## MARTIAL ARTS STRETCHES YOUR LIMITS

Invitation Norwegian Cup II / Kyokushin Open Full Contact Karate April 25th 2015



Technical organizer:

Bergen Karate Klubb

www.kyokushin.no

Organized by:

Norges Kampsportforbund

www.kampsport.no

Contact: Nils Dybsland Tel: +47 951 18 483 E-mail: nohd@entra.no

## Norwegian Marital Arts Association - Karate Division and Bergen Karate Klubb have the pleasure of welcoming all friends of Karate to the Norwegian Cup / Kyokushin Open in Full Contact Karate

Time & Dat	Time & Date:	
Venue:	Laksevågshallen Address: Lyderhornsveien 42, 5163 Laksevåg, Norway	
Date	Saturday, April 25th 2015	
Program	Friday April 24th: Hotel: Scandic Bergen City. 6:00 p.m. Information stand available in hotel reception. 7:00-9:00 p.m. Weighing and registration. 9:00 p.m. Referee meeting.	
	Saturday April 25th: 8:00 a.m. Venue: Sportshall opens. 9:00 a.m. Free transport from hotel. 9:30 a.m. Medical check-up. (Full contact only). 10:30 a.m. Information meeting for team leaders. 11:00 a.m. Competition starts. 4:30 p.m. Competition ends. 4:45 p.m. Free transport to hotel. 8:00 p.m. Sayonaraparty.	

Class and rule	es
Classes	
Full Contact w/knockout 18 – 34 y	Women: light weight (-60 kg), middle weight (-70 kg), heavy weight (+70 kg) Men: light weight (-70 kg), middle weight (-80 kg), light heavy weight 1 (-90 kg), heavy weight 2 (+90 kg)
Full Contact w/limitation From 18 y	Women: light weight (-60 kg), middle weight (-70 kg), heavy weight (+70 kg) Men: light weight (-70 kg), middle weight (-80 kg), light heavy weight 1 (-90 kg), heavy weight 2 (+90 kg)
Full Contact w/limitation 15-17 y	Girls: light weight (-60 kg), middle weight (-70 kg), heavy weight 2 (+70 kg) Boys: light weight (-65 kg), middle weight (-75 kg), heavy weight (+75 kg)
Full Contact w/limitation 13-14 y	Girls: Light weight (-50 kg), heavy weigh (+ 50 kg) Boys: Light weight (- 55 kg), heavy weigh (+ 55 kg) Weight Classes may be modified as necessary to satisfy the requirements of maximum 10 kg weight difference.
Rules	The Norwegian Martial Arts Association's rules for Full Contact Karate and Full Contact Karate w/limitations. See: http://www.kampsport.no/portal/pls/portal/docs/1/8684060.PDF

Enrolment, starting fee,	draw and registration
Enrolment	For enrolment: use the enrolementform, and send to:
	E-mail: bo.vidar.larsen@gmail.com
	Deadline: April 15 <sup>th</sup> . Enrolment not sent via the attached form will not be accepted. Information on name, belt, age and weight must be included. Individual: Starting fee NOK 200,- for each participant per class.
Starting fee	Starting fee must be paid in cash, 200 NOK at weighing and registration.84v1

Draw	Lists and schedule will be handed out on competition day, April 25th.
Registration	Health certificate must be presented upon registration.
Referees	All referees are invited to be part of the judgement. Referees must be approved as referees in their organization. Participation at the Referee meeting is mandatory. Time and place: 9:00 p.m. Friday April 24th at Hotell Scandic Bergen City, Håkonsgt. 2.

General information	
Hotel / Accomodation	Travel and accommodation is to be covered by each club/participator. Scandic Bergen City is the "Event Hotel". Use the following booking nr: KAR240415 To be guaranteed rooms at this price, reservations must be made within Tuesday, March 24 2015
	– Respond quickly!
	Prices: Single room, breakfast included: NOK 790 Double room, breakfast included: NOK 940 Trippel room, breakfast included: NOK 1140
Banquet / Sayonara	Venue for Sayonaraparty: Scandic Bergen City, Håkonsgaten 1-4.
	Price: NOK 400
	NB: Remember to register how many participants that are attending the Sayonaraparty
Other info	www.kyokushin.no www.kampsort.no www.visitbergen.com

## Welcome to Bergen!

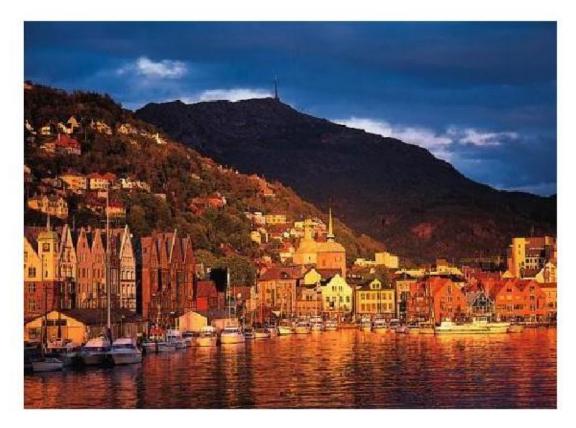


Photo: Bergen Tourist Board, Per Eide.