

# INTERNATIONAL OPEN NPK 2014



## *PAREDES - 2014*



\* MUNICÍPIO DE  
**PAREDES**  
ROTA DOS MÓVEIS

  
**PAREDES**<sup>®</sup>  
Hotel Apartamento  
★★★





## Welcome / Invitation

Porto, December 2013

Dear Friends,

On behalf of Núcleo Português de Karate, it is our honour and pleasure to invite you to participate in the International NPK Open 2014, that will be held in Lordelo/Paredes in February 22<sup>nd</sup>, 2014. This is the 12<sup>th</sup> consecutive edition of this tournament and 4<sup>th</sup> consecutive edition open to international clubs and national teams. This tournament is part of the official calendar of the National Karate Federation Portugal (FNKP) and hosts de best Portuguese athletes with international credits.

We hope we can meet you in this great Karate event.

With my very best regards,

Paulo Cardoso

## **Contacts**

Daniel Santos +351 916 851 125

Paulo Cardoso +351 917 565 501

[open@npk.com.pt](mailto:open@npk.com.pt)

<https://www.facebook.com/OpenNpk2014>

## **Online Registration**

[www.npk.com.pt/register](http://www.npk.com.pt/register)

## **Date**

February 22<sup>nd</sup> 2014

Start time: 9.00 am

## **Venue**

Pavilhão Rota dos Móveis – Lordelo – Paredes

Rua da Igreja 4585 Lordelo

Paredes

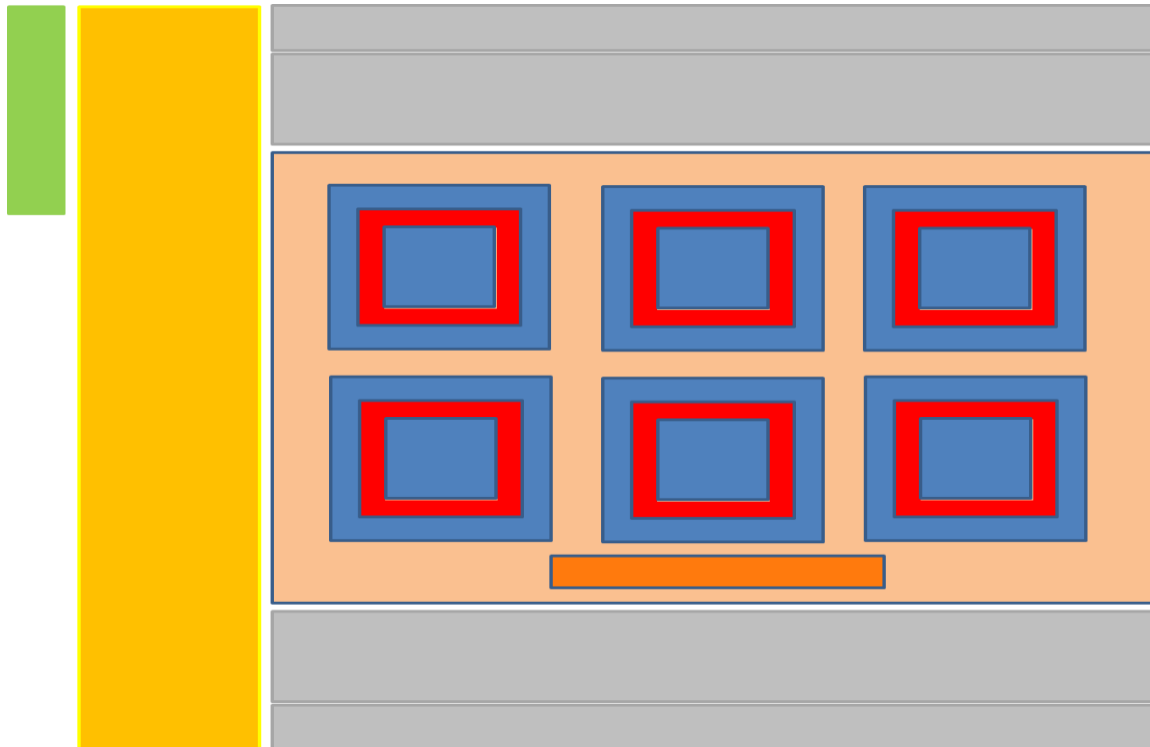
Portugal

Coordinates: 41°13'45"N 8°24'39"W





# International Open NPK 2014

PORTUGAL

22th fev.



Legend:

	Warm-up area
	Entrance
	Organizing committee
	Assistance

Area	2.028 m2
seating	1796
Tatamis	6

Pavilhão Rota dos Móveis is a fantastic sports venue, situated in Lordelo – Paredes, with sitting capacity for 1796 individuals. It is one of the best Portugal's sports venues and is once again the stage for the International NPK Open 2014. Our tournament has averaged 800 athletes in the last editions and among them the best Portuguese athletes.

## Airport – Transfer



International airport Francisco Sá Carneiro is located just 30km way from Pavilhão Rota dos Móveis.

Transfer from the airport to Pavilhão Rota dos Móveis is available upon previous contact with the organizing committee by e-mail to: [logistica@npk.com.pt](mailto:logistica@npk.com.pt) with information regarding flight arrival and departure.



# Registration

All athletes and coaches should be registered online at [www.npk.com.pt/register](http://www.npk.com.pt/register).

## Rules

1. This tournament will take place in Pavilhão Rota dos Móveis – Lordelo, Paredes, Portugal, at February 22<sup>nd</sup> 2014, from 9 a.m.
2. The following events are available:

ESCALÃO	Kata Equipa	Kata Individual	Kumite Individual
-10 yrs	✓	·	·
-12 yrs	✓	·	·
-14 yrs	·	✓	✓
-16 yrs	·	✓	✓
-18 yrs	·	·	✓
Adults	·	✓	✓
Masters	·	✓	·

Legend: (✓)=Yes (·)=No

3. In kata under 10 and under 12, female teams might have a male competitor and male teams might have a female competitor.
4. Kata adults is for competitors with 16 or more years.
5. Masters competition is for individuals over 35 years.
6. Masters competition is only for kata.
7. Masters competition is for both male and female .
8. In kumite, the following categories will be adopted:
  - a. Under 14 years:
    - i. Males: -50 kg and +50 kg
    - ii. Females: -47 kg and +47 kg
  - b. Under 16 years:
    - i. Males: -63 kg and +63 kg
    - ii. Females: -50 kg and +50 kg
  - c. 18 years:
    - i. Males: -68 kg and +68 kg
    - ii. Females: -55 kg and +55 kg
  - d. Adults:
    - i. Males: -68 kg and +68 kg
    - ii. Females: -60 kg and +60 kg

9. Each club can register a maximum of 4 competitors per each category in individual.
  - a. Registration fee is 5€ per individual and 7€ per team.
  - b. First coach does not pay registration.
  - c. Second coach registration fee is 2€.
  - d. After the second coach, registration fee for additional coaches 3€ per coach.
  - e. Payment should be by bank transfer to NPK bank account.
    - i. **NIB: 0035.0502.00012454930.63**
  - f. Bank transfer confirmation should be sent to the organization before the end of the registration deadline.
10. Article 9 does not apply to NPK member clubs.
11. WKF rules will be applied.
12. Face and body protector are not mandatory.
13. All athletes must carry an identification card and present it when ever asked.
  - a. Violation of article 13 might lead to expulsion.
14. Medical insurance is a responsibility of each athlete. The organization is not responsible for any accidents during the tournament.
15. Registration is available at [www.npk.com.pt/register](http://www.npk.com.pt/register) until the 12nd of February.
  - a. If needed, registration may be sent by fax to nº +351 228300902.
16. Draw will be available at [www.npk.com.pt](http://www.npk.com.pt) and in Facebook by February 14<sup>th</sup>.
  - a. Draw complaints deadline is 4pm, February 16<sup>th</sup>.
  - b. Final draw will be available in February 17<sup>th</sup>.
17. Coach should bring draws.
  - a. The organization will not provide draws.
18. The organization reserves the right to void or join events and/or categories if the number of registrations is insufficient.

All informations are available at Facebook in **Open Internacional NPK 2014 – International Open NPK 2014**.

Any other informations:

Daniel Santos – +351 916851125

## Event Program

- 8:50 am – Coach meeting  
– Referee meeting
- 9:00 am - Kata team under 10 yrs m/f  
(SEQUENCE) - Kata team under 12 yrs m/f  
- Kata individual under 14 yrs m/f  
- Kata individual adults  
- Kata individual Masters
- 12:00 am - Kumite female under 14 yrs
- 12:45 am - Kata Medal ceremony
- 3:00 pm - Kumite male under 14 yrs  
(SEQUENCE) - Kumite m/f under 16 yrs  
- Kumite m/f under 18 yrs  
- Kumite m/f adults
- 7:30 pm - Kumite Medal ceremony

The organizing committee might change this program due to the number of registered athletes.



## Meals



Meals are available at the event venue.

## Accommodation

Special fees for accommodation are available for all event participants. Those interested should contact the hotel or the organizing committee at [logistica@npk.com.pt](mailto:logistica@npk.com.pt), with information regarding the number of persons, room type and arrival and departure dates.

"Karate Open NPK" is the reference to be given to the hotel in order to get the special fee.

## Hotel Chalé Confort (7 Km)

Single Room With breakfast	Double Room With breakfast	Triple Room With breakfast
22,50€	30€	40€

[www.chaleconforthotel.pt](http://www.chaleconforthotel.pt)

Address: Rua Central de Vandoma, 4585-766, Paredes

Phone number: +351. 224 156 444

The hotel has 22 rooms destined to provide the best comfort and rest to all visitors. Rooms are divided through 3 floors and are available in single, double/twin and triple designs to better fulfil your needs. All rooms are equipped with private WC, tv, air conditioned, and phone with direct external connection.

HOTEL CHALÉ has been recently renewed and is located nearby Paredes, just 18km way from Porto and 7km from Pavilhão Rota dos Móveis.



## **Hotel Turismo Rural Quinta do Alves (3Km)**

<b>Single Room With breakfast</b>	<b>Double Room With breakfast</b>	<b>Triple Room With breakfast</b>
25€	35€	45€

[www.quintadoalves.com](http://www.quintadoalves.com)

Address: Rua do Fundo da Vila 184, 4595-044 Paços de Ferreira

Contact: +351.255 873 093

Casa da Quinta do Alves is a building with over 300 years of history located in a rural area where you can breathe fresh air.

This hotel is destined to rural tourism and its rooms have private WC, tv, phone, mini bar and air conditioned.

The building is made of granite and is typical of Entre Douro e Minho region. Hotel facilities comprise games room, dining room, living room with fireplace, cellar and a conference room with a capacity for 100 persons. All facilities are equipped with air conditioned and wireless internet connection.

This hotel is 3km away from Pavilhão Rota do Móveis.



## Hotel Paredes Design Hotel (12 Km)

Single Room With breakfast	Double Room With breakfast	Triple Room With breakfast
25€	35€	45€

[www.paredesdesignhotel.com](http://www.paredesdesignhotel.com)

Address: Rua Central de Mouriz, 1595, 4580-597 Mouriz

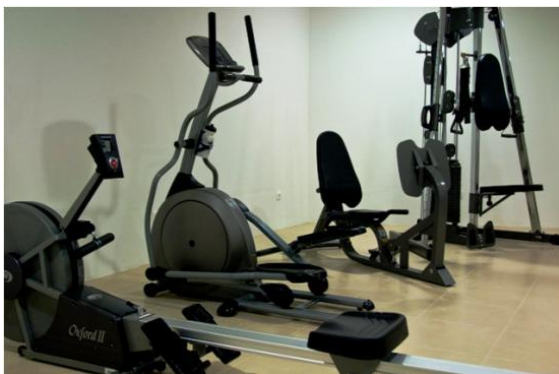
Contact: +351.255 781 521

More than a Hotel, a synonymous of luxury and design, a must stop for your business and pleasure moments.

A total of 46 rooms, of which 2 are suites and 3 are family houses, are available. All equipped with LCD tv, minibar, phone, hydro massage bath, and relaxing areas.

This hotel has private parking, gym and a restaurant called "Flor-de-Íris".

This hotel is 12 km way from Pavilhão Rota dos Móveis



# **General Information**

## **Time zone**

Central European Time Zone - GMT + 0:00

## **Weather**

The city of Paredes lies in the north of Portugal, and has a pleasant almost year-round mild, oceanic climate, a mild climate and. The average temperature in winter is approximately 14 degrees, while in summer about 25.

## **Currency**

The Portuguese currency is the euro

## **Electricity**

220V / 50Hz

## **Communication**

Dial 00 + country code 351 + telephone number

Emergency 112