



JSKA CYPRUS

Is Honoured to
Host and Present the

4th JSKA EUROPEAN SHOTOKAN KARATE CHAMPIONSHIP

Master Course, Referee Course and Tournament
OPEN to ALL Traditional Shotokan Karate-ka

09 – 10 November 2019

Limassol – Cyprus





4th JSKA European Shotokan Karate Championship

Dear Friends,

I am honoured to host and present the 4th JSKA European Shotokan Karate Championship which will be held in my home city of Limassol in Cyprus, the third largest island in the Mediterranean Sea.

Taking this opportunity, I would like to thank Abe Shihan and the JSKA Shihankai who have entrusted me and my members at JSKA Cyprus to organize and manage this prestigious event.

Finally, I would like to officially invite All Traditional Shotokan Karate-ka to come, participate and enjoy with us in friendship and budo in such a way that it will remain an unforgettable memory and experience!

Looking forward to welcoming you all in Limassol – Cyprus.

Warmest Regards,

Costas Nikiforou – 7 Dan
JSKA Cyprus Chief Instructor





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ABE Keigo Shihan, 9th Dan and the JSKA



ABE Keigo Sensei, founded the JAPAN SHOTOKAN KARATE ASSOCIATION the 10th February 1999. Abe Sensei holds 9th Dan in the Japan Shotokan Karate Association and is the JSKA Chief Instructor. It is one of the fastest growing Shotokan associations in the world.

Abe Sensei has also taught and influenced some of the top Japanese instructors in the world today, and headed numerous delegations in around 50 countries for the JSKA and the Japanese government. Abe Sensei is also one of the few Karate-ka to have refereed in the presence of the Emperor of Japan during a Japan National Tournament. This is indeed a great honour in Japan and only highly respected Karate-ka might ever attain such a level of recognition.

Abe Sensei has a great understanding of Karate history and philosophy through the formation and development of Shotokan style into what he perceives the future has to offer: “I feel that today’s Karate is centered only on winning competitions and everyone trains towards this end. But this is very far from the true purpose of Karate. I believe that the true purpose of Karate lies in daily training with a goal to develop in parallel a strong body and mind and furthermore to contribute to society in general; the Karate-do we practice has for essential purpose to attain a correct control of body and mind”.

Abe Sensei established the JSKA to realize what he himself sees as the true purpose of Karate. The JSKA Karate philosophy is to:

- Improve technique as a sport
- Enjoy Karate practice as a means for developing a healthy body and mind
- Learn self-defense as a martial art

Karate-ka who understand these principles are most welcome to join us.



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Limassol

Limassol is the second largest city of Cyprus with a population of approximately 180,000. It is one of six districts and covers an area of 34.87 square kilometers. Located on the southern coast, Limassol stretches around westward to the Paphos district, bordering with the district of Larnaca on the east and with Nicosia on the north.

In addition to the recognized popularity as a tourism destination, Limassol is also an administrative and business centre, a port, a resort, the centre of the wine industry and home to many archaeological sites.

The vivacious city centre seems to offer a journey through time where the University with its bustling young students aiming for a brighter future is just a few streets away from the old market and ancient castle which link us to the past. Gracefully blending old with new continues, as across the seafront one can appreciate the cosmopolitan side of Limassol with its contemporary business structures and modern apartment buildings while only several kilometres away one can find charming areas with cobblestone streets, quaint buildings with overhanging terraces under which there are a profusion of small shops, restaurants and cafes.

History

The city of Limassol has a rich history that goes back to around the 2nd century B.C.

The city of Limassol is situated between the ancient cities of Amathous to the east and Kourion to the west. Limassol was inhabited since the very ancient years and tombs discovered there date back to around the 2nd century B.C., while others date back to around the 8th and 4th centuries B.C. The few ancient finds that were discovered show that a small settlement existed there which did not manage to develop and flourish.

The city, in the 10th century, was known as Nemesos and the Byzantine emperor, Constantine Porphyrogenitus, refers to this city with this name.



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The history of the city is mainly known for its events in 1191 A.D., which marked the end of the Byzantine Rule in Cyprus. The king of England, Richard the Lionheart, foresaw the strategic importance of Cyprus as a base for supplying the forces taking part in the Third Crusade and conquered the island. Richard celebrated his marriage to Berengaria in Limassol where the latter was crowned Queen of England. And that is how the Byzantine Rule in Cyprus came to an end.

Limassol was then surrendered to the Frankish Empire of the Lusignan Kings of the medieval Cypriot kingdom. For about three centuries (1192-1489), Limassol experienced a remarkable period of prosperity. In 1489 A.D., the Queen of Cyprus, Ekaterini Cornaro, surrendered Cyprus to the city of Venice. This lasted until the Turkish Occupation took place in 1570 A.D. Then the British conquered Cyprus in 1878, while in 1960 significant changes followed the liberation of Cyprus, which contributed to the cultural and artistic life of the city. Schools, theatres, art galleries, music halls and football clubs were formed and played a significant role in the cultural life of Limassol.

The city of Limassol was developed much after the Turkish invasion of 1974, when Famagusta, one of the most touristic areas of Cyprus was captured by the Turkish armies. Luxurious hotels, restaurants and numerous entertainment clubs were built and thus the city soon became a significant touristic centre.





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The Spyros Kyprianou Athletic Centre

The **Spyros Kyprianou Athletic Centre**, also known as Palais des sports, is the biggest and the most imposing multi dynamic indoor athletic arena in Cyprus with Capacity of 6255 persons. It is named after the late president of Cyprus Spyros Kyprianou.

Central Sports Room – Room for Team Games

- Room of Wrestling, Squash, Martial Arts and Gymnastics
- Electronic Table
- Weight-lifting room
- Journalists' Galleries for Televisions, Radios and Written Press
- Telecommunications Rooms
- Medical Centre and Doping Control Room
- Secretariat
- Canteen
- Changing Rooms
- Rooms





4th JSKA European Shotokan Karate Championship

GENERAL INFORMATION

Hosting Country

JSKA Cyprus

Address: Petrou Tsirou 124, 3077 Limassol, Cyprus

Tel: +357 99 61 29 25 Email: cnikiforou@cytanet.com.cy Website: www.jskacyprus.com

JSKA Cyprus Chief Instructor

Costas Nikiforou 7 Dan

Tournament Location

The Spyros Kyprianou Athletic Centre

Polemidia, Limassol

Language

The official language of Cyprus is Greek. English is widely spoken as well.

Currency

The currency in Cyprus is the Euro.

Climate

Autumn is a lovely time to visit Limassol with an average high of 23°C. Temperatures drop to an average low of 12°C in the evening, so you'll need a jacket if you plan on exploring the city by night. The good news is that you'll have plenty of time to sightsee with ten hours of sunshine to enjoy per day.



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Nearest Hospitals

Limassol General Hospital-4.5km distance by

Nikaias, Kato Polemidia, Limassol

Tel: +357 25 80 11 00

Private Mediterranean Hospital of Cyprus-5.3km

9 Stigos, Limassol 3117

Tel: +357 25 20 00 00

Emergency Services

Ambulance/Police/Fire Tel: 199

Airports

International Airports near Limassol are:

Pafos International Airport (PFO)

(63 km (39 miles) from Limassol)

Telephone:77778833

Email: info@hermesairports.com customer.services@hermesairports.com

Larnaca International Airport (LCA)

(70 km (43 miles) from Limassol)

Telephone:77778833

Email: info@hermesairports.com customer.services@hermesairports.com



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CHAMPIONSHIP PROGRAMME

Friday 08 November 2019:

Arrivals-Teams will be met by our representatives at the airports (LCA or PFO) and transferred to their Hotels.

16:00 – 20:00 Registration at Ajax Hotel

Saturday-09 November 2019:

10:15	Departures from Hotels to Athletic Centre
11:00 – 12:00	Seminar
12:00 – 12:10	Break
12:10 – 13:00	Seminar
13:00 – 13:10	Break
13:10	Departures from Athletic Centre to Hotels
13:10 – 14:00	Referee Training
14:00 – 15:00	Dan Grading
15:00	Departures from Athletic Centre to Hotels
17:00 – 18:00	Shihankai / Coaches Meeting at Ajax Hotel

Sunday- 10 November 2019:

07:15	Departures from Hotels to Athletic Centre
08:30	Opening Ceremony
09:15	Tournament begins
18:00	Award Ceremony
19:00	Departures from Athletic Centre to Hotels
20:30	Farewell Party at Ajax Hotel including rich buffet (12 starters + 10 hot dishes + sweets/fruits) with local wine, soft drinks and Traditional Cypriot dancers show and live music

Monday-11 November 2019:

Departures-Teams will be transferred to Airports (LCA or PFO)

Optional Excursion: Limassol city tour-Curium-Kolossi



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PARTICIPATION FEES

Package for Tournament, Seminar and Referee training

Euro €130 Adults

Euro €90 Children (up to 11 yrs)

Price includes:

1. Participation in Seminar course on Saturday
2. Participation in Referee Training on Saturday
3. Participation in the 4th JSKA European Shotokan Karate Championship

(Individual Kata, Individual Kumite, 1 Team Kata and 1 Team Kumite)

Tournament Only

Euro €100 Adults

Euro €70 Children (up to 11 yrs)

Price includes ONLY Participation in the 4th JSKA European Shotokan Karate Championship (Individual Kata, Individual Kumite, 1 Team Kata and 1 Team Kumite) on Sunday.

Seminar Only

Euro €50 Adults

Euro €40 Children (up to 11 yrs)

Price includes ONLY Participation in Seminar and Referee Training on Saturday.

Family / Spectators

Free Entrance in Athletic Centre



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HOTEL AND TRANSFERS PACKAGES

Ajax Hotel- 4* Star (Main Hotel/Shihankai Hotel)

In Twin Room HB (Breakfast + Dinner):	€250 per person
In Triple Room HB (Breakfast + Dinner):	€230 per person
Single Room HB (Breakfast + Dinner):	€340
For Child up to 11 years sharing 2 Adult's room:	€125

Park Beach Hotel- 3* Star or Navarria Hotel-3* Star

In Twin Room HB (Breakfast + Dinner):	€195 per person
In Triple Room HB (Breakfast + Dinner):	€175 per person
Single Room HB (Breakfast + Dinner):	€255
For Child up to 11 years sharing 2 Adult's room:	€95

Above Prices include:

1. Hotel Accommodation for 3 Nights/4 days (08-11 November 2019) on Half Board
2. Meet and assist at the Airport by our representatives
3. Welcome drink upon arrival with the compliments of our agent
4. Transfer LCA or PFO Airport / Hotels / LCA or PFO Airport (minimum 15 Persons)
5. Transfer Hotels / Athletic Centre / Hotels on Saturday 09Nov
6. Transfer Hotels / Athletic Centre / Hotels on Sunday 10Nov
7. Transfer Hotels Park Beach and Navarria to Ajax Hotel and return for the Farewell Party-Show on Sunday 10Nov

Prices for Extra Night/Day for the Hotels and transfers for less than 15 persons are upon request.

Optional Excursion Limassol City Tour-Curium-Kolossi including the entrance fees and a professional guide in English or German or Spanish or Russian or French:

Number of Persons	Price per Adult	Price per Child up to 11yrs
10 – 14 Persons	€32	€17
15 – 19 Persons	€29	€15
20 – 25 Persons	€27	€13
26 – 35 Persons	€25	€12
36 and above	€22	€11



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REGISTRATION

All participants of the Seminar, Tournament and accompanying family members must register using the **"Online Registration"** of the webpage www.jskacyprus.com .
Copy of your registration will be sent to your email.

Registration **MUST** be paid in advance, in full and proof of payment must be **uploaded** at the end of the Online Registration process of the webpage www.jskacyprus.com.

The event organiser or the association (JSKA Japan/JSKA Cyprus) accepts no responsibility if the money fails to be transferred to the championship organisation.

FINAL DATE OF REGISTRATION: FRIDAY 21st JUNE 2019

In order to better organize this Championship, we have provisionally booked rooms in the Hotels mentioned therefore we would appreciate your earliest registration possible.

Please note that all payments are non-refundable.



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Please transfer all money to the account below:

BANK NAME: HELLENIC BANK (FORMERLY CYPRUS COOPERATIVE BANK)
BANK DETAILS: CORNER LIMASSOL & ATHALASSA 200 AVENUE,
2025 STROVOLOS,
NICOSIA, CYPRUS
ACCOUNT NAME: SILLOGOS PARADOSIAKOU KARATE AMMOXOSTOU
ACCOUNT NUMBER: 20056 – 4009828 -2
SWIFT CODE/BIC: CCBKCY2N
IBAN: CY54 0070 5620 0000 0000 4009 8282
Description: Payment on behalf of (name of organization/delegation) for participating in the 4th JSKA European Shotokan Karate Championship.



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CHAMPIONSHIP CATEGORIES

9TH KYU – 1ST KYU

AGE	KATA CATEG. No	KIHON-GOHON KUMITE CATEG. No	JIYU KUMITE CATEG.No.
6-7	(1)-MALE (2)-FEMALE	(3)-MALE (4)-FEMALE	---
8-9	(5)-MALE (6)-FEMALE	(7)-MALE (8)-FEMALE	---
10-11	(9)-MALE (10)-FEMALE	---	(11)-MALE (12)-FEMALE
12-13	(13)-MALE (14)-FEMALE	---	(15)-MALE (16)-FEMALE
14-15	(17)-MALE (18)-FEMALE	---	(19)-MALE (20)-FEMALE
16-17	(21)-MALE (22)-FEMALE	---	(23)-MALE (24)-FEMALE
18-21	(25)-MALE (26)-FEMALE	---	(27)-MALE (28)-FEMALE
22-35	(29)-MALE (30)-FEMALE	---	(31)-MALE (32)-FEMALE
36-40	(33)-MALE (34)-FEMALE	---	(35)-MALE (36)-FEMALE
41-45	(37)-MALE (38)-FEMALE	---	(39)-MALE (40)-FEMALE
46-50	(41)-MALE (42)-FEMALE	---	(43)-MALE (44)-FEMALE
51+	(45)-MALE (46)-FEMALE	---	(47)-MALE (48)-FEMALE

DAN GRADES

AGE	KATA CATEG. No	JIYU KUMITE CATEG.No.
10-12	(49)-MALE (50)-FEMALE	(51)-MALE (52)-FEMALE
13-14	(53)-MALE (54)-FEMALE	(55)-MALE (56)-FEMALE
15-16	(57)-MALE (58)-FEMALE	(59)-MALE (60)-FEMALE
17-18	(61)-MALE (62)-FEMALE	(63)-MALE (64)-FEMALE
19-21	(65)-MALE (66)-FEMALE	(67)-MALE (68)-FEMALE
22-35	(69)-MALE (70)-FEMALE	(71)-MALE (72)-FEMALE
36-40	(73)-MALE (74)-FEMALE	(75)-MALE (76)-FEMALE
41-45	(77)-MALE (78)-FEMALE	(79)-MALE (80)-FEMALE
46-50	(81)-MALE (82)-FEMALE	(83)-MALE (84)-FEMALE
51+	(85)-MALE (86)-FEMALE	(87)-MALE (88)-FEMALE



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TEAMS – ALL GRADES

AGE	KATA CATEG. No	JIYU KUMITE CATEG.No.
10-12	(89)-MALE (90)-FEMALE	(91)-MALE (92)-FEMALE
13-14	(93)-MALE (94)-FEMALE	(95)-MALE (96)-FEMALE
15-17	(97)-MALE (98)-FEMALE	(99)-MALE (100)-FEMALE
18-21	(101)-MALE (102)-FEMALE	(103)-MALE (104)-FEMALE
22-35	(105)-MALE (106)-FEMALE	(107)-MALE (108)-FEMALE
36-40	(109)-MALE (110)-FEMALE	(111)-MALE (112)-FEMALE
41-50	(113)-MALE (114)-FEMALE	(115)-MALE (116)-FEMALE
51+	(117)-MALE (118)-FEMALE	(119)-MALE (120)-FEMALE

Important Notes:

1. All competitors must enter in their own age category.
2. Entry into multiple age category will not be accepted.
3. If a category is not completed, the competitors will be moved either up or down or mix categories will be created.
4. A delegation can form a MIX TEAM KATA if a Male or Female Team Kata cannot be formed in any of the above age categories.

Seminar

The training seminar and the referee/judging seminar will be conducted by Abe Sensei, 9th Dan and/or assisted by the JSKA Shihankai.

Championship

The Tournament will be run over 4 tatamis using JSKA Official Rules

Referee Wear

All referees must wear the official JSKA attire:
Grey trousers, Dark Blue Jacket, Short-Sleeved White shirt, JSKA Tie, Personal whistle.



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Competitor Wear

All competitors must wear a clean, white karate suit with the ankle and wrist bones clearly visible and belt of rank.

Gum shields and white hand mitts (maximum 1.5cm thickness) are compulsory.

Groin guards for males and chest guards for females are strongly advised.

Arbitration

Abe Sensei will be the Technical Director for this Championship.

Each delegation may send the maximum referee, judges and table officials.

Awards

Awards will be given to 1st, 2nd, 3rd and a joint 3rd placings

Registration

The Final Day for registration is FRIDAY 21st JUNE 2019

Important Medical Notes

Officially appointed doctors and medical staff will be present to administer first aid. The doctors retain the right to decide whether an injured competitor may continue competing or whether they should withdraw from the event.

Each competitor must arrange their own healthcare and insurance and are responsible for their own healthcare during the seminar, tournament and your stay in Cyprus.

The event organisers, staff, JSKA Japan and JSKA Cyprus will not accept any responsibility for injury, illness, loss of personal effects or any situation out-with their control.



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CHAMPIONSHIP RULES

The Tournament will be regulated by JSKA Official Rules

Kata Individual – Kyu Grades

Eliminations to Final 4 (Heian Shodan to Tekki Shodan) – Flag system

Final 4 (Jiyu Kata – competitor's choice) – Points system

Kata Individual – Dan Grades

Eliminations to Final 8 (Heian Shodan to Tekki Shodan) – Flag system

Eliminations to Final 4 (Bassai Dai, Kanku Dai, Jion, Empi) – Points system

Final 4 (Jiyu Kata – competitor's choice) – Points system

Kata Team – All Grades

Eliminations to Final – Points system

Kumite Individual – Juniors (up to age 17)

Jiyu Kumite – Eliminations to Final (Shobu Ippon, 2 minutes)

Kumite Individual – Seniors (age 18+)

Jiyu Kumite – Eliminations to Final 4 (Shobu Ippon, 2 minutes)

Jiyu Kumite Finals (Shobu Nihon, 3 minutes)

Kumite Team – All Grades

Jiyu Kumite – Eliminations to Finals (Shobu Ippon, 2 minutes)



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Technical Clarifications

KATA

- Both competitors will perform the Kata simultaneously and a winner will be determined by the referee's show of flags
- Changes to the basic Shotokan Kata are not allowed
- Unnatural breathing will be penalised

Techniques of KIHON-GOHON Kumite (age 6-7 and 8-9)

- | | |
|--|---------------------------------------|
| 1. Tori: Oi-zuki Jodan (5 steps Forward) | Uke: Jodan Age-Uke (5 steps Backward) |
| 2. Tori: Oi-zuki Chudan (5 steps Forward) | Uke: Soto-Uke (5 steps Backward) |
| 3. Tori: Mae-geri Chudan (5 steps Forward) | Uke: Gedan-Barai (5 steps Backward) |

The defender after the last technique of defence, attacks with Gyaku-Zuki Chudan