

XXIV Mediterranean Karate  
Alexandria - Egypt  
3-4 October 2015



**ALEXANDRIA - EGYPT**

**3-4 OCTOBER 2015**

**BULLETIN 1**



### Welcoming Message of the President of the European and World Karate Federation

I have the pleasure to address all participants in these 2015 Mediterranean Karate Federation Championships in Alexandria, Egypt, welcome them to the event and wish them the best in their participation and stay in Egypt.

Also I want to thank the Egypt Karate Federation and its President, Dr. Ayman Abdel Hamid, for again an outstanding contribution of this Federation to the development of the sport and the ensemble of the WKF, from which the Mediterranean Federation is a very important part. Special thanks also to the President Bechir Cherif and to the General Secretary Andreas Vasiliou; without them the Mediterranean Federation would not have achieved such a development and progress and their commitment has been also a key for success, and I encourage them to continue working with the same efficiency and the same commitment as they have been doing so far.

All the best to all participants in Alexandria.



### Welcoming Message of the President of Mediterranean Karate Federations Union

On behalf of the Executive committee of the Mediterranean karate federation union I am delighted and very proud to be in Alexandria this Mediterranean famous historic city of Egypt for the 24<sup>th</sup> Mediterranean championship cadet junior and under 21 years old. I also congratulate the President Dr. Ayman Abdel Hamid and the executive committee of Egyptian karate federation for the effort, professionalism and interest shown for the successful organization of this famous event sport.

The presence of various delegations provide a very important opportunity for all athletes and participants to aim for Olympic values dignity and humbleness. I address my sincerely thanks and my compliments to the athletes and officials for their participations and presences in this famous challenging championship. We are convinced and sure of the success of this Mediterranean event and we all will enjoy unforgettable days in Alexandria.

Bechir Cherif

Mediterranean Karate Federations Union

President

[www.mkfu.org](http://www.mkfu.org)



**Egyptian karate federation president**

**DR. AYMAN ABDEL HAMID**

**Welcomes the participants**

**Dear Mediterranean karatekas.**

On behalf of the Egyptian karate federation, it's my great pleasure and honor to welcoming you in one of the ancient Mediterranean city the beautiful Alexandria.

The city of Alexandria is proud to host for the second time this event.

This event will not be a competition only but a friendship and lovely gathering of the most clever karatekas from all Mediterranean countries in one of most climate and gorgeous city.

**DR. AYMAN ABDEL HAMID**

**Egyptian Karate Federation President**

# EGYPT



- **With over 90 million inhabitants**, Egypt is one of the most populous countries in Africa and the Middle East, and the 15<sup>th</sup> -most populated in the world.
- The great majority of its people live near the banks of the Nile River, an area of about 40,000 square kilometers, where the only arable land is found.
- The large regions of the Sahara Desert, which constitute most of Egypt's territory, are sparsely inhabited.
- About half of Egypt's residents live in urban areas, with most spread across the densely populated centers of greater Cairo, Alexandria and other major cities in the Nile Delta.

## • **Alexandria**



- **The second-largest city in Egypt, in ancient times, Alexandria was one of the most famous cities in the world.**
- **Alexandria is known as "The Pearl of the Mediterranean". It has an atmosphere that is more Mediterranean than Middle Eastern, distance it from the rest of the cities in Egypt.**
- **It was founded around a small pharaonic town c. 331 BC by Alexander the Great.**
- **It remained Egypt's capital for nearly a thousand years, Alexandria was known because of its lighthouse (Pharos), one of the Seven Wonders of the Ancient World.**
- **Its library (the largest library in the ancient world); and the Catacombs of Kom el Shoqafa, one of the Seven Wonders of the Middle Ages.**

## SPORT HALL

### OLYMPIC CENTER Sport Hall - Alexandria



## CAIRO INTERNATIONAL AIRPORT

### Cairo International Airport Terminal 1



- (IATA: CAI, ICAO: HECA) is the main busiest airport in Egypt and the primary hub for EgyptAir, a member of the Star Alliance. The airport is located to the northeast of the city around 15 kilometers (9.3 mi) from the business area (Center of the city), and has an area of approximately 37 square kilometers (9,100 acres).

### Cairo International Airport Terminal 3



- The Airport Consists of Three main Terminals covering all arrival and departure for airlines.
- Terminal 3 is assigning for Egypt air and the Star Alliance Airlines.



## Borg Al Arab International Airport



- **The Airport Consists of Two main Terminals covering all arrival and departure flights.**



## ORGANIZER AND CONTACT

### **Egyptian Karate Federation:**

**Address:** 20 El-Sherook Building – Behind Dar El-Moshah – kobry elkoba – Cairo - Egypt

**Tel:** (+202) 2263 2824 & (+202) 2260 7363

**FAX:** (+202) 2263 8507

**E-Mail:** egypt\_karate\_federation@hotmail.com

**Web site:** www.EgyKF.com

## Electricity:

Egypt has a voltage supply of 220V/ 50 Hz and the plugs are the 2 round pin type that are common throughout Europe and the adaptor available at all electricity shops and super markets.

## Insurance:

It is compulsory that all participants and members of delegations to have their own medical and personal trip insurance. Egyptian Karate Federation and Mediterranean Karate Federation assume no liability or responsibility for the lack of insurance from participants and members of delegations.

## Currency:

Egypt currency is Egyptian Pound (LE). Foreign currencies can be exchanged at the airport, in banks, as well as in many foreign currency exchange offices which can be found all over Egypt. Banks are usually open from 8.30am - 02.00pm, from Sunday to Thursday. Shopping malls are usually open from 10 am to 11 pm every day.

## Communication:

To call Egypt from abroad, dial the international code 002 or(+2) for Egypt.

There are 3 mobile operators in Egypt (mobinil, Vodafone, Etisalat). You can gather SIM Cards from the airport and also from the all shops.

## Services:

**Emergency Ambulance service :** 123

**Emergency Police :** 122

**Emergency Fire :** 180

**Vaccination :** No need.

**Time zone :** GMT +2

## Weather

During month of October the climate in Alexandria is clear and temperature is ranged between:

**HIGH 28 C / LOW 19 C**

## Currency exchange rate :

1 USD = 7.78 EGP



## **REGISTRATION**

Registration of all delegations must be done through SPORTDATA online System and the deadline is on Wednesday 23<sup>rd</sup> September 2015.

Participation fee for each athlete is 20 euro and also 20 euro for each referee participating in the referee seminar & exams.

Annual country membership fee is 200 euro and must be paid during the registration to MKFU treasurer.

The official registration on Friday 2<sup>nd</sup> October 2015 at (HQ) hotel by presenting a valid Passport and ensuring of the correct athletes categories.

## **FLAG / ANTHEM**

Each participating country is requested to provide 2 national flags and a CD with the national anthem.

## **VISA PROCEDURE FOR FOREIGN CITIZEN**

Usually you need to apply to your local Egyptian embassy or consulate for a pre-entry tourist visa but if you are from European Union Countries you can get your tourist visa upon arrival in the airport.

For other countries required to obtain visa from the Egyptian embassy in your country, please send the list of the names to the following e-mail address in order to issue the supporting letters: [egy\\_karate\\_fed@hotmail.com](mailto:egy_karate_fed@hotmail.com)

Also, it's required to send a copy of passport for every participant 21 days before the date of championship to proceed necessary formalities with national security authorities from our end.



## TRANSPORTATION

Transportation between official hotels and venue are free during the days of competition.

Transportation from Cairo Airport or Borg Al Arab Airport - Hotel – Airport will be as follows:

<b>Limousine</b>	<b>up to 3 persons</b>	<b>80 USD per person</b>
<b>Bus</b>	<b>up to 50 person</b>	<b>20 USD per person</b>

## ACCOMMODATION

HOTEL NAME	STAR	SINGLE ROOM	DOUBLE ROOM	TRIPLE ROOM	EXTRA MEAL Per person
<b>HELNAN PALESTINE (HQ)</b>	*****	USD 120	USD 150	---	USD 25
<b>SHERATON MONTAZA</b>	*****	USD 130	USD 150	---	USD 30
<b>HILTON GREEN PLAZA</b>	*****	USD 105	USD 120	USD 170	USD 25 FOR LUNCH USD 28 FOR DINNER
<b>LAGOON ALEX</b>	****	USD 60	USD 100	USD 120	USD 15
<b>MERCURE</b>	****	USD 85 (BB)	USD 95 (BB)	---	---
<b>ALEXANDRIA ROMANCE</b>		USD 95 (HB)	USD 122 (HB)	---	---
		USD 110 (FB)	USD 150 (FB)	---	---

**PRICES ARE PER ROOM PER NIGHT INCLUDED BREAKFAST AND VAT TAXES**

## HOTELS

### HELWAN PALESTINE (HQ) \*\*\*\*\*



### CONTACT DETAILS FOR RESERVATION :

Tel : +2035473500  
Fax : +2035473378  
E-mail: [Alexandria@helwan.com](mailto:Alexandria@helwan.com)

Copy to the Egyptian karate federation e-mail: [egy\\_karate\\_fed@hotmail.com](mailto:egy_karate_fed@hotmail.com)

**SHERATON \*\*\*\*\***



**CONTACT DETAILS FOR RESERVATION :**

Tel : +2035480550

Fax : +2035498483

Web site : [www.sheraton.com](http://www.sheraton.com)

Copy to the Egyptian karate federation e-mail: [egy\\_karate\\_fed@hotmail.com](mailto:egy_karate_fed@hotmail.com)

**HILTON \*\*\*\*\***



**CONTACT DETAILS FOR RESERVATION :**

Tel : +2034209120

Fax : +2034209140

E-mail: [Alexandria@hilton.com](mailto:Alexandria@hilton.com)

Copy to the Egyptian karate federation e-mail: [egy\\_karate\\_fed@hotmail.com](mailto:egy_karate_fed@hotmail.com)

**LAGOON ALEX \*\*\*\***



**CONTACT DETAILS FOR RESERVATION :**

Tel : +201003004222  
+201003005222

Fax : +2033854020

E-mail: [reservation\\_lagoon@yahoo.com](mailto:reservation_lagoon@yahoo.com)

Copy to the Egyptian karate federation e-mail: [egy\\_karate\\_fed@hotmail.com](mailto:egy_karate_fed@hotmail.com)



**MERCURE ALEXANDRIA ROMANCE \*\*\*\***



**CONTACT DETAILS FOR RESERVATION :**

Tel : +201224668680  
Fax : +2035823899  
E-mail: [h1677-fo@accor.com](mailto:h1677-fo@accor.com)

Copy to the Egyptian karate federation e-mail: [egy\\_karate\\_fed@hotmail.com](mailto:egy_karate_fed@hotmail.com)



## **CATEGORIES**

### **CADETS 16 YEARS**

**KATA INDIVIDUAL MALE AND FEMALE**  
**KUMITE FEMALE 47KG /54KG/ +54KG.**  
**KUMITE MALE 52KG/57KG/63KG/70KG/+70KG.**

### **JUNIOR 18 YEARS**

**KATA INDIVIDUAL MALE AND FEMALE.**  
**KATA TEAM MALE AND FEMALE.**  
**KUMITE FEMALE 48KG/53KG/59KG/+59KG.**  
**KUMITE MALE 55KG/61KG/68KG/76KG/+76KG.**

### **UNDER 21YEARS**

**KATA INDIVIDUAL MALE AND FEMALE**  
**KUMITE FEMALE 50KG/55KG/61KG/68KG/+68KG.**  
**KUMITE MALE 60KG/67KG/75KG/84KG/+84KG.**

**NB** : In individual category kumite and kata M/F can register **TWO COMPETITORS** from each country. In team category kumite and kata M/F can register **ONE TEAM** from each country.  
Entry fee for individual category is 20 €.

## **PROTECTION AND RULES**

**WKF kumite and kata rules will be applied also the equipment approved by WKF**



## **COMPETITION PROGRAM AND SEMINARS**

### **Friday 2 October 2015**

<b>10.00-18.00</b>	<b>Registration of delegations</b>
<b>10.00</b>	<b>MKFU 24th executive committee meeting</b>
<b>15.00-16.00</b>	<b>Referee committee meeting</b>
<b>16.00-17.30</b>	<b>Referee examinations</b>
<b>17.30-18.00</b>	<b>Referee and judges briefing</b>
<b>18.00</b>	<b>Coaches meeting and draws</b>

**All meetings of Friday will be at (HQ) hotel.**

**All referees and judges who do not attend the course and will intend to officiate at the championship are required to attend the briefing.**

**ALL MEETINGS OF FRIDAY WILL BE AT HQ HOTEL  
(HELNAN PALESTINE HOTEL)**



## **Saturday 3 October 2015**

<b>9.00-10.00</b>	<b>weigh-in for all categories cadet-juniors /male</b>
<b>10.00-11.00</b>	<b>weigh in for all categories cadet-juniors / female</b>
<b>9.00-10.00</b>	<b>kata elimination and repechages cadet individual male and female</b> <b>Kata elimination and repechages junior individual male and female</b>
<b>11.00-12.00</b>	<b>kumite individual cadet male all categories elimination and repechage</b>
<b>12.00-13.00</b>	<b>kumite individual juniors male 55kg/61kg/68kg eliminations and repechages</b>
<b>13.00-14.30</b>	<b>lunch break</b>
<b>14.30-15.30</b>	<b>kumite individual juniors male 76kg /+76kg elimination and repechages</b>
<b>15.30-16.30</b>	<b>kumite individual cadet all female categories elimination and repechages</b>
<b>16.30-17.30</b>	<b>kumite individual juniors all female categories elimination and repechages</b>
<b>18.00</b>	<b>opening ceremony</b>
<b>19.00</b>	<b>finals and medal ceremony for kata, kumite - cadets, juniors-male and female</b>



## **Sunday 4 October 2015.**

<b>9.00-9.30</b>	<b>weigh –in for all categories under 21years male</b>
<b>9.30-10.00</b>	<b>weigh –in for all categories under 21 years female</b>
<b>9.00-10.00</b>	<b>kata individual elimination and repechage under 21 year male and female</b>
<b>10.00-11.00</b>	<b>kumite individual elimination and repechage under 21 years male all categories</b>
<b>11.00-12.00</b>	<b>kumite individual elimination and repechage under 21 year female all categories</b>
<b>11.00-12.00</b>	<b>kumite individual elimination and repechage under 21 year female all categories</b>
<b>12.00-14.00</b>	<b>lunch break</b>
<b>14.00-15.30</b>	<b>elimination and repechage kata team male and female</b>
<b>16.00</b>	<b>finals and medal ceremony for kata, kumite-under 21 year-male and female</b>
<b>17.30</b>	<b>closing ceremony</b>
<b>20.30</b>	<b>farewell party</b>



## **TERM OF RESPONSIBILITY**

### **To be send back**

I, \_\_\_\_\_, as Chief of the Delegation of my Country, duly enrolled to participate in the Mediterranean Karate Championships which will be held in Egypt from 3 – 4 October 2015, with fully knowledge of Statutes, Rules and Norms of WORLD KARATE FEDERATION and Mediterranean Karate Federations Union, pledge myself to faithfully accomplish the regulations of this before mentioned entity and I take any 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 in the hotels.

Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the Championships, W.K.F, Mediterranean Karate Federations Union, Egyptian Karate Federation, its directors, as well as any person or company 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 compensation.

Country	
Surname	
Name	
Passport No	
Data of credit cadr	
Position in the National Federation	
Address	
Tel No	
Fax No	
E-mail	

**Place and date**

-----

**signature**

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## REGISTRATION FORM

### Contact Person:

Federation: \_\_\_\_\_ Country: \_\_\_\_\_  
 Surname: \_\_\_\_\_ Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

### Travel Information:

Arrival in \_\_\_\_\_ by: \_\_\_\_\_ Departure from \_\_\_\_\_ by: \_\_\_\_\_  
 Plane: \_\_\_\_\_ Bus: \_\_\_\_\_ Train: \_\_\_\_\_ Car: \_\_\_\_\_ Plane: \_\_\_\_\_ Bus: \_\_\_\_\_ Train: \_\_\_\_\_ Car: \_\_\_\_\_  
 Number of persons: \_\_\_\_\_ Number of persons: \_\_\_\_\_  
 Date: \_\_\_\_\_ Date: \_\_\_\_\_  
 Hour: \_\_\_\_\_ Hour: \_\_\_\_\_  
 Flight No.: \_\_\_\_\_ Flight No.: \_\_\_\_\_

Transfer Airport-Hotel  YE  NO     
 Transfer Hotel-Airport  YES  NO

### Hotel booking in order of preference:

Number of Rooms	Single	Double	Triple	Quadruple
Hotel.....				
Hotel.....				

### Payment:

All payments should be in \_\_\_\_\_. The desired reservations will be activated upon receiving the \_\_\_\_\_% prepayment for them as above specified.

\_\_\_\_\_ \_\_\_\_\_  
 Date Name of contact Person

\_\_\_\_\_ OFFICIAL STAMP  
 (Signature)



## Mediterranean Senior Championships 2014

MONTENEGRO  
 Podgorica

2014.09.13 - 2014.09.14

### Participation Count

#	Code	Country	Male Entries	Female Entries	Total Entries	Total Athletes
1	ALB	ALBANIA	3	0	3	3
2	BIH	BOSNIA AND HERZEGOVINA	12	14	26	29
3	CRO	CROATIA	10	7	17	17
4	CYR	CYPRUS	1	1	2	2
5	EGY	EGYPT	13	14	27	26
6	FRA	FRANCE	10	5	15	16
7	MKD	FYR of Macedonia	12	10	22	22
8	ITA	ITALY	3	4	7	7
9	MNE	MONTENEGRO	10	6	16	15
10	MAR	MOROCCO	9	1	10	9
11	SRB	SERBIA	9	10	19	20
12	TUR	TURKEY	9	9	18	17
<b>Totals:</b>			101	81	182	183





## UFMK/MKFU

UNION DES FEDERATIONS MÉDITERRANÉENNES DE KARATE (UFMK)  
MEDITERRANEAN KARATE FEDERATIONS UNION (MKFU)

MEMBRE DE LA FEDERATION MONDIALE DE KARATE (FMK)  
MEMBER OF THE WORLD KARATE FEDERATION (WKF)

### Historical Data of Participation Mediterranean Karate Championships 2009-2014

<b>Organizing Country</b>	<b>Year</b>	<b>Countries</b>	<b>Athletes Participation</b>
MONTENEGRO	2009	12	218
TURKEY	2010	7	94
ITALY	2011	13	235
BOSNIA & HERZEGOVINA	2012	10	152
CYPRUS	2013	11	185
MONTENEGRO	2014	12	183

Sincerely,

Bechir Cherif

President

Andreas Vasileiou

Secretary General