Terms of responsibility

To be filled in, signed and sent back together with the booking confirmation of the hotel by **5 January 2015** (by regular mail or email) latest.

I, _____ the undersigned, as the Head of Delegation of my country, duly enrolled to participate in the 42nd European Karate Championships Juniors, Cadets & 7th under 21, which will be held in Zurich, Switzerland, from 6 – 8 February 2015, with acknowledge of the Statutes, the Organizing Rules and the Norms of the European Karate Federation, pledge myself to faithfully accomplish the regulations of this before mentioned entity.

And I take any and all administrative, civil and criminal responsibilities of 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, venue, means of transportation etc.

Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of this Championships, the European Karate Federation and the Swiss Karate Federation, 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 or other compensation.

Country / Nation	
Last name, first name	
Passport number	
Date of expiry	
Credit card number	
Valid thru	
Federation position	
Adress	
Phone number	
Email	

Date _____ Place _____ Signature & Stamp _____

European Karate Championships Juniors, Cadets & U21 2015

Krebsbachweg 6
8134 Adliswil
Switzerland

Email: office@karate2015.eu

Additional information

WLAN

As per September 2014 the arena is equipped with a public hotspot providing WLAN access. Unfortunately it is uncertain if this service will be available during the championships as the provider has informed us of existing plans to shut down the public hotspot.

INFORMATION STALLS

Manned information stalls can be found at the official hotels.

SHOPPING

Next to the venue, within walking distance, you can find Sihlcity, a large shopping and leisure center which contains around 80 shops set against a unique architectural backdrop blending tradition and innovation. There are also restaurants, bars, cafes, cinemas and a nightclub.

<http://sihlcity.ch/de> and <http://www.zuerich.com/map/index.cfm?lang=en&y=245825&x=681933>

COMMUNICATION

If calling from Switzerland, you need to enter the international country code followed by the area code and phone number. Calling Switzerland from abroad, dial the international code 00 followed by the country code 41 for Switzerland, area code and phone number. As a rule, all hotels add a surcharge for phone calls. With the Swiss phone card (Taxcard) you can make cashless domestic and international calls from public phone boxes in Switzerland.

DRINKING WATER

Tap water in Switzerland can be drunk anywhere.

IMPORTANT PHONE NUMBERS

Police **117**

Fire **118**

Ambulance **144**

Nearest Hospital:

Triemlispital

Birmensdorferstrasse 497

8063 Zürich

+41 (0) 44 466 11 11



Contact details

European Karate Championships Juniors, Cadets & U21 2015

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