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ARNOLD SPORTS FESTIVAL

Arnold Sports Festival was founded in 1989 by California's former Governor Arnold Schwarzenegger and his associate Jim Lorimer .

It's the biggest multisports event from The U.S.A, with at least 20 thousand athletes competing in 45 different sport modalities, including 12 olympic modalities. By 2012, Arnold Sports Festival has drawn 175.000 people, becoming a public major success during it's four-day duration. In 2014 the Twenty-Sixth edition was held in Columbus, Ohio.

Other countries that host this event are: Brazil (Rio de Janeiro), Spain (Madrid) and Australia (Sidney), last year.

Besides the sportive part, this fair is composed by the Arnold Fitness Expo, with 700 booths. Fitness business-based companies present their releases and news during the Expo, making their brand stronger.

THE BRAZILLIAN EVENT

The first edition of the Arnold Classic Brasil was an absolute success, confirmed on the second and third editions, showing how important this portion is for the event.

One of the sports modalities is KARATE. Organized by Maçã Azul Communications, hosting and performing since 2013, the INTERNATIONAL KARATE OPEN ARNOLD CLASSIC BRASIL.

Since it's first edition, the event has become a landmark of reference and technical quality in this modality, making the competition reach a higher technical level, bringing to the public and every martial arts enthusiast a great spectacle.

Every athlete is given an excellent infraestructure in order to perform their best within the mat and seek their spot on the podium.



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The referees are also offered a quality structure, in order to have the dynamism to perfectly and clearly evaluate the athletes' performance.



The third edition in 2015 was an absolute success, with the participation of 455 athletes from 8 countries.

The 2016 edition comes with many new features. There will be 70 categories with the estimated number of 650 athletes involved on it. Besides the inclusion of some categories to best organize the contestants according their categories. Categories of **team kumite and kata, masculine e feminine**, will be held.

It's such a great opportunity to know Rio de Janeiro, the host of the next olympics. Come join a great event and take a closer look at the wonders of our city.



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We invite your estimated country, state, city or gym to join the IV OPEN INTERNACIONAL DE KARATE ARNOLD CLASSIC BRASIL, to be held from ***April 1st to April 3rd, 2016. April 1st wight class check and Technical assembly at the Hosting Hotel - Arcos Rio Palace Hotel - Men de Sá Street, 117- Lap. On April 2nd, the qualifying rounds will be held at Tijuca Tênis Clube - Conde de Bonfim Avenue,451 - Tijuca - RJ. On April 3rd the finarounds will be held at the Rio Centro Conventions Center – Salvador Allende Avenue, 6555 – Barra da Tijuca – Rio de Janeiro/RJ.***

The first event hosted in Brazil which ranks at the PKF (Panamerican Karate Federation), the International Karate Arnold Classic Brasil Open is part of the



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CBK (Brazilian Karate Confederation) circuit, giving the opportunity to Brazilian athletes to score on the national ranking.



The event will be sponsored by the **PKF** (PANAMERICAN KARATE FEDERATION), **CSK** (SOUTHAMERICAN KARATE CONFEDERATION), **CBK** (BRAZILIAN KARATE CONFEDERATION), **FKERJ** (RIO DE JANEIRO STATE KARATE FEDERATION), **CBDS** (BRAZILIAN SPORTS CONFEDERATION OF THE HEARING DISABLED).

SPECIAL AWARDS

- CHAMPION – Special event medal, Customized black belt with the event's logo, gold event t-shirt (Especially made for the modality champions) and certificate.
- VICE CHAMPION – Special event medal and certificate.
- THIRD PLACE – Special event medal and certificate.
- For teams (Kata and Kumite) - Trophies for the three best teams and certificate.
- The associations which get to rank at the three first places will be awarded, gyms or countries which rank in the highest positions, by olympic numbering, by medals.



Bear in mind that in the SENIOR CATEGORIES there will be TWO BRONZE MEDALS, because according to ranking, there will be two third places. In other categories there will be regular bronze medal matches.

All the Champions in the Senior Category will be awarded with a watch (Senior or Magnum).

There will be some raffles over toasts, awards that will be announced 15 days prior to the event, due to the current negotiation with our sponsors.

In 2015, 18 thousand brazillian reals were applied to toasts such as: Watches, fitness and karate gear.

In all editions we had a VIP section which we could provide some drinks (non-alcoholic) and snacks for the referees, athletes and coaches

KARATE ARNOLD CLASSIC BRAZIL 2016 SEMINAR - DOUGLAS BROSE

We will host the Karate seminar, presented by the world two time world champion and the Toronto 2015 Panamerican Games champion, Douglas Brose.

Public: Instructors, coaches, athletes and students.

Local: CEFAN (Centro de Educação Física da Marinha - Brasil Avenue, 10.590 - Penha - Rio de Janeiro)

Price: R\$ 150,00

*** Lunch included at CEFAN (Centro de Educação Física da Marinha)**

PERSONAL TRAINING FOR FIGHTS FORUM



We are going to host the **Personal Training for Fights Forum**, which will be the responsibility for the following professionals:

Diego Spigolon: Coach and Personal Trainer from Toronto Panamerican Games champion Natália Brozulato.

- Graduated in Physical Education (2001-2004) – Universidade Metodista de Piracicaba (UNIMEP);
- Post-Graduate Studies in Army Physiology (2005-2007) – Universidade Federal de São Paulo (UNIFESP-EPM);
- Post-Graduate Studies in em Adapted Physical Activity and Health (2007-2009) – Universidade Gama Filho (UGF);
- Refresher Course – Sports Training (2009) – Encontro Nacional de Atividade Física - ENAF;
- Refresher Course – Training and Timing for fight
- São Paulo city and nation Karate team coach.

Itallo Villardo: professional responsible for the personal training of many MMA, Jiu Jitsu, Judô, Karate, Luta livre and Muay Thai athletes and champions.

Jiu Jitsu 3rd Dan black belt (under Master Leonardo Castello Branco's tutelage).

- Graduated in Physical Education.
- Achieved all the CBJJ and IBJJF titles as personal trainer, including 12 world cups.
- Trains and has trained many top-ranking fighters, including some UFC athletes, such as:



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- Jiu Jitsu: Caio Terra, Rodrigo “Comprido” Medeiros, Felipe Costa, Ricardo De La Riva, Raphael Abi-Rihan, Osvaldo “Queixinho”, Igor Silva, Samir Chantre, João Gabriel Rocha
- MMA: Pedro Rizzo, Vitor Miranda, Junior Besouro, Yan Cabral, Felipe Olivieri, Raoni Barcelos
- Presented over 250 hours on courses about Personal Training, taking part in many Brazilian and international congresses about the matter, as a reference on them.
- Currently is responsible for the Personal Training of over 70 Jiu Jitsu Athletes in Abu Dhabi, U.S.A, Japan and Europe (Assembly and Training control via internet).
- Tatame magazine columnist, specialized on Personal Training and Performance.

Public: Instructors, coaches, athletes and students.

Place: Hosting Hotel - Arcos Rio Palace Hotel - Men de Sá street, 117-Lapa

Price: R\$ 150,00 * Lunch Included at the Hotel



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SCHEDULE

March 31st 2016 – Karate Arnold Classic Brasil Seminar 2016 -Tijuca Tennis Clube - Conde de Bonfim Avenue - Tijuca - Rio de Janeiro - RJ

* 10:00 A.M. - 12:00 A.M. - Tijuca Tennis Club Theater

* 12:15 A.M - 02:00 P.M. - Lunch

* 02:30 P.M. - 04:00 P.M. - Tijuca Tennis Club Dojo

April 1st 2016 – Personal Training for Fights Forum - Hosting Hotel Arcos Rio Palace Hotel - Men de Sá Street, 117 - Lapa - Rio de Janeiro - RJ

* 09:00 A.M. - 11:30 A.M. – Forum

* 12:00 - 01:00 P.M. - Lunch

April 1st 2016 – Congresso Técnico e Pesagem - Hosting Hotel Arcos Rio Palace Hotel - Rua Men de Sá, 117 - Lapa - Rio de Janeiro - RJ

* 03:00 P.M. - 05:00 P.M. - Technical congress

* 03:00 P.M. - 05:00 P.M - Weigh-In

Obs.: The non-participation at the Technical Congress represents on the agreement to all decisions taken on it as well. There will not be any changes regarding the matches, only if by any mistake regarding management. Any athlete who won't participate on the Weigh-Ins, will not be able to participate on the Kumite category.

April 2nd 2016 – Qualifying Rounds - All Individual Categories - Clube de Regatas Vasco da Gama - Gen. Almério de Moura Street, 131 - São Cristovão - RJ

* 08:00 A.M. – Athletes arrive on the site.

* Weigh-Ins: 8:00 A.M. - 10:00 A.M.

* 09:00 A.M. – OFICIAL event opening.

* 09:30 A.M. – Competitions Beginning, starting by Kata category.



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* 05:30 P.M. – Estimated event ending.

April 3rd de 2016 – Finals and Team Categories

Rio Centro Conventions Center - Salvador Allende Avenue, 6555 - Barra da Tijuca - RJ

* 09:30 A.M. – Athletes arrive on the site.

* 10:00 A.M. – Event opening.

* 10:30 A.M. - Competition Start.

* 04:00 P.M. - Competition Ending.

CATEGORIES

Code	Kata
1	Sub 12 and 11 years-old Masc
2	Sub 12 and 11 years-old Fem
3	Sub 14 12/13 years-old Masc
4	Sub 14 12/13 years-old Fem
5	Cadet 14/15 years-old Masc
6	Cadet 14/15 years-old Fem
7	Junior 16/17 years-old Masc
8	Junior 16/17 years-old Fem
9	Senior 16 years-old and Above Masc
10	Senior 16 years-old and Above Fem
11	Master 36 years-old and Above Masc
12	Master 36 years-old and Above Fem
13	Senior Deaf 16 years-old and Above Masc
14	Senior Team 16 years-old and Above Masc
15	Senior Team 16 years-old and Above Fem



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Code	Kumite Category	Code	Kumite Category
16	Sub 12 10/11years-old - Under 66lbs Masc	43	Cadet 14/15Years-old - Under 103 lbs
17	Sub 12 10/11years-old - Under 77lbs Masc	44	Cadet 14/15years-old - Under 119lbs Fem
18	Sub 12 10/11years-old - Under 88lbs Masc	45	Cadet 14/15years-old - Above 119lbs Fem
19	Sub 12 10/11years-old - Under 99lbs Masc	46	Junior 16/17years-old - Under 121lbs Masc
20	Sub 12 10/11years-old - Under 110lbs Masc	47	Junior 16/17years-old - Under 134lbs Masc
21	Sub 12 10/11years-old - Above110lbs Masc	48	Junior 16/17years-old - Under 149lbs Masc
22	Sub 12 10/11years-old - Under 66lbs Fem	49	Junior 16/17years-old - Under 167lbs Masc
23	Sub 12 10/11years-old - Under 77lbs Fem	50	Junior 16/17years-old - Above 167lbs Masc
24	Sub 12 10/11years-old - Under 88lbs Fem	51	Junior 16/17years-old - Under 105lbs Fem
25	Sub 12 10/11years-old - Under 99lbs Fem	52	Junior 16/17years-old - Under 116lbs Fem
26	Sub 12 10/11years-old - Under 110lbs Fem	53	Junior 16/17years-old - Under 130lbs Fem
27	Sub 12 10/11years-old - Above 110lbs Fem	54	Junior 16/17years-old - Above 130lbs Fem
28	Sub 14 12/13years-old - Under 77lbsMasc	55	Senior 18years-old and above – 132lbs Masc
29	Sub 14 12/13years-old - Under 88lbs Masc	56	Senior 18years-old and above – 147lbs Masc
30	Sub 14 12/13years-old - Under 99lbs Masc	57	Senior 18years-old and above – 165lbs Masc
31	Sub 14 12/13years-old - Under 110lbs Masc	58	Senior 18years-old and above – 185lbs Masc
32	Sub 14 12/13years-old - Above 110lbs Masc	59	Senior 18years-old and above + 185lbs Masc
33	Sub 14 12/13years-old - Under 77lbs Fem	60	Senior 18years-old and above – 110lbs Fem
34	Sub 14 12/13years-old - Under 88lbs Fem	61	Senior 18years-old and above – 121lbs Fem
35	Sub 14 12/13years-old - Under 99lbs Fem	62	Senior 18years-old and above – 134lbs Fem
36	Sub 14 12/13years-old - Under 110lbs Fem	63	Senior 18years-old and above – 149lbs Fem
37	Sub 14 12/13years-old - Above 110lbs Fem	64	Senior 18years-old and above + 149lbs Fem
38	Cadet 14/15years-old - Under 114lbs Masc	65	Master 36/45 anos Masc
39	Cadet 14/15years-old - Under 125lbs Masc	66	Master 46years-old and above Masc



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40	Cadet 14/15years-old - Under 138lbs Masc	67	Master 36years-old and above Fem
41	Cadet 14/15years-old - Under 154lbs Masc	68	Senior Surdo Open Masc
42	Cadet 14/15years-old - Above 154lbs Masc	69	Senior Team 18years-old and above Masc
		70	Senior Team 18years-old and above Fem

COMPETITION'S RULES

- We will be following the WKF 2016 standards, which are the same used by CBK.
- The gear should be according to the WKF standards - gloves, shin guards, chest and breast protectors must be in good shape.
- Coaches and Staff must be properly dressed (Coat, Shirt signaling the represented country, city, state or gym). They must also stand on the spot reserved for them. The penalties are according to the WKF 2016 standards of rules. Shorts and flip-flops won't be accepted as outfit.
- Medals are for the THREE BEST ATHLETES in each category, there will be a match for the third place. The only exception shall be the Senior category which shall give two bronze medals due to Ranking.
- Competitions shall be held on MATS and OFICIAL SITES.
- No alterations or subscriptions after the Technical congress shall be accepted. The Deadline for the subscriptions is on March 20th with the payment.
- Categories alterations will be accepted only during the Technical Congress before the decisions over the matches.



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- The Athletes will receive their Id's and passes for the Day 3 at the Rio Centro Conventions Center.
- After the deadline for the subscriptions, only the participants who make the payment will take part on the matches decision at the Technical Congress.
- The referees will be under the responsibility of the CBK Referees Head Director and member of the PKF and CSK counsel, Sensei Celso Rodrigues.

SUBSCRIPTIONS

COMPETITION, SEMINAR and FORUM: Only through the following website; www.karatearnolclassicbrasil.com.br or the Facebook Page www.facebook.com/opedekaratearnoldclassicbrasil. The office with the events categories will be available.

Athletes who took part on **2015 Edition** will have a discount for the subscription paying the amount of R\$ 120,00 (One Hundred and Twenty Brazillian Reals - per Category). The List for athletes eligible for this discount will be shown on the event's website. Other athletes have to pay the amount of R\$ 140,00 (One Hundred and Forty Brazillian Reals - per Category).

Athletes who take part in two categories will also be awarded with a discount, by paying R\$ 120,00 per category.

The Kata or Kumite Team shall only pay R\$ 180,00. Kata team must contain 3 athletes Kumite team 3 athletes and 1 athlete for replacement for both Masculine and Female.



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*** Team competitions allow mixing athletes between associations to form teams for both Kata and Kumite categories.**

The subscriptions begin on January 8th 2016 and end on March 20th 2016 Midnight.

WARNING: The subscribed athletes will receive instructions, for fee deposit through E-MAIL, confirming their subscription for the tournament. The subscription shall be confirmed after the e-mail with the fee deposit confirmation and the e-mail answering and confirming the subscription.

TICKETS, BOOKING AND TRANSFERS

To suit the needs of the athletes, coaches and any person who comes along them, the Karate Arnold Classic Brazil International Open organizing committee, struck a partnership with a renewed tourist company, which will assist the needs of the public in order to suit with the best hotel prices, tickets and rides along Rio de Janeiro.

Hosting Hotel: Reservation: 55 21 2569-9000

Arcos Rio Palace Hotel

Supporting Hotel: Reservation: 55 21 2569-9000

Hotel Monte Alegre

Hotel OK

*** We do have facilities for training in the official hotels which the delegations will be settled in.**



MÉIER: 21 2597-5458 / TIJUCA: 21 2569-9000

Mr. Marco Aurélio and Mrs. Mônica

E-mail: comercial@riobrastur.com.br

Website: www.riobrastur.com.br



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We are counting with your participation to enlight and make our event even better known. The three first editions were a great success with the public and the athletes. We hope you to be delighted in our fourth edition, we are making our best to make it unforgettable.

Best regards!

Fernando Ribeiro

Thays Eloi

**Karate Open Organizing Committee
Arnold Classic Brazil 2016**

<http://www.karatearnoldclassicbrasil.com.br/>