



Athens Open 2013



Glyfada 6th - 7th - 8th Dec



Powered By Hellenic Karate Federation

Athens Open 2013



Bouloubasis Christos
President of HKF

Dear All,
As President of the Hellenic Karate Federation (HKF),
i would like with pleasure to invite you on December 2013 (6th, 7th, & 8th), to the 1st Athens Open.
Karate practitioners and their schools will meet at Glyfada indoor hall to compete and share their
Karate knowledge and techniques.

Goju, Kyokushinkai, Shotokan, Shito, Wado, all Karate styles will be represented from
karatekas from all over the world .

An International Championship

The success of the event is 100% secure, since it is approved and supervised by HKF (Hellenic Karate Federation). Our experience is proven throughout years of hosting such sport event. We assure that this event will be one of the most successful and exciting tournaments you have ever participated.

Our main purpose will always be and always will remain, the promotion and the development of KARATE.

We are inviting you and all of you are more than welcome to this unique sport event.



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Organizing Committee



**Vovlas Grigoris
Wado**



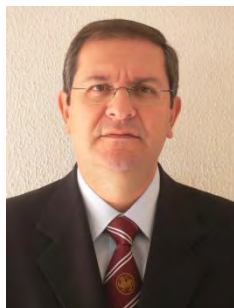
**Kanellis Ioannis
Wado**



**Kosmidis Giorgos
Kyokushikai**



**Keyvan Gazi
Shotokan**



**Zarouhliotis Nikitas
Shotokan**



**Styliannopoulos Giannis
Shotokan**



**Chodromatidis Panayiotis
Shito**



**Rallis Giorgos
Wado**



**Skarogiannis Stelios
Wado**



**Aihmalotidis Giorgos
Wado**

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Welcome to Greece Welcome to Athens

Athens was named according to the Greek mythology from competition that the goddess Athena had with Poseidon about who will become protector of the city. The myth says that Poseidon gave a spring with sea water whilst Athena offered an olive tree as she touched the ground of the sacred rock of the Acropolis. The people of Athens choose Athena as their protector and so the city was named after the goddess of wisdom. The myth is symbolic but the two Gods symbolising the strength of Athens as a city of wisdom and as a sea power. The first settlement of Athens 3000 BC was situated on the rock of Acropolis.



The history of Athens begins more than 3000 years ago when during the prehistoric times its first inhabitants created their first settlement on the rock of Acropolis. It took hundreds of years until the sacred rock of Acropolis find its glory during the golden age of Pericles 495 - 429 BC with the construction of most of its Monuments like the Parthenon by the famous architects Iktinos and Kallikrates and the Sculptor Phidias. During those thousands of years Athens went through times of Glory and times of decline . Finally became the Capital of Greece in 1834 mostly for its location and historical importance.



The historical center of Athens is the most important area of the city for the thousand of tourists who are visiting the Greek capital in order to admire the shrine of Democracy the Acropolis, the Parthenon, the museums and the monuments and theatres from the glorious past of Athens. The Pedestrianisation of the historic center that is surrounded from the triangle between Plaka, Dionysiou Areopagitou street and Keramikos includes almost all the magnificent sights of Athens. At Dionyssiou Areopagitou one can go walking from Syntagma square or by metro to the Acropolis station, a few meters away is the new Acropolis museum and opposite is the Ancient theatre of Dionysus, a little bit further is the Herodes Atticus Odeon and after that is the way on the Acropolis. The hills of Filopapos and Pnix are near by as well as the ancient Agora, the temple of Hephaestus the oldest neighborhoods of Athens Plaka, Anafiotika and Monastiraki on the north west slopes of the sacred rock. An amazing planning that give the opportunity to the visitor to see within a few hours the most important sights of Athens.

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Welcome to Greece Welcome to Athens

Athens is the capital of Greece, located in the prefecture of Attica surrounding by the mountains of Parnitha, Aegaleo, Penteli, Hymmetus and the Saronic gulf with a population of 3,000,000 people in the greater area.

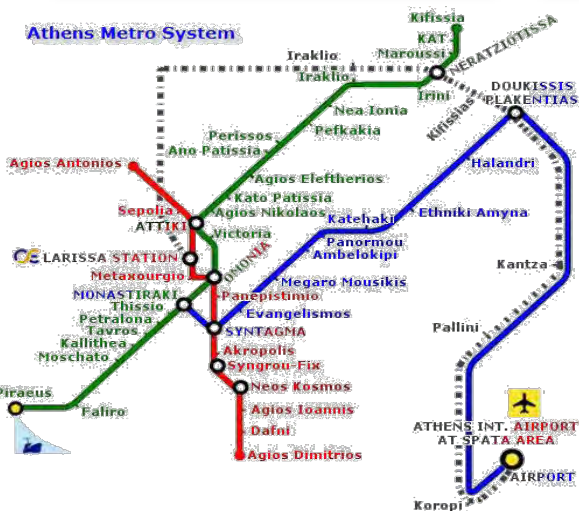
Since then Athens grew to the city we know today, an important financial European capital that hosted the last Olympic games with a great success.



The infrastructure of Athens has been developed very fast within the last 10 years with new highways, a new airport, new metro lines, a new tram line, a new railway the Proastiakos rail, huge shopping centers, stadiums and sport centers and the port of Piraeus has been developed to one of the most important ports in the Mediterranean.



**Eleftherios Venizelos
Airport**



LEGEND:

- Metro Line 1
- Metro Line 2
- Metro Line 3
- Suburban Railway

All lines (metro & suburban r/w) generally run from approx. 05:00 to approx. 24:00

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The Location



Glyfada - Attica

A suburban high-end area at the South East part of the region.

Distances

Athens Center : 16km

Airport : 26Km

Piraeus Port : 17Km



Γλυφάδα
Ο τόπος μας

Glyfada, is a nice, modern, quiet and full of facilities and things to do suburban area. It's location and the easy to access it, has give to the area the characteristic, as one of the most well know and most visited areas of the region.

It combines the sea view, for a relaxing coffee or a nice lunch break or a dinner, when at the same time you can go for shopping at the great shopping area which offers a variety of choices, from Monobrand to Multi stores.



Short distances close to all you may need, a really friendly environment for the visitors.

With a modern public transportation system for an easy and with comfort access to main destinations such as, as Athens center, Piraeus or the Airport.



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The Location



Banks

- Weekdays 08:00 - 14:30
- Saturdays and Sundays – Closed
- Available ATM

Restaurants

- Weekdays 17:00 – 23:00 (Traditional taverns, International cousin)
- Saturdays 12:00 – 23:00 (Traditional taverns, International cousin)
- Sundays 12:00 – 23:00 (Traditional taverns, International cousin)

Fast Foods and Snacks

- Monday to Sunday 12:00 - 24:00 (in some cases 24h open).

Market's Timetable

- Monday, Wednesday, Saturday 09:00 - 15:00 (some mono-brand stores are open until 17:00)
- Tuesday, Thursday, Friday 09:00 – 20:00
- Sundays the market is closed.

Shopping Malls & Department stores

- Monday to Saturday 09:00 to 20:00
- Sundays are closed

All transactions available in



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The Arena

Glyfada Indoor Hall

A 2.733 sqm complex, which have been built for use as a multi-sports and other activities center. With more then 3.000 seats for spectators and with a new and just replaced floor made by wood. Really easy to access it, warm and clean with a lot of services available, such as , as wi-fi connection, warm-up area etc.



Karate's statement location for several and really important tournaments, such as, as Karate 1 World Cup 2012 (last October) and Karate 1 World Cup 2013 (October).



...and at a really close distance from the 2 official hotels.
Actually a walking distance, saving time and money from transportations.



Official Hotels



GONGO PALACE

**Address: 75 Poseidonos Ave.,
166 74 Glyfada, Athens**

tel. : +30 2108946711

fax : +30 2108946719

web:

<http://www.congopalace.gr>

Room Type :

Single 75 € (HB)

Double 50€ Per person (HB)

Triple 43€ Per Person (HB)

CONGO PALACE 4*

(Main Hotel

Registrations – Waging)

Congo Palace Glyfada hotel

Welcome to Congo Palace, one of the best [hotels in Glyfada, Attica](#). This is a 4-star **hotel in Glyfada** built in a key location in the Glyfada area and in fact quite close to the local shopping center.

The 4-storey building of the **Congo Palace Glyfada hotel** with the sea and pool views is justifiably considered to be one of the most modern **hotels in Glyfada**, since it [offers](#) 7 room types and a total of 91 beautiful rooms, which look forward to welcoming you and offering you quality services.

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Official Hotels



FOUR SEASON

79 Posidonos Ave.

166 74 Glyfada

Athens Greece

Tel ++30 210 8942211-13

Fax ++30 210 8944266

Web site:

www.fourseasonshotel.gr

FOUR SEASON HOTEL 3*

Single 59 € (HB)

Double 45€ Per person (HB)

Triple 35€ Per Person (HB)

Four Season hotel is a 3 star hotel located in the seaside suburb of Glyfada right only 100 metres from Congo Palace hotel. Our hotel is located in the center of Glyfada and is a short distance away from both the port of Piraeus and the Airport.

The hotel was fully renovated in 2003. All rooms come with air-conditioning, T.V, direct inward dialing, mini bar, hair dryer, an office desk, room service, free Wi-Fi.

Our restaurant offers breakfast, lunch and dinner and provides a great variety of dishes from both Greek and international cuisine. The bar offers coffees, snacks and refreshing drinks. There is a NOVA projection room available on the hotel's roof garden and two meeting rooms for business conferences.

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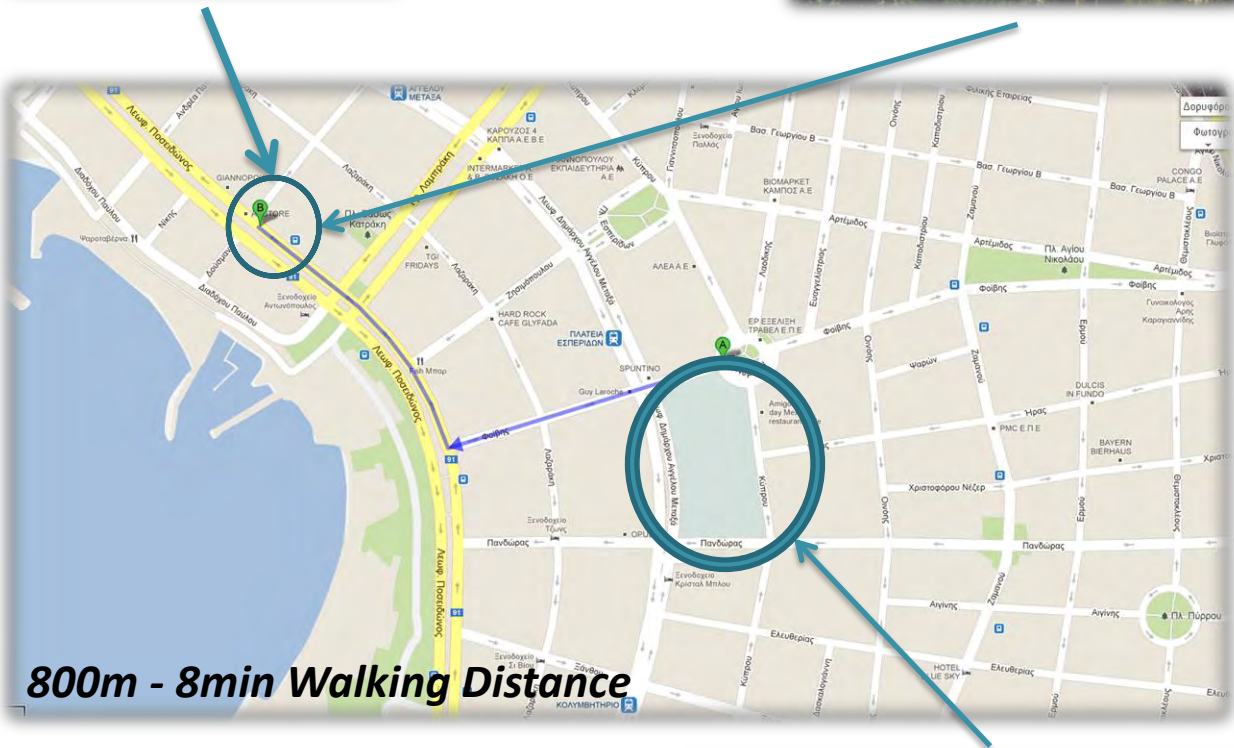
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Official Hotels

FOUR SEASON



GONGO PALACE

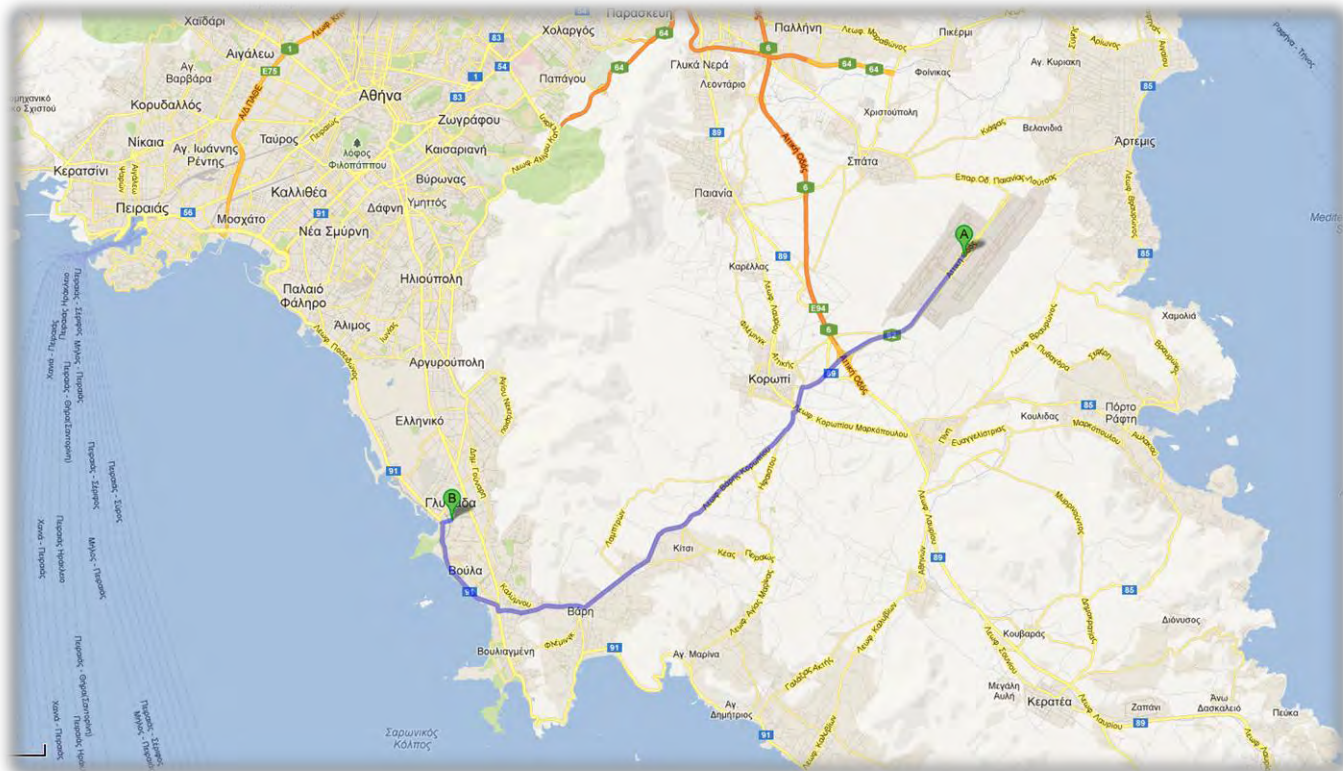


Glyfada Indoor Hall

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How to Get There...



A. Athens International Airport

26Km - 30min Est. by car or taxi



B. Glyfada

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How to Get There...

Dist : 26 km, Time : 29min



Max Cap. : 20 up to 50prs – Cost 125€ (one way)



Max Cap. : 4 prs – Cost 90€ (one way)



Max Cap. : 5 up to 20 prs – Cost 125€ (one way)

Car Rental

All well known brands are operating in Greece, with branches at the airport and at Glyfada city as well.

AVIS

Hertz

Budget

SIXT
rent a car

National

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Official Tour Operator

CONTACT FOR HOTEL ACCOMODATION



MICHALAKOPOULOU 148, 11527,ATHENS

[EMAIL.elpida@elpidastartours.com](mailto:elpida@elpidastartours.com)

TEL. +302107483380

MOBILE. +30 6974990413

FAX. +302107483387

For confirmation of your reservation an advance payment of 30% is requested until the 1st of September 2013 and it must be transferred to the following account:

BANK NAME: PIRAEUS BANK
COMPANY NAME: ELPIDA STAR TOURS MONEPE
ACCOUNT NUMBER: 507905 37 21 111
IBAN NBR: GR25 0172 0790 0050 7905 3721 111
SWIFT CODE: PIRBGRAA

***Elpida STARtours**, our official tour operator is one of the most experience and with a long lasting presence in sports events, especially in such tournaments (Karate) as the 2013 IWKU CHAMPIONSHIPS.*

So please do not hesitate to contact them for any issue or question you may have concerning your hotels accommodations or your transportations, they will be more than delighted to assist you.

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Registration information

Follow the below link on Sportdata's official calendar.

https://www.sportdata.org/karate/wac/veranstaltung_info_main.php?active_menu=calendar&vern=1080

The screenshot shows the Sportdata Event Technology website interface. At the top, the logo 'sportdata event technology' is displayed. Below it is a navigation menu with options: Home, Event Calendar, News, Help, Contact, Tickets, Live Stream, Forum, and a Login button. A breadcrumb trail reads: SET ONLINE > KARATE > WAC - WKF ACCREDITED COMPETITION > EVENT CALENDAR > INTERNATIONAL WADO KARATE UNION -IWKU- CHAMPIONSHIPS 2013. The main content area features a central banner for the 'International Wado Karate Union -IWKU- Championships 2013' with social media icons for Facebook, Twitter, and RSS. Below the banner are five main service icons: Registration, Other Items, Tickets, Timetable, and Live Stream. A secondary navigation bar includes Information, Categories, Downloads, Gallery, and Contact. At the bottom of the main content area, there are links for Competitors in categories, Statistics, and Results. On the right side, there is a 'KEEP UP TO DATE' section with social media icons, a 'LANGUAGE' dropdown menu currently set to 'english', and a 'SPORTDATA EVENT TECHNOLOGY' footer.

COMPETITION FEES

INDIVIDUAL KUMITE - > 35 € per competitor

INDIVIDUAL KATA - > 35 € per competitor



Registration Key Dates:

Opening date - **Monday 30th of September 2013**

Expiration date - **Friday 29th of November 2013**



AGE & CATEGORIES KATA **Male**

Children male	Up to 9 years	
Children male	10-11 years	
Children male	12-13 years	
Cadet Male	14-15 years	
Junior Male	16-17 years	
Male +18	18-35 years	
Veteran +36	+36 years	

Female

Children female	Up to 9 years	
Children female	10-11 years	
Children female	12-13 years	
Cadet female	14-15 years	
Junior female	16-17 years	
Female +18	18-35 years	
Veteran +36	+36 years	

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AGE & WEIGHT CATEGORIES

Children male		Cadet Male	Junior Male	Male +18
10-11	12-13	Cadet 14-15	junior 16-17	Senior +18
-30	-35	-52	-55	-60
-35	-40	-57	-61	-67
-40	-45	-63	-68	-75
-45	-50	-70	-76	-84
-50	-55	+70	+76	+84
+50	+55			

Children female		Cadet Female	Junior Female	female +18
10-11	12-13	Cadet 14-15	junior 16-17	Senior +18
-32	-37	-47	-48	-50
-37	-42	-54	-53	-55
-42	-47	+54	-59	-61
+42	+47		+59	-68
				+68



Event's Program - > tbd*

		DAY	KATA	KUMITE
Children male Children female	Up to 9 years	Friday		
Children male Children female	10 - 11 years	Friday		
Children male Children female	12 - 13 years	Friday		
Cadet male Cadet female	14 - 15 years	Saturday		
Junior Male Junior female	16 - 17 years	Saturday		
Male +18 Female +18	18 - 35 years	Sunday		
Veteran +36 Veteran +36	+36 years	Sunday		

**Event's official program will be fully completed and announced the next day of the expiration date of the registries.*

Registration Key Dates:

Opening date - Monday 30th of September 2013

Expiration date - Friday 29th of November 2013



KATA

WKF Competition Rules



*Any traditional Wado karate Kata may be performed. Variations as taught by the **contestant's school** will be permitted in all rounds.*

What to look for when judging Kata

- 1. Conformance*
- 2. Technical performance*
- 3. Athletic performance*
- 4. Technical difficulty*



Once performed a Kata may not repeated



If Kiken

The opponent does not need to perform the previously notified Kata



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Outfit and Specifications



Karate Gi



Gi jacket



Sponsors



Decorations

Discreet pony tail retainer is permitted





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Hellenic Karate Federation

www.elok.gr

info@elok.gr