



British Karate Federation Home Nations Championships

**Edinburgh, Scotland
11th – 12th September 2010**

SENIOR, JUNIOR, CADET, CHILDREN

BULLETIN

**Meadowbank Sports Centre
139 London Road, Edinburgh, EH7 6AE**

Sanctioned by the WKF

www.britishkaratefederation.co.uk



unicef  **Focusing on children and child rights around the world**



Supporting wounded service personnel



Saturday 11th September 2010

Kata (14 years and above)

PLEASE NOTE ALL CHECK IN AND START TIMES

KATA 14 YEARS AND ABOVE – SATURDAY 11th September 2010			
Registration: 8.30am – Start: 9:00am			
Category	Code	Category	Code
Female Cadet Kata 14-15yrs	KA1	Male Cadet Kata 14-15yrs	KA5
Female Junior Kata 16-17yrs	KA2	Male Junior Kata 16-17yrs	KA6
Female Kata 18yrs to 21yrs	KA3	Male Kata 18yrs to 21yrs	KA7
Female Seniors Kata	KA4	Male Seniors Kata	KA8

KATA TEAM 14-17 & SENIORS – SATURDAY 11th September 2010			
Registration: 8.30am – Start: 10:00am			
Category	Code	Category	Code
Female Team 14 to 17yrs (No Bunkai)	KA9	Male Team 14 - 17yrs (No Bunkai)	KA11
Female Team Senior 18yrs & above (Bunkai)	KA10	Male Team Senior 18yrs & above (Bunkai)	KA12

KATA VETERANS MIXED 35+ – SATURDAY 11th September 2010			
Registration: 8.30am – Start: 10:00am			
Category	Code	Category	Code
Veterans Mixed 35+	KA13		

Saturday 11th September 2010 – Kumite (14years and above)

CADET KUMITE 14 & 15 YEARS – SATURDAY 11th September 2010			
Registration/Weigh In: 9.30am – Start: 11 am			
Category Female Cadet	Code	Category Male Cadet	Code
Female Cadet Kumite 14-15yrs - 47kgs	KU17	Male Cadet Kumite 14-15yrs - 52kgs	KU20
Female Cadet Kumite 14-15yrs - 54kgs	KU18	Male Cadet Kumite 14-15yrs - 57kgs	KU21
Female Cadet Kumite 14-15yrs + 54kgs	KU19	Male Cadet Kumite 14-15yrs - 63kgs	KU22
		Male Cadet Kumite 14-15yrs - 70kgs	KU23
		Male Cadet Kumite 14-15yrs + 70kgs	KU24

CADET KUMITE OPEN & TEAM 14 - 15 YEARS – SATURDAY 11th September 2010			
Registration: 9.30am. Start: 12:30			
Category Female Cadet	Code	Category Male Cadet	Code
Female Cadet Team (3) Kumite 14-15yrs	KU25	Male Cadet Team (3) Kumite 14-15yrs	KU27
Female Cadet Kumite 14-15yrs Open	KU26	Male Cadet Kumite 14-15yrs Open	KU28

JUNIOR KUMITE – SATURDAY 11th September 2010			
Registration/Weigh In: 11am – Start: 1.30pm			
Category Female Junior	Code	Category Male Junior	Code
Female Junior Kumite 16-17yrs - 48kgs	KU29	Male Junior Kumite 16-17yrs - 55kgs	KU33
Female Junior Kumite 16-17yrs - 53kgs	KU30	Male Junior Kumite 16-17yrs - 61kgs	KU34
Female Junior Kumite 16-17yrs - 59kgs	KU31	Male Junior 16-17yrs - 68kgs	KU35
Female Junior Kumite 16-17yrs + 59kgs	KU32	Male Junior Kumite 16-17yrs - 76kgs	KU36
		Male Junior Kumite 16-17yrs + 76kgs	KU37

Saturday 11th September 2010 – Kumite (14years and above)

JUNIOR KUMITE OPEN & TEAM– SATURDAY 11th September 2010			
Registration: 11am – Start: 3pm			
Category Female Junior	Code	Category Male Junior	Code
Female Junior Team (3) Kumite 16-17yrs	KU38	Male Junior Team (3) Kumite 16-17yrs	KU40
Female Junior Kumite 16-17yrs Open	KU39	Male Junior Kumite 16-17yrs Open	KU41

KUMITE SENIORS – SATURDAY 11th September 2010			
Registration/Weigh In: 12 noon – Start: 4pm			
Category Female Seniors	Code	Category Male Seniors	Code
Female Senior Kumite 18yrs and over - 50kgs	KU42	Male Senior Kumite 18yrs and over - 60kgs	KU47
Female Senior Kumite 18yrs and over - 55kgs	KU43	Male Senior Kumite 18yrs and over - 67kgs	KU48
Female Senior Kumite 18yrs and over - 61kgs	KU44	Male Senior Kumite 18yrs and over - 75kgs	KU49
Female Senior Kumite 18yrs and over - 68kgs	KU45	Male Senior Kumite 18yrs and over - 84kgs	KU50
Female Senior Kumite 18yrs and over + 68kgs	KU46	Male Senior Kumite 18yrs and over + 84kgs	KU51

KUMITE SENIORS OPEN & TEAM – SATURDAY 11th September 2010			
Registration: 12 noon – Start: 5pm			
Category Female Seniors	Code	Category Male Seniors	Code
Female Senior Kumite Teams 18yrs and over	KU52	Male Senior Kumite Teams 18yrs and over	KU54
Female Senior Kumite 18yrs and over Open	KU53	Male Senior Kumite 18yrs and over Open	KU55

ATHLETES CAN REGISTER FOR MORE THAN ONE CATEGORY AT A TIME

All competitors should register at the relevant registration desks leaving plenty of time prior to the start time of their competition. Please have a note of your category code, this will help with the registration process. Registration may open before the stated time but announcements will be made. This will allow for a smooth registration process throughout the event.

If all competitors are registered for a category then that category may start earlier.

Start times may vary during the day so please listen out for announcements.



Sunday 12th September 2010

Kata and Kumite 7 to 13 years old

KATA 7 – 13 YEARS INCLUSIVE – SUNDAY 12th September 2010			
Registration: 8.30am – Start: 9am – First Event: Individual Kata			
Category	Code	Category	Code
Girls Kata 7-9yrs	KA14	Boys Kata 7-9yrs	KA17
Girls Kata 10-11yrs	KA15	Boys Kata 10-11yrs	KA18
Girls Kata 12-13yrs	KA16	Boys Kata 12-13yrs	KA19

KATA TEAM (2 members) UNDER 14yrs – SUNDAY 12th September 2010			
Registration: 8.30am – Start: 10am – Event: Team Kata			
Category	Code	Category	Code
Girls Team Kata Pairs 10yrs & under	KA20	Boys Team Kata Pairs 10yrs & under	KA22
Girls Team Kata Pairs 11 – 13yrs	KA21	Boys Team Kata Pairs 11 – 13yrs	KA23

KATA TEAM (3 members) UNDER 14yrs – SUNDAY 12th September 2010			
Registration: 8.30am – Start: 10am – Event: Team Kata			
Category	Code	Category	Code
Girls Team Kata 10yrs and under	KA24	Boys Team Kata 10yrs and under	KA26
Girls Team Kata 11 – 13yrs	KA25	Boys Team Kata 11 – 13yrs	KA27

Registration and weigh in will be staggered for the remaining categories below (see the specific info above categories).

Children competing in Kata and Kumite can weigh in from 8.30am.

**Sunday 12th September 2010 - Continued
Kata and Kumite (up to and including 13 years)**

KUMITE 7 – 11 YEARS INCLUSIVE – SUNDAY 12th September 2010			
Registration/Weigh In: 10am – Start: 11am			
Category	Code	Category	Code
Girls Kumite 7-9yrs - 25kgs	KU56	Boys Kumite 7-9yrs - 35kgs	KU60
Girls Kumite 7-9yrs + 25kgs	KU57	Boys Kumite 7-9yrs + 35kgs	KU61
Girls Kumite 10-11yrs - 35kgs	KU58	Boys Kumite 10-11yrs - 45kgs	KU62
Girls Kumite 10-11yrs + 35kgs	KU59	Boys Kumite 10-11yrs + 45kgs	KU63

KUMITE OPEN & TEAM 7 - 13 YEARS INCLUSIVE – SUNDAY 12th September 2010			
Registration: 12 noon – Start: 1.30pm			
Category	Code	Category	Code
Girls Team Kumite (3) 7 – 9yrs	KU64	Boys Team Kumite (3) 7 – 9yrs	KU68
Girls Team Kumite (3) 10 – 13yrs	KU65	Boys Team Kumite (3) 10 – 13yrs	KU69
Girls Kumite Open 7 – 9 yrs	KU66	Boys Kumite Open 7 – 9yrs	KU70
Girls Kumite Open 10 – 13yrs	KU67	Boys Kumite Open 10 – 13yrs	KU71

KUMITE 12 – 13 YEARS INCLUSIVE – SUNDAY 12th September 2010			
Registration/Weigh In: 12 noon – Start: 3.30pm			
Category	Code	Category	Code
Girls Kumite 12-13yrs - 45kgs	KU72	Boys Kumite 12-13yrs -45kgs	KU74
Girls Kumite 12-13yrs + 45kgs	KU73	Boys Kumite 12-13yrs + 45kgs	KU75



The BKF will introduce a Kata category on Sunday at 10am for [all ages] for those with a physical or mental disability. The range will depend on demand and as this is a new area for us we ask for understanding on this sensitive matter. Should you enter this category you cannot participate in any other category.

The BKF have published a paper on this which is available on our website and Mike Billman from our executive has been given the task of overseeing this project. Mike can be contacted through our web email address.

DISABILITY KATA – SUNDAY 12th September 2010	
Registration 8.30am Start: 10am	
Category	Code
Disability Kata all ages male and female	KADK 01



IMPORTANT NOTES

All entry payment should be made by cheque and payable to 'British Karate Federation'.

All payments should be sent to tournament organiser committee member:

Hamish Adam, 10 Waterloo Bank, Penicuik, Midlothian, EH26 8NS

This event is being organised by the British Karate Federation with grateful assistance from the Scottish Karate Governing Body Ltd.

Associations are reminded of their responsibility and the importance of insurance cover for all athletes and that coaches signing entry forms have confirmed and seen all registrations including arranging insurance cover for all their competitors.

IMPORTANT NOTE FOR COACHES

Due to the expected high number of entries the recharge system will not be operated at this Championships.

Competitors can only compete in their own categories and cannot move up to compete in another category.

In the unlikely event of low Category entries the organisers reserve the right to amalgamate categories.

Coaches, please ensure your competitors leave the area when their category finishes, this is a strict rule.

Please advise your competitors accordingly regarding insurance cover.

A maximum of 4 coaches passes per association. Please supply a list of coaches when submitting your application.

Parental consent: This is the responsibility of the association

Coaches Code Of Dress: IMPORTANT

Coaches must be in Association tracksuits or colours etc. and must wear their coaching ID badge. Inappropriate dress will be refused access to the Tatami.

Only coaches ADHERING TO DRESS CODE and in possession of a coaches pass will be allowed on the competition area, these will be supplied at the event. Coaches passes will be provided according to the number of entries up to a maximum of four. All coaches must provide his/her details to the Chief Referee. Only 1 coach is permitted on the Tatami at any one time.



Schedule

Saturday 11th September 2010

All Kata and Kumite for 14 years and above will be held under WKF rules, WKF face and body protection for 14-15 year olds will be compulsory.

Kata will start from 9am with individual Kata being the first event. Kumite events will have staggered start times, starting from 10.30 am with registration and weigh in being one hour before. All staggered times are estimated as this will depend on the number of entries in each category.

Sunday 12th September 2010

All Kata and Kumite for 7 to 13 year olds inclusive will be held on the Sunday.

All Kata events will start at 9am with the individual kata being the first event. Registration will be from 8.30am.

For 13 years and under, competitors may choose which ever Kata they wish to perform and this can be repeated in all subsequent rounds.

All Kumite events for 7-13 years inclusive will also take place on Sunday 12^h September, these events will have staggered start times with weigh in and registration one hour before.

All staggered times are estimated as this will depend on the number of entries in each category.

Minimum age is 7yrs and above for all Kata and Kumite.

From Chief Referee

Could all Associations and coaches be advised that the WKF rules will be strictly applied in all categories for the Saturday events for 14 years and above with the exception of repercharge.

With reference to Senior Team Kata for 16 years and above, the two team finalists must perform BUNKAI as laid down in the WKF rules.



Transport Information

Edinburgh is very well connected by Road, Rail and Air. Within the Central belt of Scotland there are 3 main airports.

Airports

Edinburgh Airport	- 9 miles from Edinburgh City Centre
Glasgow International Airport	- 55 miles from Edinburgh City Centre
Glasgow Prestwick Airport	- 78 miles from Edinburgh City Centre

Main Line Railway Stations

Waverley Street Station

Domestic Airlines Glasgow International Airport (GLA)

BMI	BMIbaby	British Airways
Easyjet	Flybe	

Domestic Airlines Edinburgh Airport (EDI)

BMI	BMIbaby	British Airway
easyJet	Flybe	Ryanair

Airlines Glasgow Prestwick Airport (PIK)

Flybe	Ryanair
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Airline Websites

BMI www.flybmi.com	BMIbaby www.bmibaby.com
British Airways www.ba.com	Easyjet www.easyjet.com
Flybe www.flybe.com	Ryanair www.ryanair.com



Edinburgh Airport Public Transport Links

There is a dedicated bus service from Edinburgh Airport to the City Centre.

“Edinburgh Airlink 100” is an express bus service runs from the airport to Waverley Bridge beside Waverley Street main railway station. The bus runs every 10 minutes to 15minutes. Journey time is 25 minutes.

Fares:	Single	Return
Adult	£3.50	£6.00
Child	£2.00	£3.00

Note: Child prices for 5 – 15year olds (inclusive).

Buy tickets at the airport information desk, at the bus stop or from the driver

For further information please visit www.flybybus.com

Glasgow International Airport Public Transport Links To Edinburgh City Centre

General Information

There is no direct rail service from Glasgow International Airport and Edinburgh City Centre. The best transport option is to take the Airport Bus service 500 into the City then a train from Queen Street to Edinburgh. Please see information below on the 500 service and also section “Trains from Glasgow to Edinburgh”

Airport Express Bus Service 500

Services to Glasgow city centre Service 500 (www.glasgowflyer.com) The Arriva Glasgow Flyer provides a high-frequency bus service to and from Glasgow City Centre and Buchanan bus station (stand 46). This service leaves from Bus Stop 1.

Services run up to every 10 minutes and journey time is 15 minutes to the City Centre. The bus service stops at Queen Street railway station.

Single fare: £4.20 Adult Return: £6.20 Adult Open Return: £6.50

Trains from Glasgow to Edinburgh

Train from Glasgow Queen Street Station to Edinburgh Waverley depart every 15 minutes with a journey time of 50 minutes.

Fare: Return Adult £22.00 Return Child £11.50 (These are based on standard ticket prices)

For the best fare options and group discounts visit www.scotrail.co.uk/content/group-tickets.html



Glasgow Prestwick Airport Public Transport Links

General Information

There is no direct rail or bus links from Glasgow Prestwick Airport to Edinburgh City Centre during the day and early evening. The main method would be train from Prestwick Airport dedicated railway station to Glasgow Central Station then change over to Glasgow Queen Street station (short 10minute walk).

Outside of normal hours there is a dedicated late evening and early morning bus service to Edinburgh. See below.

Trains

Glasgow Prestwick is served by its own railway station which is accessible by a covered walkway to/from the airport.

From Airport 0548 – 2308 Monday – Saturday 0850 – 2307 Sunday

From Glasgow 0600 – 0015 Monday – Friday 0600 - 2330 Saturday 0900 -2300
Sunday

1/2 Price Rail Travel

All passengers travelling to and from the airport will receive 50% discount on the standard fare. Passengers joining the train at Prestwick Airport are required to show their official flight confirmation and photo id to the train conductor when buying their ticket, as there is no ticketing office at Glasgow Prestwick Airport.

For the best fare options and group discounts visit www.scotrail.co.uk/content/group-tickets.html

Morning Bus Service to Glasgow Prestwick Airport

The X99/X100 airport express bus service offers passengers, who require to check-in prior to 07:30 on weekdays and 10:00 on Sundays, a fast, comfortable and reliable service between Edinburgh and the airport.

The morning bus leaves Edinburgh Waverly Bridge at 03:15 arriving into the airport at 05:15am.

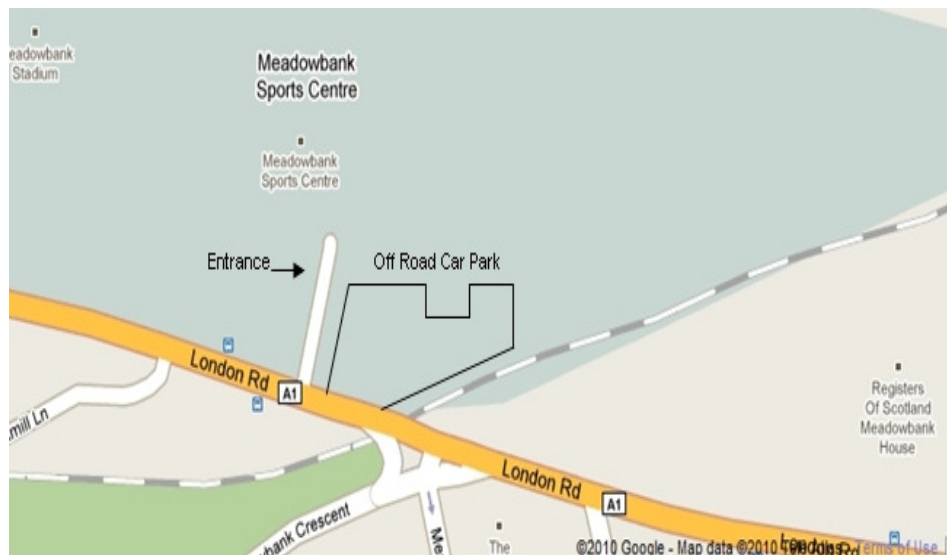
Evening Bus Service to Glasgow Prestwick Airport

The X99/X100 airport express bus service offers passengers, who arrive on late evening flights out with public transport times, a direct service between the airport and Edinburgh.

Passengers are strongly recommended to pre-book tickets, although they can be purchased from the driver on the day of travel subject to availability.

Car Parking at the Venue

Below you will find a map that shows the locations of the main car parking area at Meadowbank. There is no charge for parking at the venue. The car park has dedicated disabled parking spaces as well as young family spaces.



Accommodation

Edinburgh has a very large range of hotel accommodation from group specialist thru to 5 star hotels. As well as hotels the Edinburgh University have offered their accommodation at low rates for the weekend of the event.

Suggested Hotel Booking Site “Visit Scotland”

“Visit Scotland” offer some of the best discounted rates to visitors to the City. Prices for hotels start at £40 per night including a full Scottish breakfast. All the main hotels can be booked from this website. To check on availability and make a booking visit www.visitscotland.com The website also has a large selection of Tourist Information about Edinburgh and other parts of Scotland.

Notes about www.visitscotland.com website.

1. To get the best deals on accommodation after you have completed your initial search, you should then use the “Sort by...” box and select “price by ascending”.
2. The vast majority of prices will have a “ * ” beside them, this indicates the “Total” price for the stay.

Edinburgh University Accommodation

The University of Edinburgh Accommodation Services have a number of vacancies over the competition weekend. This accommodation offers some of the best value for money but it is limited in numbers. For further information please visit www.edinburghfirst.com for further information.



Emergency Medical Treatment

The main accident and emergency hospital in Edinburgh is the Royal Infirmary Edinburgh. This is located 5miles from the main venue.

Royal Infirmary of Edinburgh. 24hrs Accident and Emergency Service. Tel: 0131 536 1000

Emergency Phone Number

If you require the Police, Fire Service or Ambulance in an emergency then you must call “999”. This will put you through to an operator who will ask you which service you require. They will then transfer your call to the relevant service i.e police, fire, ambulance.

Drinks and Food at Venue

There will be a café that will operate throughout the day. There are also a number of vending machines onsite and nearby shops.

Disabled Access and Parking

The venue has disabled parking bays at the side of the building (see parking map) and also full disabled access

City Tourist Information

For a very good overview of Edinburgh please visit www.edinburgh-inspiringcapital.com. The website has various information about Edinburgh or www.visitscotland.com

ENTRY FORM

ASSOCIATION:	COUNTRY:	
CONTACT NAME:	TELEPHONE:	E-MAIL:
FULL ADDRESS:		

I confirm that all the competitors entered on this sheet have received my advice of and accept the following statement:

"The competitor realises and discharges the organisers and their representatives or agents and all other competitors from all claims that the competitor or his personal representative may have for any injury (however caused) sustained by the competitor and for the loss or damage (however caused) to his personal belongings suffered at any time during the course of the Championships or while on the premises at which the Championships are being held".

SIGNED

BY COACH.....PRINT.....LICENCE NO.....

Team Entry Form

ASSOCIATION:		COUNTRY:	
COACHES NAME:	TELEPHONE:	E-MAIL:	

CATEGORY	CODE	TEAMS	TEAM	TOTAL
Female Team Kata 14 – 17 yrs	KA9		£30.00	
Female Team Kata 18yrs and above	KA10		£30.00	
Male Team Kata 14 – 17 yrs	KA11		£30.00	
Male Team Kata 18 yrs and above	KA12		£30.00	
Girls Team Kata Pairs 10yrs & under	KA20		£25.00	
Girls Team Kata Pairs 11 – 13yrs	KA21		£25.00	
Boys Team Kata Pairs 10yrs & under	KA22		£25.00	
Boys Team Kata Pairs 11 – 13yrs	KA23		£25.00	
Girls Team Kata 10yrs & under	KA24		£25.00	
Girls Team Kata 11 – 13 yrs	KA25		£25.00	
Boys Team Kata 10yrs & under	KA26		£25.00	
Boys Team Kata 11 – 13 yrs	KA27		£25.00	
Female Cadet Team Kumite 14 – 15 yrs	KU25		£30.00	
Male Cadet Team Kumite 14 – 15 yrs	KU27		£30.00	
Female Junior Team Kumite 16 – 17 yrs	KU38		£30.00	
Male Junior Team Kumite 16 – 17 yrs	KU40		£30.00	
Female Senior Team Kumite 18 yrs +	KU52		£30.00	
Male Senior Team Kumite 18 yrs +	KU54		£30.00	
Girls Team Kumite 7 - 9 yrs	KU64		£25.00	
Girls Team Kumite 10 - 13 yrs	KU65		£25.00	
Boys Team Kumite 7 - 9 yrs	KU68		£25.00	
Boys Team Kumite 10 - 13 yrs	KU69		£25.00	

	TOTAL KATA	TOTAL KUMITE	COST EACH	TOTAL COST

Spectator Fees
Adult
Children under 18
Family 2x2

Days	Cost
1	£8
1	£5
1	£17

Days	Cost
2	£12
2	£8
2	£22

Total amount of cheque: £..... Cheques payable to 'British Karate Federation' and sent to: Hamish Adam, 10 Waterloo Bank, Penicuik, Midlothian, EH26 8NS