



REPUBLIC OF SENEGAL
Ministry of Sports and Associative Life

Senegalese Federation of Karate and Associated Disciplines

F.S.K.D.A



Under the patronage of,
His Excellency Mr. Maeky SALL,
President of the Republic of Senegal

Bulletin N° 02

15th African Championship of Karate SENIORS

(Kata, Kumité, per team & single)

10 - 16 August 2014, Stadium Marius NDIAYE

Programme

& Rules and regulation of the Competition

Organizing Committee : COCAN

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Senegalese Karate

Karate is practiced in Senegal since the 1960s with the support of Master Robert Picard who was set at the disposal of the Senegalese Federation of Judo and Disciplines Assimilated (FSJDA) in 1963, on the occasion of the Friendship Games as an itinerant Technical advisor in West Africa with residence in Senegal

Karate, integrated in the FSJDA, organizes and reveals itself as a highly practiced discipline.

Master Fernand NUNES (8th Dan) , the regretted Jacques SOW (6th Dan) and Abdoulatif YACTINE (6th DAN) were the pioneers of the official karate. They were behind the opening of the first karate dojos.



Masters Fernand NUNES, the regretted Jacques SOW and Abdoulatif YACTINE

Karate organizes and establishes itself throughout the country and actively participates in the WUKO's activities

With its experience and human resources quality, Karate leaves Judo in 1981 to create ITS own federation, the Senegalese Federation of Karate and Disciplines Associated (FSKDA).

*Reluctance and concerns of the supervising Minister of that time in managing two Martial Arts Federations were quickly dispelled thanks to the foresight of Mr. **Ernest DISCACCATI** who took it upon himself to award the young federation with an annual grant for its operation and that throughout all his tenure.*

Three years after the Karate decided to organize the ^{1st} African Karate Championships of the Union of African Karate (UAK) and the following year upon the withdrawal of Morocco, it inherits the organization of the 2nd Championships.

The organization of these two events was proof of the Senegalese experience, which led to the SCSA to reconsider its position in relation to the UAK.

*In 1987 in Dakar the unification of African Karate is performed under the supervision of Mr. **Lamine BA Secretary General** of the SCSA giving birth to the Union of African*



*Karate Federations (The UAKF or UFAK in French) with as **Chairman Mr Masserigne Seye** President of the FSKDA in that time.*

Otherwise, Senegal participated in many African and World campaigns

*In 1980 in Madrid the Tea composed by **Moussa SAMBOU, Ibrahima DIOP, Meissa DIA, Mohamed Lamine THIAM** were the first team to represent Senegal in the World karate Championship of the World Union of Karate-do Organization (WUKO).*

*In these Championships, by the voice of the UAK President **Master FERNAND NUNES** Africa leads the Spanish government to deny accreditation to South Africa because of apartheid.*

*An honorable representation of Africa was made in the WUKO by Master **Fernand NUNES**, the UAK President.*

On the International level, the outputs have earned us a lot of satisfaction World champion's titles and many Continental titles.

The titles list of the Senegalese Karate could be summarized up by the following comment which traces the path of Senegal since 1984, date of the first UAK African Championships.

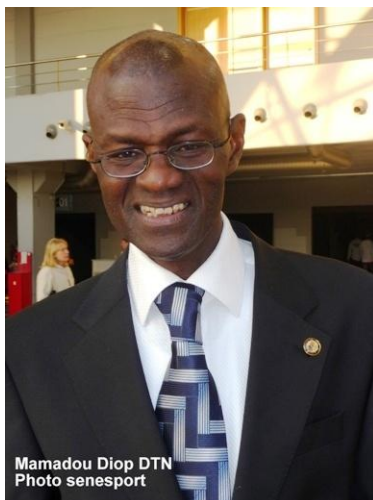
For the 90 medals of all editions from 1984 to 2012, 32 are gold, 29 silver and 29 bronze. This allows us to say how many times Senegal was the first, second in third in the continent.

For the African Games, Karate remains the main medals provider of the Senegalese delegation.

On 46 medals from the African Games, 12 are gold 8 silver and 26 bronze.

*Today Senegal receives in Dakar for the second time the UFAK Africa Senior Karate Championships and places the event in memory of the **regretted MAMADOU DIOP**.*

*One can-not speak of the Senegalese Karate without a godly thought to Past MAMADOU DIOP who the FSKDA National Technical Director from 1999 to 2011
May God receive him in heaven with all those who preceded him.*



It is also impossible to ignore the presence of Senegal at the world level:

- *01 World referee, member of the World Commission Referee WKF: Mrs Ndoumbe FALL:*



- *02 karate world judges: Mamadou Lamine Gueye and Mamadou Lamine*



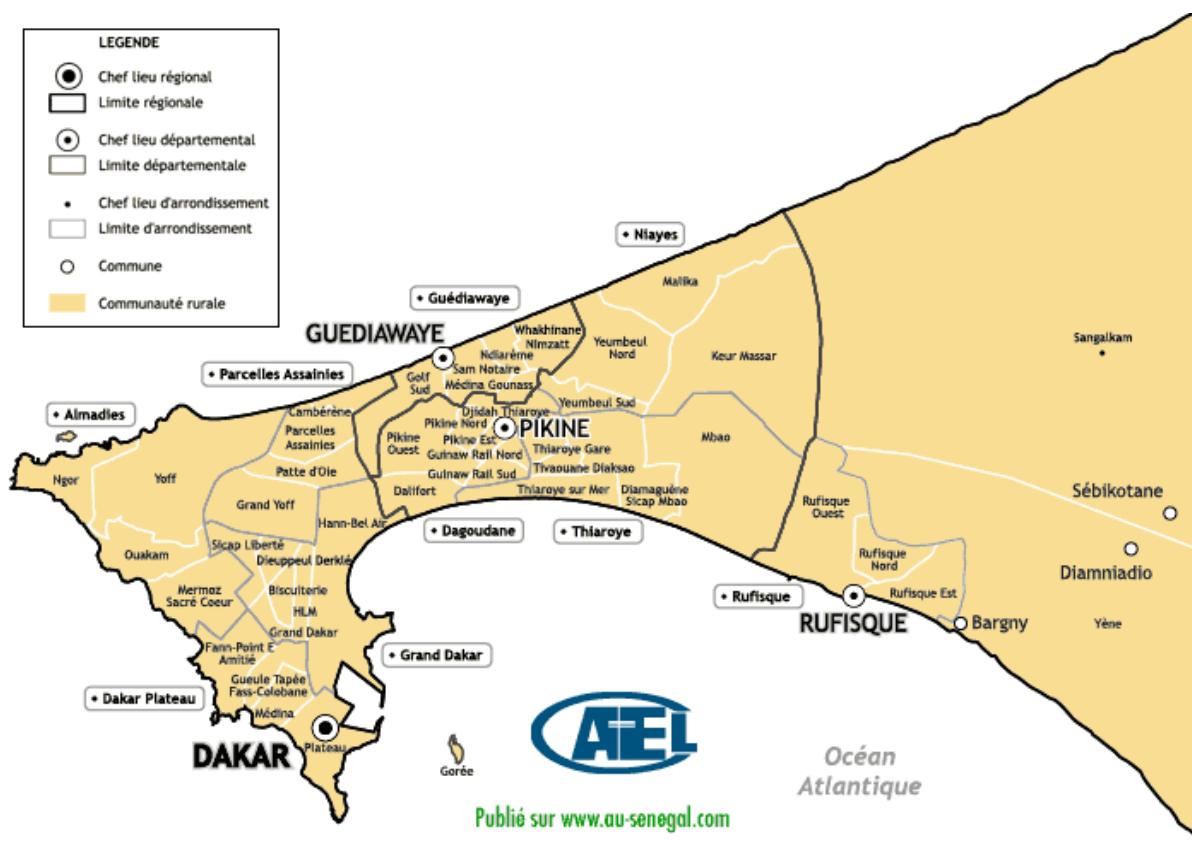
One Committee Chairman, member of the WKF Executive Bureau in the person of Mr. Souleymane GAYE former President of the FSKDA and Vice President of the Continental Union (UFAK).



Medals, titles and ranks at the world and continental level are proof if necessary of Senegalese karate vitality.

Our gratitude and our commitment to strengthen the inheritance reward the courage of old.

An overview of Dakar



➤ Location and Population

Dakar is located in the Cap Vert peninsula and extends over an area of 550 km², which is 0.28 % of the national territory. It is between 17 and 10 ° 17 ° 32 west longitude and 14 ° 53 and 14 ° 35 north latitude. It is limited at East by the region of Thies and at North, West and South by the Atlantic Ocean.

The population of the Dakar is estimated at about 4 .120.375 inhabitants, with an urbanization rate of nearly 41%. It includes more than half of the urban population (53%) and 22 % of the Senegalese population, estimated at 13,567,338 inhabitants. This is the most populated area with 4,147 people per km².

His macro cephalic aspect is certainly due to the fact it is the region with the highest equipped region in terms of economic, social and cultural infrastructures, so it becomes a privileged land for the rural exodus and , because of its geographical location, a transit for international migration .

➤ **International Environment**

Dakar embodies a crossroads position which makes it a must for all means of transportation to link Europe and the Americas. Similarly, it is one of the West African sites which remains the closest to tropical America.

The Closeness to the port , the presence of large industrial units, along the Hann Bay to Rufisque Bargny, ensure the processing of local products for export and manufacture of imported products for domestic local market, make Dakar a real industrial center of the region.

The region is also a cultural or intellectual crucible with the presence of Cheikh Anta Diop University and prestigious colleges of education whose influence extends far beyond national borders.

In addition, the region is at the head of a vast network of communication and has a highly developed infrastructure. The port and airport of Dakar form a junction between Europe, West Africa and the Americas and is also an exit for neighboring countries.

Telecommunications have also benefited from qualitative and quantitative efforts by operators in recent years. Also, do they contribute significantly to the preservation of the place of Dakar in the new context of globalization.



Picture of Dakar

➤ **National Environment**

Any other region is not able to compete with Dakarin terms of population, or public services, facilities, employment and activities. Dakar owes its supremacy to the gradual monopolization of activities previously spread in various parts of the country. The region became the seat of government and gathers at the same time most of the commercial and financial institutions as well as industries.

Despite the planning policy, regional development and decentralization, most permanent jobs of the country are found in Dakar. The capacity of Dakar to polarize has been favored by the density of the country's road network. It promotes vertical linkages necessary for the export economy. Thus, 75 % of domestic trips of goods come from or go to Dakar. This results from the economic weight of the region that the layout of roads and railways has greatly been strengthened.

Thus, Dakar sees its influence spread across the country and even beyond the borders with its capital which controls a large part of trade in agricultural and fishery products, especially those from inside.



The Millennium Door



Obelisk Square

➤ **Climate**

The climate of Dakar is similar to the one's of Canarias Islands and strongly undergoes geographic and weather influences. With a coastline surrounding almost the entire region is characterized, for a good period of the year, by a microclimate marked by the influence of the sea breeze, where the existence of a freshness and an almost constant and is relatively rated to 25 % of humidity. However, Harmattan, the continental Saharan trade winds, arises low in the dry season and gradually as one moves away from the coast.

Temperature varies between 17 ° and 25 ° C from December to April and from 27 ° to 30 ° C from May to November. The wind regime is characterized by the predominant influence of trade winds. Rainfall is characterized by a relatively short duration of the rainy season, between three and four months from June to October . It is marked on the one hand, by an uneven distribution in time and space and on the other hand, a low amount of stored water.

It is important to note that Dakar is between 300 and 600 mm isohyets and seasonal standards (1930-1960 and 1951-1980) and rainfalls are respectively 552.2 and 472.5 mm.

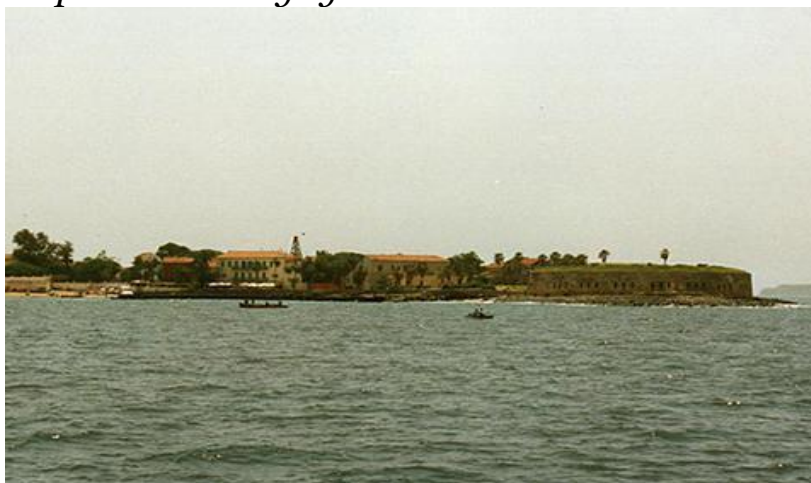


Monument de la Renaissance Africaine **« Malaw », le Cheval de Lat Dior**

➤ **ADMINISTRATIVE ORGANIZATION**

The administrative organization of Dakar has experienced various changes from the colonial era and since 2002 it has the following composition:

- *Four departments : Dakar, Pikine, Rufisque and Guédiawaye ;*
- *Ten districts : four (04) in the department of Dakar (Almadies Dakar Plateau, Grand Dakar , Plots Assainies) , one (01) in the Guédiawaye and which bears the same name as the department, three (03) in the Pikine (Dagoudane , NiayesThiaroye) and two (02) in the Rufisque (Rufisque Sangalkam) ;*
- *Forty- three (43) municipalities of districts : nineteen (19) in Dakar, five (05) in Guédiawaye , sixteen (16) in Pikine and three (03) in Rufisque ;*
- *Two (02) rural communities both located in the department of Rufisque Sangalkam and Yène ;*
- *Four (04) cities : Dakar, Pikine, Rufisque and Guédiawaye ;*
- *Three (03)Municipalities : BargnyDiamniadio and Sébikotane .*



Picture of Goree Island



Mamadou SARR

Letter of the President Senegalese Federation & Associated Disciplines

Dear World Karate Lovers and Students

In a few months, Senegal, country of Teranga, will host the 15th African Senior Championships of Karate precisely from August 10 to August 16 2014 in Dakar.

As the President of the Senegalese Karate League I feel very honored by this proof of confidence after only a few months for presidency of it.

It is a challenge to host this prestigious Africa Karate event 17 years after our last organization which can be traced back to 1997.

Challenge that we like to take because FSKDA is a great League which can achieve anything, and our country, in addition to its great hospitality is known for his habit of great challenges and will not fail in its reputation .

We have the infrastructure and quality human resources necessary for the success of such an event.

The willingness of His Excellency Macky Sall, President of the Republic of Senegal to an emerging country by relying on his youth is a testament to the quality and accountability of the youth who will communicate with you during your stay.

Dakar will host these competition with its legendary past and sites like Gorée Island , her Pink Lake or Lake Retba, a natural wonder that is well-known for its color that changes from pink to purple depending on the intensity of sunlight , Place of the Senegalese Skirmish and African Renaissance monument is a crossroads city with a thousand wonders.

I can not fail to thank President Mohamed Tahar Mesbahi for his confidence and for the wonderful work he succeeds in the Presidency of UFA . My thanks also go to the WKF President Mr. Antonio Espinos for his support and listening ear to our concerns. A special mention is awarded to my predecessor President Souleymane Gaye has shown us the way and we were rewarded with all his experience.

Your stay with us will undoubtedly be a good remembrance that you will keep for a long time and our Organizing Committee already started to make it exceptional. Fair play and good Senegalese Teranga will be present.



Letter of the President of the Union of African Federation of Karate (UFAK)

I talk to you as President of the Union of African Leagues of Karate, first I would like to pay tribute to all the pioneers of the Senegalese Karate who worked for the Unification of African Karate.

17 years after the 7th Karate Championship organized by UFAK in August 1997 in Dakar, Senegal , we are once again in this beautiful southern Saharan countries , friendly, hospitable and full of symbols in the history of the UFAK .

The 15th Championship is certainly a challenge , a new challenge , and there is no doubt that men, here as elsewhere, are the true dimensions of their brotherhood and unity , their equality and their humanity , beyond diversities of countries or religions.

I want to thank the President of the Senegalese League of Karate and all those who have worked hard to ensure compliance with the schedule of our activities.

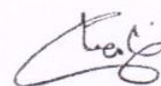
I address to all athletes, officials and all the volunteers, my sincere thanks. The Senegalese authorities, I mark my deep gratitude for their magnanimity and reassures our unconditional commitment .

I assure His Excellency Macky Sall , Head of State of Senegal, the Karate youth of Africa as a whole has always felt happy and reassured to be in Senegal.

I hope that Dakar 2014 is an exchange of knowledge imbued with sportsmanship in a friendly atmosphere for African peace.

God Bless You.

Mesbahi Mohamed Tahar



UFAK PRESIDENT

1/Organizer :

**FEDERATION SENEGALAISE DE KARATE et
D. A**

B. P. 11 715 DAKAR

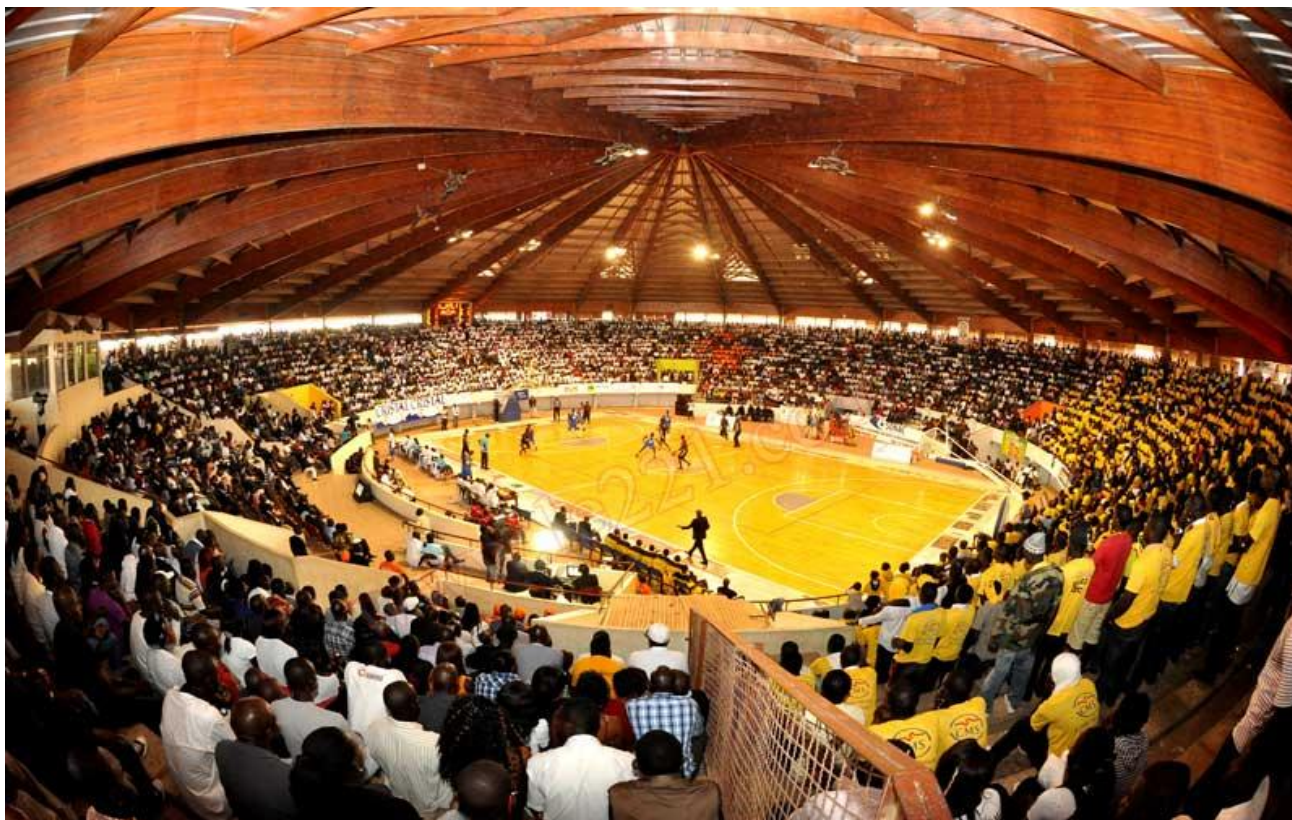
Tel /Fax :00 221 33 825 48 58

Adresse E-mail :sarrheg@yahoo.fr

2 /Date and Place of the tournament :

2.1) - Place :

Marius NDIAYE STADIUM



2.2) - Date of Referee & Coaching Internship :

August 11th, 12th and 13th, 2014

2.3) - **Competition Dates** :

August 14th, 15th and 16th, 2014

3 / Participants :

3.1) - **Targeted Countries** :

All African countries (Affiliated to W.K.F & U.F.A.K).

3.2) - **Categories** :

KUMITE

Men -de 60 kg –de 67kg – de 75kg –de 84 kg + de 84 kg

Women -de 50 kg –de 55kg – de 61kg –de 68 kg + de 68 kg

KATA

Not under 16 years old

4 /Flights to Dakar :

The International Airport of Dakar is about 1 to 10 kilometers far from the places for accommodation. It is known the door of Africa. All airline companies land there.



5/Transportation:

Transportation for delegations is on the behalf of the host country from the hostel to the place chosen for the competition. At the same time, the host country will provide transportation during the period of internship. It will do its best to ensure to facilitate delegation to travel from the airport to their respective hotels. The host country will provide transportation to the Executive Committee and Members of the commission from the airport to the hotel. The conference will be coordinated by the host country. It will separately provide means of transportation to participants who be controlled for doping every competition day

6 /Hotels and accommodation :

Hotels and other places for accommodation chosen for the competition are in Dakar near the International Airport of Dakar about 15 or 20 minutes.

KINGFAHD PALACE HOTEL (5 Stars)

***Place of residence of the President of the World Karate Federation
and members of the African Union of Karate
(Headquaters)
Hotel Entrance***



Room Type



Conference room





HOTEL LE VIRAGE (4 stars)



The Price

<i>Room type</i>	<i>Price/person/night Breakfast included</i>
<i>Conditioned room, Double bed</i>	<i>60.000 FCFA</i>
<i>Conditioned room, Double bed, a view of the sea</i>	<i>80.000FCFA</i>
<i>Suite a view of the sea with air condition</i>	<i>120.000 CFA</i>
<i>Simple Conditioned room,</i>	<i>60.000 FCFA</i>
<i>Simple Conditioned room, a view of the sea</i>	<i>80.000 FCFA</i>

**Touristic taxes: 1000 FCFA per night and per person*

HOTELS NGOR & DIARAMA (3stars)



PRICES

ACCOMODATION HOTEL NGOR

- *Single Room +Continental breakfast* = 60000 F CFA
- *Double bed room + Continental breakfast* = 65000 F CFA
- *Mini- suite + Continental breakfast* = 80000 F CFA
- *Suite + Continental breakfast* = 110000 F CFA
- *Touristic tax per person and per night* = 1000 F CFA

ACCOMODATION HOTEL DIARAMA

- *Single Room +Continental breakfast* = 40000 F CFA
- *Double bed room + Continental breakfast* = 45000 F CFA
- *Touristic tax per person and per night* = 1000 F CFA

RESTAURATION :

- *Lunch or Dinner + Drink* l = 14000 F CFA

HOTEL DE L'ARSENAL (3 stars)

<p>RESTAURANT Déjeunés nos mets raffinés, subtil mélange des saveurs d'une cuisine africaine et internationale. En soirée, vous pourrez vous détendre au Bar en sirotant un cocktail entre amis ou collègues. Le petit-déjeuner vous est servi tous les matins par un personnel dévoué. Ouvert de 07h30 à 15h, 19h00 à 23h00</p> <p>BAR « L'hélice » Un moment de détente ? Un rendez-vous d'affaires ? Un repas léger ? Vous aurez un service personnalisé ! Ouvert tous les jours de 10h à 02h</p>	<p>SALLE DE CONFERENCE Equipe d'un écran de projection, d'une sonorisation professionnelle, micros baladeurs, vidéo projecteur, présidium et autres matériels pour vos séminaires, la salle de conférence surplombe le Port, le Grand Théâtre et le Centre-ville. Capacité de 100 à 150 personnes.</p>		<p>Au centre-ville de Dakar, l'hôtel de l'Arsenal vous accueille dans un cadre historique, à quelques minutes à pied du Grand Théâtre, de la Gare Ferroviaire, du Port et du futur Musée des Civilisations Noires.</p> <p>58 chambres dont 03 Suites et 01 Mini Suite, pour certaines, une vue imprenable sur le Grand Théâtre et les bateaux dans la rade de Dakar. Nos chambres sont toutes équipées de téléviseurs à écran plat, connectées au réseau câblé et l'Internet au débit (Wi-Fi).</p>	<p>CHAMBRES 03 catégories de chambres sont disponibles pour vous offrir un séjour agréable : 29 Classiques, 12 Supérieures, 8 de Luxe, avec vue sur le port et la gare ferroviaire sans inconvénients d'activités ou sonores. 06 chambres (2 double et 4 quadruple) à l'annexe «La Maison du Marin» sur l'île de Gorée.</p>	
<p>HÔTEL DE L'ARSENAL 3 Rue Henri polaire à Saly Tel : +221 33 889 85 85 - Fax : +221 33 889 85 90 Email : contact@hotelarsenal.com Site : www.hotelarsenal.com</p> <p>HÔTEL DE L'ARSENAL Dalal</p>			<p>SUITES Le 5^{ème} niveau est réservé aux Suites, avec vue panoramique de la Ville de Dakar et des rotations de la chaloupe de Gorée.</p>		

Prices

- Full board 10 au 16 August
Night + breakfast + 02 meals* + Fees: 61.000 FCFA for person
*Menu du jour + drink (eau minéral, jus)
- Half board du 10 au 14 August
Night + breakfast + 01 meals* + stay : 51.000 FCFA for person
*The day's menu + drink (water, juice)
Number of Single room: 48
- Transportation airport/hotel :
- Group ≥ 20 persons..... 40.000 Fcfa
- Group ≥ 12 persons..... 25.000 Fcfa

HOTEL OCEAN



Prices

For a sport delegation:
Full board of Single and double bed rooms: 40000 FCFA/day /person

HOTEL LA BRAZZERADE



Prices

For a sport delegation:

Full board of Single and double bed rooms:: 32000 FCFA/day /person

ACCOMMODATION CENTRE OF L S SENGHOR STADE

1- Accommodation in adaptable rooms:

Rooms with 12 and 15 beds (air-conditioned): 3000FCFA /per night /person

2- Accommodation at. the reception

Rooms with 8 beds: 5000FCFA /night /person

Box with 2 beds: 7500FCFA /night /person



7 /General Information :

Please, send your mails to:

1. Mamadou SARR: President of the Karate Senegalaise Federation (sarrheg@yahoo.fr)
2. Papa Ismaïla BA : General Secretary FSKDA (pib2002@gmail.com)
3. Samba Issa BOUSSO: President of Organizing Committee (sibouso@yahoo.fr)
4. El Tamsir Niass : Secretariat Organizing Committee (niasstamsir@yahoo.fr)

8 /Training of teams:

The organizing committee will provide an area for training to countries which will have filled. The form should be sent back before July 7th.

9/Access cards/

The Organizing committee will provide the delegations taking part in the championships, the following accreditations:

- Competitors (29)
- Coaches (4)
- Technical Director (1)
- Head of Delegation (1)
- Doctors (2)
- President of Federation (1)
- Referees (non limited)

NB DEADLINE FOR SUBMISSION: July, 7, 2014

10/Tickets Entry

The Organizing Committee will provide each delegation, aquota of tickets for entry to the championship.

11/The Media

The UFAK owns all rights to African Karate Championships Seniors. This means that only people with a certificate issued by the UFAK can take photos and videos for professional competitions.

In other words, cameras and devices with tripod pictures are allowed in the gym if a permit .For more information about the press and the media, please contact the President of the Organizing Committee.

12/Equipments Protection of Competition

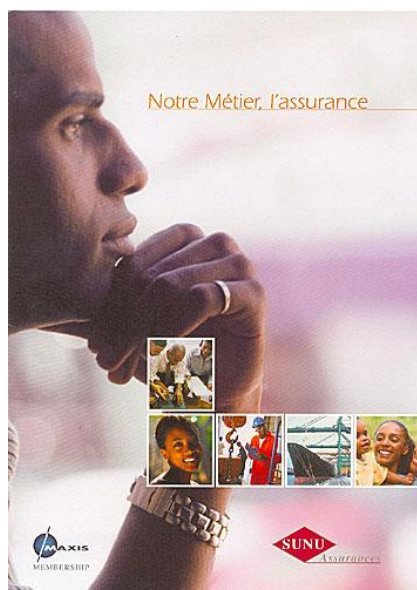
Protective equipment are those approved by the WKF.

13/Insurance

All participants and members of delegation must have their individual medical insurance as well as their travel insurance .The UFAK and the Senegalese Federation takes no responsibility for these failures. The Head of Delegation must sign the declaration of responsibility attached and return it before 7 July 2014.

Le reseau SUNU en Afrique :

Senegal, Niger, Benin, Cote d Ivoire,
Togo ,Burkina Fasso, Centrafrique,
Cameroun, Gabon, Mali, Guinée



Dione (CEO & Founder of SUNU Insurances Africa)

SUNU ASSURANCES HOLDING SA

Adresse de correspondance :59 bis, avenue Foc h 94100 Saint-Maur des Fossés France

Tél. : + 33 (0)1.48.86.62.66 Fax : + 33 (0)1.48.86.62.55

Mobile 06 23 67 13 76

E-mail sunu-assurances@sunu-group.com

Site internet : www.sunu-group.com

Aujourd'hui, le groupe SUNU est fort de 17 sociétés d'assurances et est le premier assureur vie de la zone CIMA (Conférence interafricaine des Marchés d'Assurances). Le groupe a réalisé 71,6 milliards de francs CFA de chiffre d'affaires en 2011 et a géré, sur la même période, 199 milliards de francs CFA d'actifs .Membre du réseau international MAXIS

14/ Passport - Visa – Travel Documents

Please, note that all foreign participants, officials and competitors must have :

- ✓ Passports validity
- ✓ Visa of Senegal (Excluding countries for which it's not required)

In case of difficulties to get visa entry, please visit:

- ✓ The Senegalese Embassy
- ✓ Senegalese Consulate
- ✓ or Senegalese Representation nearest you

In case of difficulty, please contact the President of the Senegalese Federation of Karate.

Email: sarrheg@yahoo.fr

Tel: + 221-77 646 43 68

15 / The Weather and Climate (Meteorological Data)

Dakar, capital of Senegal, knows rather a coastal tropical climate. January is the coldest month and August is a hot and rainy months. Days in Dakar in summer are hot but the heat is tempered by the influence of maritime freshness.

Climate data in Dakar

The table below will help you find the average temperature and rainfall in Dakar throughout the year. Thus it is possible to know the climate in Dakar and plan your trip

Dakar Températures	21°C	20°C	21°C	22°C	23°C	26°C	27°C	27°C	27°C	27°C	26°C	23°C
Dakar Pluies en mm												
	4	2	0	0	1	13	90	250	165	50	5	6

16 / The Official Languages

The official language is French. However, the Organizing Committee will provide delegations wishing a volunteer interpreter-guide.

17 / The Money

The monetary unit in Senegal is the CFA franc.

1 Euro = 655.957 CFA

1 U.S. DOLLAR = between 460 and 480F CFA

Tickets 500, 1000, 5000, and 10000 FCFA are available as well as currencies 5F, 10F, 25F, 50F, 100F, 200F, 250F and 500F.

The major credit cards accepted worldwide, such as VISA, are also in Senegal, major hotels, shops, restaurants, etc..

Banks and many exchange offices allow you to easily change the currency.

18 / Other Information

- **PHONE ACCESS CODE**

The country code for Senegal is: 221. Please take this into account for your international calls to Senegal.

- **ELECTRICITY**

Models of electrical sockets used in Senegal

Electrical appliances work in Senegal at a voltage of 220 V AC and 50 to 60Hz. To catch the ideal solution may be to provide a multiple outlet adapter.



SAMPLE PRICE

- A cup of coffee from 50 to 300 FCFA
- A fast food: between 1000 and 2500 FCFA
- a taxi ride: negotiable
- a sudden internal phone per minute is between 60 and 120 FCFA
- renting a car from 30,000 FCFA / day
- Fuel (gasoline) is 792 FCFA / Litre
- Fuel (diesel) is 889 FCFA / Litre
- Tap water is drinkable in Dakar - but a bottle of mineral water 1.5 liter costs about 300 to 600 FCFA

- **CONDUCT, TRAFFIC, CAR RENTAL**

You can drive with a foreign license or international driving license in Senegal. Different means of transport exist in Dakar:

The Taxis (yellow black or blue)



Mini bus "TATA" and bus "DAKAR DEM DIK"





MEDICAL ASSISTANCE

Doctors will be available to your throughout your stay

- *Dr. Mbaye PAYE, Cardiologist, M healthcare professional head of the Centre de Santé de Hann
Contact: 77 632 24 32*
- *Dr. Abdul Aziz DAFFE, M e g e n e doctor GP, Cabinet medical TP SOM Hann. Contact: 77 569 36 99*
- *Dr. Idrissa NGOM Surgeon Urologist h O Abass Ndao Hospital ,
Contact: 77 552 12 August*
- *Dr. Idrissa Sene, H O ENT Pikine Hospital
Contact: 77 640 September 07*
- *Dr. Ibrahima Diop, CHU Aristide Le Dantec Hospital
Contact: 77 405 27 28*

19 / General Regulations

- **Registration & Engagement:**

*The demand for registered commitment should be addressed to the Senegalese Karate Federation no later than: **Monday, July 7, 2014***

Please contact the Federation photocopies of the first page of the passport of each member of the delegation and a Photo ID.

- **Obligations of the participation national federations**

- *Transportation to Senegal;*
- *The accommodation and food of the delegation;*
- *The affiliation of countries UFAK;*
- *The commitment of teams and competitors costs;*
- *The course fee Referees and Coaches;*
- *The cost of sports passport of all members of the delegation;*
- *Assurance of the delegation.*



• **Payments**

Different payments below must be made to the General Treasurer UFAK in Euro or U.S. dollar

Different payments to be made	Net amount payable
Annual dues UFAK	500 Euro
Rate sporting passports	20 Euro s
Annual validation passport UFAK	10 Euros
Fees:	
• Men Kumite team	100 Euros
• Women Kumite Team	75 Euros
• Men team Kata	75 Euros
• Women team Kata	75 Euros
• individual Kumite & kata	50 Euro s
• Price technical reserves	150 Euro
Course Fees:	
• Course Review Kumite for Referee	20 Euros
• Course Review kata for Referee	12 0 Euros
• Course Review kata kumite for Referee	20 0 Euros
• Stage Coach	100 Euro
• Training Athlete	25 Euro s

• **Competitions Program:**

The program includes individual competitions and Kata & Kumite Teams.

A. Kata Competitions

- One (01) Senior Men's Team Country: (3 competitors)
- One (01) Country Ladies senior team (3 competitors)
- Individual Senior Men (1 competitor per country)
- Individual Senior Women (1 competitor per country)

Note: For events Kata Kata men and ladies, authorized by the regulations of the World Karate Federation is age 16 and upper.

B. Competitions Team Kumite

- One (01) Senior Men's Team by country (5 +2 competitors)
- One (01) Ladies senior team per country: (3 +1 competitors)
- Individual Kumite Men (01 competitor by category and by country)
- Individual Kumite Women (01 competitor by category and by country)

Note: For events Kumite Men and Women, authorized by the Regulations of the World Karate Federation is age 18 and older.

C. Tests by Kumite weight categories

- Individual Kumite **Men's-60kg; -67 Kg; -75 Kg; - 84 Kg; + 84 Kg**
- Individual Kumite Women **-50 kg; -55 Kg; -61 Kg; -68Kg, 68 Kg.**



20 / Competition Rules:

- **Regulations and rules**

- 1. The Regulations and Technical Rules and Arbitration of the World Karate Federation are only applicable to the Competitions.*
- 2. Regulations of the Organization UFAK are applicable to the organization of African Karate Championships.*
- 3. Competition takes place in three (03) days (from Thursday 14 to Saturday, August 16, 2014).*
- 4. Tests Team will take place after the individual events
Each National Federation*
- 5. Shall not register a competitor by category*
- 6. There will be no break. For catering to specific schedules of specially designed rooms must be available for the referees and officials.*
- 7 Kumite events have duration of three (03) minutes for men and two (02) minutes for the ladies except for getting medals:
 - *Four (04) minutes for individual men's events,*
 - *Three (03) minutes for individual events Dames.**
- 8. Bunkai in trials Kata Team (Men and Women) is required to obtain medals.*
- 9. A letter of commitment of Responsibility must be completed and signed by the President of the National Federation. This letter, submitted on letterhead of the National Federation, shall specify:
 - *She assumes all responsibility for injury and other claims;*
 - *The statements age Competitors are correct;*
 - *It accepts the penalties for fraud.**

- **Various technical provisions**

- 1) All coaches must be registered with their teams and must attend the course for Coaches and receive Qualification UFAK.*
- 2) Only the Commission (UFAK) African Arbitration is entitled to qualify Referees and judges able to officiate at the 15th African Senior Karate Championships.*
- 3) All Referees with Continental qualification valid must participate in arbitration training before being allowed to officiate in the African Senior Karate Championships.*
- 4) Continental Referees having qualification less than two years are not subject to examinations, unless otherwise specified by the African Arbitration Commission.*



5) Referees with Continental qualification of more than two (02) years must confirm their qualification examinations, unless otherwise specified by the African Arbitration Commission.

6) Only competitors with official WKF approved equipment (Kimonos and Other) will be allowed to participate in the 15th African Senior Karate Championships.

7) All Referees, Judges, Coaches and Athletes must be official passport UFAK before participating in arbitration training, coaching and competitions.

8) Each National Federation must be updated for all statutory and regulatory obligations vis-à-vis the UFAK before being allowed to participate in the 15th African Championship Karate Senior (Affiliation different fees commitments, etc.)

9) Each country must provide arrival

- Two (02) flags: one for the parade (2m / 1.5 m) and one for the Gym (1.5 m / 1m)

- A cassette or CD of National Hymn of his country.

10) Technical reserve / Protest:

Only the Head of Delegation may make a technical reserve after the battle against the payment of the sum of 150 Euros.



- **Composition of the official delegation**
 - **Detail competitors and official**

Ladies	Number	Men	Number
Kata Team	03	Kata Team	03
Team Kumite	04	Team Kumite	07
Individual Kata	01	Individual Kata	01
Individual Kumite	05	Individual Kumite	05
TOTAL WOMEN	13	TOTAL MEN	16
Total Competitors by Country		29	
Coaches	Male	02	
	Female	02	

- **Other members**

Technical Director:	01
National Federation representative:	01
Representative of the Ministry of Sports	01
Medical Staff	02
Referees	03

Number of persons per delegation: Forty-one (41)

- **Awards:**

Medals:

Kata Team & Individual (Men & Women)

1st place; 2nd place; 3rd place 3rd place

Kumite Team & Individual (Men & Women)

1st place; 2nd place; 3rd place 3rd place

- **Send to Email address:**

Senegalese Federation of Karate and DA
BP 11715 DAKAR
Tel / Fax: 00 221 3382 4858 5
E-mail: sarrheg@yahoo.fr



21 / Official Program:

<i>SUNDAY 10 August 2014</i>		
All day	HOME OF DELEGATION	
<i>MONDAY 11 August 2014</i>		
08H 30 to 09H	ACCREDITATION AND REGISTRATION STAGE COACHES AND REFEREES	
10H to 13H	STAGE COACHES AND REFEREES	
15H to 20H	STAGE COACHES AND REFEREES	
<i>TUESDAY 12 August 2014</i>		
09H to 13H	STAGE COACHES AND REFEREES	
15H to 20H	STAGE COACHES AND REFEREES	
	TOUR COMMITTEE executif	
<i>WEDNESDAY 13 August 2014</i>		
09H to 13H	STAGE COACHES AND REFEREES	
10H to 12H	COMMITTEE MEETING EXCECUTIF	
H 11-13	SEMINAR WOMEN AND SPORT	
15H to 17H	WEIGHING AND REGISTRATION	
16H 18 H	CONGRESS	
18H 20 H	BRIEFING THEN DRAW	
<i>THURSDAY 14 August 2014</i>		
09H to 12H	DRAFT PICKS & ELIMINATORY INDIVIDUAL KATA M AND W	
12H to 14H	LUNCH	
14H to 16H	OPENING CEREMONY	
16H to 18H	Final Kata IND M and W PRESENTATION OF MEDALS	
<i>FRIDAY 15 August 2014</i>		
09H to 12H	ELIMINATOR & IND DRAFT PICKS AND KUMITE M and W	
12H to 14H	LUNCH	
14 H 20H	FINAL DISCOUNTS AND MEDALS	
<i>SATURDAY 16 August 2014</i>		
09H to 12H	ELIMINATOR & KUMITE DRAFT PICKS AND KATA TEAM M AND W	
12H to 14H	LUNCH	
14H to 20H	FINAL DISCOUNTS AND MEDALS CLOSING CEREMONY	



15th African Championship Karate Seniors
Dakar from 10 to 16 August 2014

TERMS OF RESPONSIBILITY

Be completed, signed and returned before **Monday, July 7, 2014**

I, the undersigned Chief of Delegation of my country, duly registered to participate in the 15th African Championship Karate Senior Ladies and Gentlemen, to be held in Dakar, Senegal, from 10 to 16 August 2014, taking full cognizance of the Statutes, Rules and Standards of **NFs AFRICAN UNION OF KARATE**, agree to abide scrupulously said statutes and regulations listed entity and assume all civil and criminal administrative responsibilities for our athletes, coaches and other members of our delegation participating in the championship before, during and after the competition, such as bodily injury, personal expenses or monetary debts and informal damage in hotels.

Country:

Name & Surname:

Passport Number and Expiry Date:

Task within the National Federation:

Address:

Phone Number: Fax No.:

Email Address:

Date: _____

Signature



15th African Championship Karate Seniors
Dakar from 10 to 16 August 2014

INDIVIDUAL COMMITMENT

Country / Country:

Head of Delegation:

Coaches:

.....

.....

.....

Referees:

.....

.....

Other:

.....

.....

Signature and Seal of the Federation

NB

Please attach 2 photos of each member of the delegation.



**15th African Championship Karate Seniors
Dakar from 10 to 16 August 2014**

COMPETITORS REGISTRATION FORM A
(Must be typed or completed in block letters)

NAME OF THE FEDERATION: _____

ADRESSE: _____

TELEPHONE: _____ **FAX :** _____

SINGLE MEN

- 60KG

Surname

First

Grade **Style**.....

Age.....

Birth Date

Passport No.

- 84kg

Surname

First

Grade **Style**

Age.....

Birth Date

Passport No.

- 67kg

Surname

First

Grade **Style**.....

Age.....

Birth Date

Passport No.

+ 84kg

Surname

First

Grade **Style**

Age.....

Birth Date

Passport No.

- 75KG

Surname

First

Grade **Style**.....

Age.....

Birth Date

Passport No.

KATA INDIVIDUAL MEN

Surname

First

Grade **Style**.....

Age.....

Birth Date

Passport No.



**15th African Championship Karate Seniors
Dakar from 10 to 16 August 2014**

**COMPETITORS REGISTRATION FORM B
(Must be typed or completed in block letters)**

NAME OF THE FEDERATION: _____

ADRESSE: _____

TELEPHONE: _____ **FAX :** _____

SINGLE FEMALE

- 50KG

Surname

First

Grade **Style**.....

Age.....

Birth Date

Passport No.

- 68KG

Surname

First

Grade **Style**.....

Age.....

Birth Date

Passport No.

- 55KG

Surname

First

Grade **Style**.....

Age.....

Birth Date

Passport No.

+ 68KG

Surname

First

Grade **Style**.....

Age.....

Birth Date

Passport No.

- 61kg

Surname

First

Grade **Style**.....

Age.....

Birth Date

Passport No.

KATA INDIVIDUAL FEMALE

Surname

First

Grade **Style**.....

Age.....

Birth Date

Passport No.



15th African Championship Karate Seniors
Dakar from 10 to 16 August 2014

COMPETITORS REGISTRATION FORM C
(Must be typed or completed in block letters)

NAME OF THE FEDERATION: _____

ADRESSE: _____

TELEPHONE: _____ **FAX :** _____

MEN'S TEAM

TEAM KATA

TEAM Kumite

1) Surname
First
Grade **Age**
Passport No.

2) Surname
First
Grade **Age**
Passport No.

3) Surname
First
Grade **Age**
Passport No.

4) Surname
First
Grade **Age**
Passport No.

1) Surname
First
Grade **Age**
Passport No.

2) Surname
First
Grade **Age**
Passport No.

3) Surname
First
Grade **Age**
Passport No.

4) Surname
First
Grade **Age**
Passport No.

5) Surname
First
Grade **Age**
Passport No.

6) Surname
First
Grade **Age**
Passport No.

7) Surname
First
Grade **Age**
Passport No.



15th African Championship Karate Seniors
Dakar from 10 to 16 August 2014

COMPETITORS REGISTRATION FORM D
(Must be typed or completed in block letters)

NAME OF THE FEDERATION: _____

ADRESSE: _____

TELEPHONE: _____ **FAX :** _____

WOMEN'S TEAM

TEAM KATA

TEAM Kumite

1) Surname

First

Grade **Age**

Passport No.

2) Surname

First

Grade **Age**

Passport No.

3) Surname

First

Grade **Age**

Passport No.

4) Surname

First

Grade **Age**

Passport No.

1) Surname

First

Grade **Age**

Passport No.

2) Surname

First

Grade **Age**

3) Surname

First

Grade **Age**

Passport No.

4) Surname

First

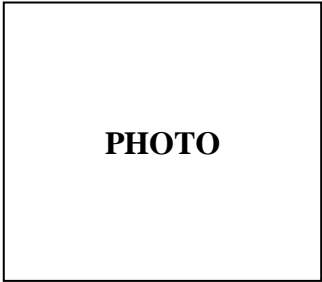
Grade **Age**

Passport No.



**15th African Championship Karate Seniors
Dakar from 10 to 16 August 2014**

REFEREE COURSE REGISTRATION FORM
Must be type or completed in block letters



NAME OF THE FEDERATION: _____

ADRESSE: _____

TELEPHONE: _____ **FAX :** _____

NAME

Birth day **Lieu**

Age **Grade**

Country **town**

Name of Federation

Date **Name and signature of the President of the National Federation**

The candidate has the following qualifications: (please tick the appropriate X a tile)

Qualification (s).....Area

Kata Judge B, year **Judge year**

Kumite: Judge-B, year **RefereeB year** .. **Judge A year** **Referee-A**

Qualification (s) Continental (s) UFAK.

Kata Judge B, year **Judge year**

Kumite: Judge-B, year **RefereeB year** **Judge A year** **Referee-A**

Qualification (s) World (s) WKF

Kata Judge B, year **Judge year**

Kumite: Judge-B, year **RefereeB year** ... **Judge A year** **Referee-A**

Personal Style Kata katastyle **Other**

I agree to participate in

Kata

Kumite

Kata & Kumite

Style candidat

NB: To return to the UFAK later than July 7, 2014



**15th African Championship Karate Seniors
Dakar from 10 to 16 August 2014**

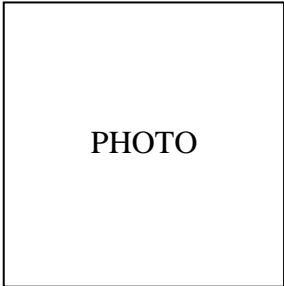
COACH TECHNICAL STAGE FORM

(Must be typed or completed in block letters)

NAME OF THE FEDERATION: _____

ADRESSE: _____

TELEPHONE: _____ **FAX :** _____



NAME

Birth day **Lieu**

Age **Grade**

Country **Town**

Name of Federation

Date **Name and signature of the President of the National Federation**

The candidate has the following qualifications: (please tick the appropriate X a tile)

Dan since technical staff since Framer Style

Technical responsibilities undertaken at national level
.....
.....
Technical responsibilities assumed at the Zone
.....
.....
Technical responsibilities assumed at UFAK
.....
.....
Technical responsibilities assumed at the WKF
.....
.....
I agree to participate in technical training for Coach

Kata **Kumite** **Kata & Kumite**

Personal Style Kata katastyle **Other**

NB: To return to the UFAK later than July 7, 2014



**INFORMATION ON THE FLIGHT PLAN
OF THE DELEGATION**

<i>ARRIVAL TO Dakar</i>	<i>DEPARTURE FROM Dakar</i>
<i>Date:</i>	<i>Date:</i>
<i>Flight Number</i> <input type="text"/>	<i>Flight Number</i> <input type="text"/>
<i>Departure Airport</i> <input type="text"/>	<i>Departure Airport</i> <input type="text"/>
<i>Departure Time to Dakar</i> <input type="text"/>	<i>Departure Time From Dakar</i> <input type="text"/>
<i>Arrival Time to Dakar</i> <input type="text"/>	
<i>Others</i> <input type="text"/>	<i>Others</i> <input type="text"/>

NB: The information must be clearly marked to allow the reception of delegations under the best conditions.



HOTEL RESERVATION FORM

Country:.....

Selected Hotel:.....

Name of head of delegation:

Phone Number:.....

E-mail adress:.....

<i>Your reservation</i>	<i>Number</i>
<i>Number of people in the delegation:</i>	
<i>Number of suites:</i>	
<i>Number of single rooms:</i>	
<i>Number of double rooms:</i>	
<i>Number of triple rooms:</i>	
<i>Other:</i>	
<i>Number of people full board:</i>	
<i>Number of people half board:</i>	
<i>Number of persons only of nights</i>	

NB: The information must be clearly marked to allow the accommodation of delegations under the best conditions.