



**British
Karate
Federation**



Sports Council for Glasgow
"For people, for sport."

BRITISH 4 NATIONS Karate Championships

**Emirates Arena
Glasgow, Scotland
Sunday 2nd June 2013**



GlasgowLife™



SENIOR, JUNIOR, CADET & CHILDREN

BULLETIN 2



Closing Date for entries is 16th May 2013

www.britishkaratefederation.co.uk



Dear Friends

May I take this opportunity to welcome you to the British 4 Nations Championships and to the host City of Glasgow.

This year we move to the new Emirates Arena built to host the Commonwealth Games in 2014. This wonderful new arena is a fitting venue for Britain's most prestigious karate tournament. I would encourage you all to visit www.seeglasgow.com for information on the city and look forward to welcoming you here.

The BKF is a strong supporter of charity and in 2013 we will support our disability patron David Andrew Smith MBE on his epic bike ride.

London 2012 Paralympic Gold medallist, and karate black belt, David Andrew Smith will set off on the ultimate challenge of becoming the first Paralympic athlete to cycle 29000km around the world. David will be setting off in the summer of 2013, exactly three years from when he left hospital on both walking sticks and in a wheel chair. He is cycling to raise money for the Coming Home Fundraising campaign, as well as other charities around the world. Follow the epic journey on www.davidandrewsmith.net



David, centre, with Olympic gold medal

The British Karate Federation is organising the 4 Nations Championships with grateful assistance from the Scottish Karate Governing Body Ltd, Glasgow Sports Council, and Glasgow Life.

Terry Connell
President: British Karate Federation

Sunday 2nd June 2013

Kata – All Ages

Please note all start times are approximate
Competitors are advised to check in at the stated registration time

DISABILITY KATA Registration 8.15am – Start 9.30/10.00am			
Category			Code
Disability Kata - Male & Female All grades All Ages			KA100
Disability Kata Wheelchair User - Male & Female All grades All Ages			KA101

VETERANS KATA Registration 8.15am – Start 9.30/10.00am			
Category	Code	Category	Code
Female Veteran All Grades 35yrs +	KA98	Male Veteran All Grades 35yrs +	KA99

KATA TEAM PAIRS MIXED UNDER 14 YEARS Registration 8.15am – Start 8.45am			
Category	Code	Category	Code
Mixed Pairs Team Kata 7-10yrs	KAT1	Mixed Pairs Team Kata 11-13yrs	KAT2

KATA 7 – 13 YEARS INCLUSIVE Registration 8.15am – Start 9.30/10.00am			
Category	Code	Category	Code
Girls Kata 7-9yrs	KA1	Boys Kata 7-9yrs	KA2
Girls Kata 10-11yrs	KA3	Boys Kata 10-11yrs	KA4
Girls Kata 12-13yrs	KA5	Boys Kata 12-13yrs	KA6

KATA CADETS 14-15 YEARS Registration 8.15am – Start 8.45am			
Category	Code	Category	Code
Female Cadet Kata 14-15yrs	KA7	Male Cadet Kata 14-15yrs	KA8

KATA JUNIORS 16-17 YEARS Registration 8.15am – Start 9.30/10.00am			
Category	Code	Category	Code
Female Junior Kata 16-17yrs	KA9	Male Junior Kata 16-17yrs	KA10

KATA SENIORS 16 YEARS PLUS Registration 8.15am – Start 8.45am			
Category	Code	Category	Code
Female Senior Kata 16yrs +	KA11	Male Senior Kata 16yrs +	KA12

**Please note all start times are approximate
Competitors are advised to check in at the stated registration time**

KUMITE INDIVIDUAL 7 – 9 YEARS INCLUSIVE

Registration/Weigh In 10.00am : Start 11.00am

Category	Code	Category	Code
Girls Kumite 7-9yrs -25Kg	KU36	Boys Kumite 7-9yrs -33Kg	KU38
Girls Kumite 7-9yrs +25Kg	KU37	Boys Kumite 7-9yrs +33Kg	KU39

KUMITE INDIVIDUAL 10 – 11 YEARS INCLUSIVE

Registration/Weigh In 10.00am : Start 11.00am

Category	Code	Category	Code
Girls Kumite 10-11yrs -35Kg	KU40	Boys Kumite 10-11yrs -45Kg	KU42
Girls Kumite 10-11yrs +35Kg	KU41	Boys Kumite 10-11yrs +45Kg	KU43

KUMITE INDIVIDUAL 12-13 YEARS INCLUSIVE

Registration/Weigh In 10.00am : Start 11.00am

Category	Code	Category	Code
Girls Kumite 12-13yrs -45Kg	KU44	Boys Kumite 12-13yrs -45Kg	KU46
Girls Kumite 12-13yrs +45Kg	KU45	Boys Kumite 12-13yrs +45Kg	KU47

KUMITE OPEN WEIGHT EVENTS 7-9, 10-11, 12-13 YEARS INCLUSIVE

Registration/Weigh In 10.00am : Start TBC

Category	Code	Category	Code
Girls Kumite Open 7-9yrs	KU48	Boys Kumite Open 7-9yrs	KU51
Girls Kumite Open 10-11yrs	KU49	Boys Kumite Open 10-11yrs	KU52
Girls Kumite Open 12-13yrs	KU50	Boys Kumite Open 12-13yrs	KU53

KUMITE TEAM 7-9 & 10-13 YEARS INCLUSIVE

Registration/Weigh In 10.00am : Start TBC

Category	Code	Category	Code
Girls Kumite Team (3) 7-9yrs	KT1	Boys Kumite Team (3) 7-9yrs	KT2
Girls Kumite Team (3) 10-13yrs	KT3	Boys Kumite Team (3) 10-13yrs	KT4

CADET KUMITE 14-15 YEARS

Registration/Weigh In 10.00am : Start 11.00am

Category	Code	Category	Code
Female Cadet Kumite 14-15yrs -47Kg	KU1	Male Cadet Kumite 14-15yrs -52Kg	KU4
Female Cadet Kumite 14-15yrs -54Kg	KU2	Male Cadet Kumite 14-15yrs -57Kg	KU5
Female Cadet Kumite 14-15yrs +54Kg	KU3	Male Cadet Kumite 14-15yrs -63Kg	KU6
		Male Cadet Kumite 14-15yrs -70Kg	KU7
		Male Cadet Kumite 14-15yrs +70Kg	KU8

CADET KUMITE OPEN 14-15 YEARS

Registration/Weigh In 10.00am : Start TBC

Category	Code	Category	Code
Female Cadet Kumite Open 14-15yrs	KU9	Male Cadet Kumite Open 14-15yrs	KU10

**Please note all start times are approximate
Competitors are advised to check in at the stated registration time**

JUNIOR KUMITE 16-17 YEARS			
Registration/Weigh In 11.30am : Start 12:45			
Category	Code	Category	Code
Female Junior Kumite 16-17yrs -48Kg	KU11	Male Junior Kumite 16-17yrs -55Kg	KU15
Female Junior Kumite 16-17yrs -53kg	KU12	Male Junior Kumite 16-17yrs -61Kg	KU16
Female Junior Kumite 16-17yrs -59kg	KU13	Male Junior Kumite 16-17yrs -68Kg	KU17
Female Junior Kumite 16-17yrs +59kg	KU14	Male Junior Kumite 16-17yrs -76Kg	KU18
		Male Junior Kumite 16-17yrs +76Kg	KU19

JUNIOR KUMITE OPEN 16-17 YEARS			
Registration/Weigh In 11.30am : Start TBC			
Category	Code	Category	Code
Female Junior Kumite 16-17yrs Open	KU20	Male Junior Kumite 16-17yrs Open	KU21

KUMITE SENIORS			
Registration/Weigh In 12.30 : Start 1.30pm			
Category	Code	Category	Code
Female Senior Kumite 18yrs+ -50Kg	KU22	Male Senior Kumite 18yrs+ -60Kg	KU27
Female Senior Kumite 18yrs+ -55Kg	KU23	Male Senior Kumite 18yrs+ -67Kg	KU28
Female Senior Kumite 18yrs+ -61Kg	KU24	Male Senior Kumite 18yrs+ -75Kg	KU29
Female Senior Kumite 18yrs+ -68Kg	KU25	Male Senior Kumite 18yrs+ -84Kg	KU30
Female Senior Kumite 18yrs+ +68Kg	KU26	Male Senior Kumite 18yrs+ +84Kg	KU31

KUMITE SENIOR OPEN WEIGHT			
Registration/Weigh In 12.30 : Start 1.30pm			
Category	Code	Category	Code
Female Senior Kumite 18yrs+ Open Weight	KU32	Male Senior Kumite 18yrs+ Open Weight	KU33

VETERAN OPEN KUMITE			
Registration/Weigh In 12.30 : Start 1.30pm			
Category	Code	Category	Code
Female Veteran 35yrs +	KU34	Male Veteran 35yrs +	KU35

Note: Must be 35 years or older on the day of the contest



IMPORTANT NOTES

Photography and Recording

The BKF will have an official photographer who will be taking photographs/video footage during the event. These photos/video footage will be used for public relations and for use on the BKF website as well as Facebook and other media.

These images will also be available for Associations, Groups, Clubs and families to download as long as the BKF are given the appropriate accreditation.

Video and photography use by the general public is **"Free of charge"** but you will have to register on the day of the event at the main centre reception. Please refrain from encroaching on the matted areas for photography or filming.

IMPORTANT NOTES FOR COACHES:

As in WKF: Coaches will not be permitted on the Tatami

Coach: Dress code:

Coaches must be in Association tracksuits and clearly display their coaching ID badge. Inappropriate dress, deemed by the chief referee, will be refused access to the competition area. Only coaches adhering to the correct dress code and in possession of a coaching pass will be allowed on the competition area. These will be issued at the event. Coaching passes will be at a ratio of 1:5. All coaches must provide his/her details to the Chief Referee. Please ensure your competitors leave the area when their category finishes, this is a strict rule.

**There will be Repechage for JUNIORS and SENIORS Individual Kumite and Kata.
No Repechage is planned for Cadets but this may change if time permits.**

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.

Insurance: It is the responsibility of each individual, or parent if under 18 years of age, to have their own insurance cover for the event. Please advise your competitors accordingly regarding insurance cover. It is the responsibility of the clubs/coaches to ensure that all competitors are aware of this and have arranged adequate cover. Parental consent to compete is also required. This is the responsibility of the association.

If you require any further information or assistance then please contact

robert.w.morton@btinternet.com

**BKF 4 Nations 2013 c/o Mr Bobby Morton,
5 Cambuskeith Road,
Stevenston, Scotland KA20 4BU**



Saturday 1st June 2013

BKF: Project 2020 seminar: Transition to world class athlete:

1. Elite Athlete Seminar with Ryan Freckleton, former Olympic Team GB competitor and BKF Elite Performance Manager.
2. David Smith MBE. London Paralympic 2012 Gold medallist: Inspirational talk on mental approach to winning.

Emirates Arena: Saturday June 1st 10.30am-12.30pm Cost £25 including teas, coffees and then lunch from 12.30-1.30pm.

Eligibility: All officials, coaches and competitors over the age of 14 years.

Please contact: Event secretary: Jeannette O'Neill to reserve your place as spaces will be limited and allocated on a first come first served basis. jeannette.oneill@btinternet.com

Referee seminar with BKF Chief Referee Dale Gamble.

Emirates Arena: Saturday June 1st 2-4pm Cost: Free

Eligibility: All officials, coaches and NGB senior squad members

Please contact: Event secretary: Jeannette O'Neill to reserve your place as spaces will be limited and allocated on a first come first served basis. jeannette.oneill@btinternet.com

Sunday 2nd June 2013

Kata will start at 8.45am with Kata Teams, Cadet & Senior followed by Disability, Veteran, Children and Juniors.

Kumite events will have staggered start times, commencing at 11am. A full sheet with timings will be published the week prior to the contest on SportData and also the BKF website.

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

All Kata and Kumite for 14/15 years and above will be held under WKF rules, WKF face and body protection will be compulsory in the appropriate kumite categories as per WKF rules.

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

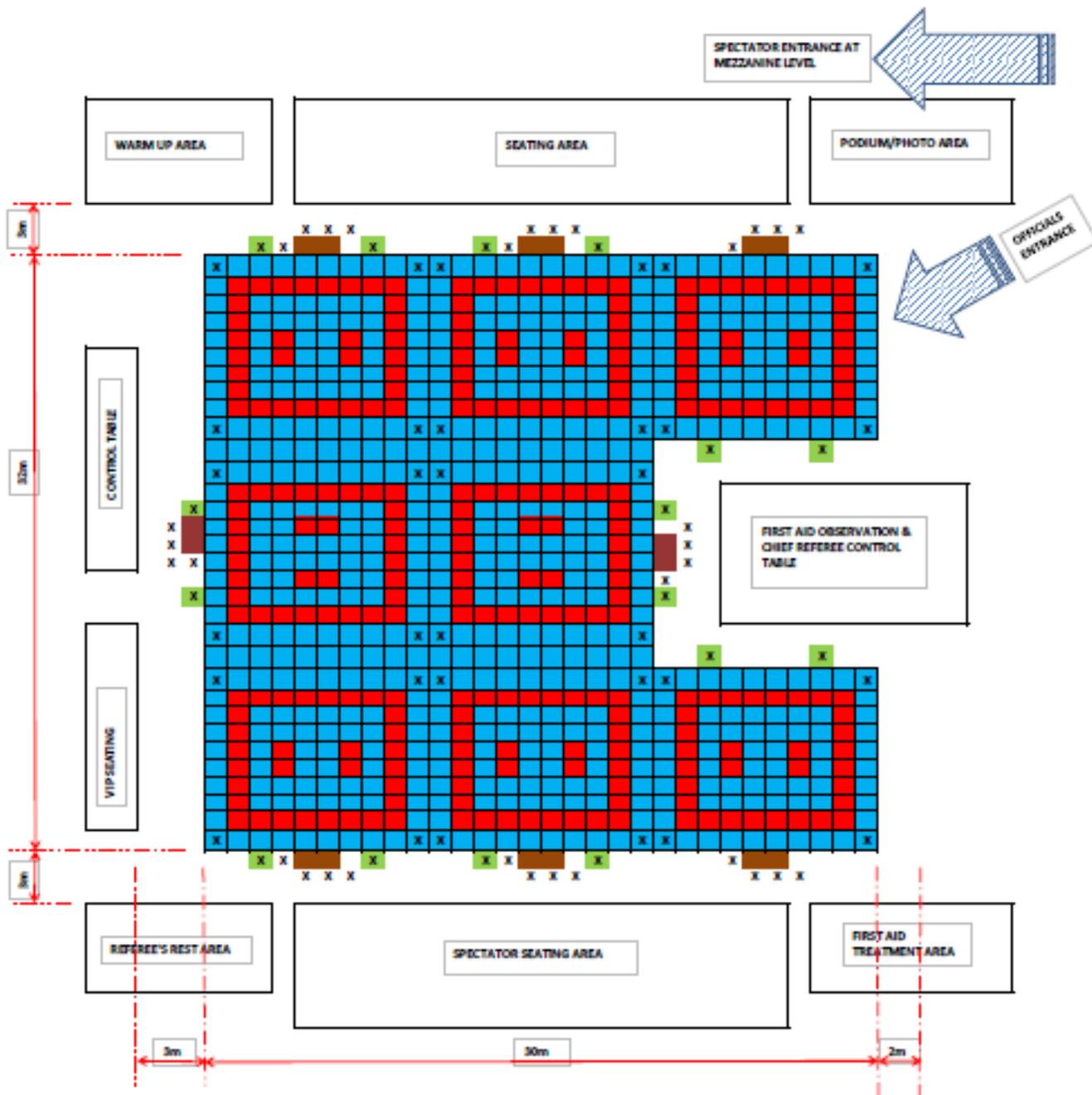
From BKF Chief Referee: Mr Dale Gamble

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

Juniors and Senior Individual Kata/Kumite will have repechage.

The tournament organiser has the authority to merge categories that are under-subscribed.

Venue Layout



BRITISH KARATE FEDERATION 8 TATAMI LAYOUT

BKF - BRITISH 4 NATIONS CHAMPIONSHIPS 2013

LEGEND

- | | | | |
|---|----------------------|---|--------------------|
|  | BLUE MATTED AREA |  | CHAIRS FOR COACHES |
|  | RED MATTED AREA |  | OFFICIAL TABLES |
|  | CHAIRS FOR OFFICIALS | | |

The Emirates Arena, Glasgow



GENERAL INFO

The address is 1000 London Road, G40 3HY
The arena is directly across the road from Celtic Park.

TEL: 0141 287 7000
www.emiratesarena.co.uk

OPENING HOURS

Monday - Friday: 06:30 - 22:00
Saturday: 09:00 - 18:00
Sunday: 09:00 - 21:00

Last admissions one hour before closing time.

TRAVELLING TO GLASGOW BY PLANE

Glasgow has one of the UK's fastest growing airports and new flights are always being added. The arena has the luxury of being within 13 miles of Glasgow International Airport.

BY CAR

At junction 2A on the M74, take the A74 exit to Tollcross / Cambuslang. At the roundabout, take the exit onto Fullarton Rd / London Rd / A74. The Arena is on London Road.

BY PUBLIC TRANSPORT

The arena is well served by the local bus network, with services 43 and 64 stopping right outside the venue on London Road while services 89 and 90 stop on Springfield Road. In addition 61, 62 and 240 go to Parkhead Cross, less than a five minute walk away.

BUCHANAN BUS STATION (Stances 23 to 32)

The route from Buchanan Bus Station to the Emirates Arena is about 4.5km (2.9 miles), with a single journey time of 15mins. Estimated round circuit time, including recovery time, is 35 mins.

Times:

10:15-13:00 approx 13:00-16:15 approx
16:15-18:00 approx

Dalmarnock Railway Station is just five minutes from the main entrance to the arena. However, it is currently undergoing an £11m refurbishment. The nearest alternative station is Bridgeton some ten minutes away along London Road. Dalmarnock and Bridgeton stations enjoy four services an hour from Glasgow Central (low level and Argyle Street in the City Centre).



Transport Information

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

Airports

Glasgow International Airport	- 8 miles from Glasgow City Centre
Glasgow Prestwick Airport	- 29 miles from Glasgow City Centre
Edinburgh Airport	- 45 miles from Glasgow City Centre

Main Line Railway Stations

Glasgow Queen Street Station
Glasgow Central Station

Airlines Glasgow International Airport (GLA)

Aer Lingus	Air Southwest	Continental	British
Airways	Canadian Affair	Jet2	Easyjet
Emirates	Flybe	Spainair	Icelandair
KLM	Onur		Thomson
Thomas Cook	US Airways		

Airlines Edinburgh Airport (EDI)

Aer Arann	Aer Lingus	Air France	Austrian
BMI	BMIbaby	British Airway	Continental
Easyjet	Flybe	Germanwings	Jet2
KLM	Lufthansa	Norwegian	Ryanair
SAS	Thomas Cook	Thomson	

Airlines Glasgow Prestwick Airport (PIK)

Ryanair	Wiz Air
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Airline Websites

Aer Lingus www.aerlingus.com	Aer Annan www.aerarann.com
Air France www.airfrance.com	Air Southwest www.airsouthwest.com
Austrian www.aua.com	British Airways www.ba.com
Continental www.continental.com	Easyjet www.easyjet.com
Emirates www.emirates.com	Flybe www.flybe.com
Germanwings www.germanwings.com	Icelandair www.icelandair.com
Jet2 www.jet2.com	KLM www.klm.com
Norwegian www.norwegian.com	Onur Air www.onurair.com.tr
Pakistan (PIA) www.piac.com.pk	Ryanair www.ryanair.com
SAS www.flysas.com	Spainair www.spainair.com
Thomas Cook www.thomascook.com	Thomson www.thomson.co.uk
US Airways www.usairways.com	Wiz Air www.wizzair.com
Canadian Affair www.canadianaffair.com	



Glasgow International Airport Public Transport Links

Trains

The nearest rail station to Glasgow airport is Paisley Gilmour Street, which is just one mile from the terminal and easily reached by taxi or bus (services 66 and 300).

There are 8 trains an hour from Paisley Gilmour Street to Glasgow Central (5 on Sundays). Rail tickets to Glasgow Central, via Paisley Gilmour Street, can be purchased from the SPT Travel Centre on the ground floor of the airport terminal, next to domestic arrivals.

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 all major City centre hotels and Strathclyde University.

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

Buses to Railway Station Service 66 and 300:

These buses leave on a frequent basis and stop at Paisley Gilmour Street railway station Service 66 leaves from Stand 7 and Service 300 leaves from Stand 6.

Edinburgh Airport Public Transport Links

There is no direct public transport link between Edinburgh Airport and Glasgow City Centre. The journey requires a bus and a train trip, that should take approx. 1hr 30 minutes.

Edinburgh Air link 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 with a journey time 25 minutes.

Fare: Single £3.50 Return £6 (reductions for children).

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

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

Fare: Return Adult £22.00 Return Child £11.50

Glasgow Prestwick Airport Public Transport Links:

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 Prestwick Airport.

Bus Services

X77 Express Bus Service Prestwick

Glasgow Prestwick Airport is served by Stagecoach Western X77 Express Service and operates to/from Glasgow Buchanan Street Station. This is a direct service that stops outside the airport on the A79.

X77 From Airport 0639 - 2034 Monday – Saturday 0810 – 1810 Sunday
X77 From Glasgow 0735 - 2330 Monday – Saturday 0905 – 1905 Sunday
Journey time is 50 minutes

Transportation Links: Underground, bus and rail. (www.spt.co.uk for further information)

Hotel Accommodation

Glasgow has a large range of hotel accommodation

Please visit: www.seeglasgow.com.

Emergency Medical Treatment

Glasgow has a number of Accident and Emergency units. The closest one to the main venue is the Glasgow Royal Infirmary, 84 Castle Street, Glasgow, G4 0SF, Tel: 0141 211 4000.

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 ample parking facilities and disabled access.



Competitor Registration

The British Karate Federation are pleased to announce that "**SportData**" is now a major sponsor of BKF events. "**SportData**" is approved by the "World Karate Federation" and allows for "on-line" registration. Many major championships around the world are now using "SportData"

You will be able to see all the entries for the contest as well as the draw sheets once they have been generated.

This is the MAIN METHOD for registration for the British Karate Federation Events

For online registration visit: www.sportdata.org

For help on how to register online visit:

http://www.sportdata.org/set-online/faq_en.php?active_menu=faq

If you are having problems registering on-line you may submit entries by email to the event organiser. However, entries via this method will only be accepted if they are on the official entry forms supplied in this bulletin.

It is the responsibility of coaches to ensure that all competitors are registered and are in the correct categories.

Entries will only be accepted via your coach and not from individuals.

Coach Registration

All coaches must register on-line via Sportdata before the closing date.

There will be a coach to competitor ratio of 1 coach to 5 competitors.

Coach passes will only be issued to coaches registered via SportData.



COMPETITOR ENTRY FEES

Individual Events

1 st Event	£20
2 nd Event	£16
3 rd Event	£16

Team Events

Mixed Pairs Team Kata 7-10yrs	£25
Mixed Pairs Team Kata 11-13yrs	£25
Girls Team Kumite (3) 7-9yrs	£25
Boys Team Kumite (3) 7-9yrs	£25
Girls Team Kumite (3) 10-13yrs	£25
Boys Team Kumite (3) 10-13yrs	£25

Closing Date for entries is 16th May 2013

Entries received after the closing date up to 21/05/2013 may be accepted at the discretion of the event organisers and will be charged at an additional £20 late entry fee. No further entries will be accepted after this date.

Any amendments requested to entries will be subject to an administration fee of £10 per entry.

Payment is by BACS or on the day of the event

Cheques made out to British Karate Federation please: not to BKF

BACS details: Barclays Bank: Sort Code: 20-33-70 Account No: 60542687

Please ensure that if paying by BACS you have an identifying reference against your payment i.e. Club/Association Name. Please also provide a receipt or confirmation of your BACS payment to the organiser.

SPECTATOR ENTRY FEES

Adults:	£12
Children Under 16 years of age:	Free



ENTRY FORM

CLUB NAME:		ASSOCIATION NAME:	
COUNTRY:			
COACH NAME:	TEL:	EMAIL:	

I confirm that all the competitors entered on this sheet have been advised of, and accept, the following statement:

"The competitor realises and discharges the organizers 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 _____

NAME _____

DATE: _____



Team Entry Form

CLUB NAME:		ASSOCIATION NAME:	
COUNTRY:			
COACH NAME:	TELEPHONE:	E-MAIL:	

CATEGORY	CODE	TEAMS	COST TEAM	TOTAL COST
Mixed Pairs Team Kata 7-10yrs	KAT1		£25.00	
Mixed Pairs Team Kata 11-13yrs	KAT2		£25.00	
Girls Team Kumite (3) 7-9yrs	KT1		£25.00	
Boys Team Kumite (3) 7-9yrs	KT2		£25.00	
Girls Team Kumite (3) 10-13yrs	KT3		£25.00	
Boys Team Kumite (3) 10-13yrs	KT4		£25.00	

TOTAL	£
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