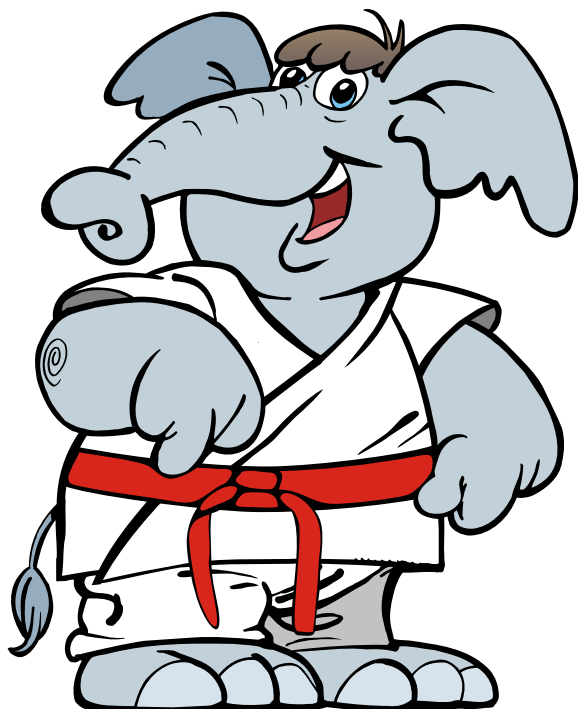
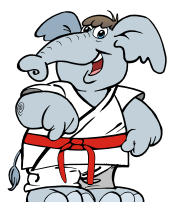


THE 5TH COMMONWEALTH KARATE CHAMPIONSHIPS South Africa



University of Pretoria
City of Tshwane
South Africa

24-26 September 2009



Message from the President of Karate South Africa

South Africa is ecstatic with the opportunity to host the 5th Commonwealth Karate Championships in Pretoria during September 2009. Sport has significantly contributed to the social development of our country and is the catalyst which unites the nation. The country is currently gripped in excitement as we prepare to host the FIFA Soccer World Cup during 2010. The very recent IPL cricket tournament, even though at very late notice, was very successfully hosted in South Africa with the finals and closing ceremony being spectacular events.

Karate South Africa looks forward to the 5th Commonwealth Karate Championships and is committed to arrange a tournament of the highest standard. Look forward to true South African hospitality and enjoy superb weather conditions with maximum opportunities to experience our numerous tourist attractions and African culture.

Welcome to Africa!

LEON BEECH
President: Karate South Africa



Message from the General Secretary of Karate South Africa



Dear Competitors, Officials and distinguished guests!

It is with great pleasure and anticipation that I welcome all karate-loving people from all the Commonwealth countries to the 5th Commonwealth Karate Championships in Pretoria, South Africa.

I would like to welcome all athletes, coaches, managers and our distinguished guests to the capital city of South Africa.

A big thank you on behalf of South Africa goes out to the President of the Commonwealth Karate Federation, Mr. Billy Brennan, for affording us the opportunity to host this prestigious event.

This championships provides an opportunity for our athletes to:

- Show their strength and knowledge to become champions.
- And give us a chance to establish and strengthen the relationships amongst countries.

I wish that all our visitors will feel at home and leave our country with pleasant memories.

Finally I would like to thank the organisers for their pain-staking, precise and hospitable spadework. To the National Executive Committee thanks for all the efforts that you invested to secure this prestigious event.

Elias Jacobs
General Secretary: Karate South Africa



ORGANISING COMMITTEE

Leon Beech

President of Karate South Africa

Elias Jacobs

General Secretary of Karate South Africa

Soon Pretorius

Member of the KSA NEC / Technical Commission

Ivan Eber

Events Secretary

Wendy Jansen

Draws

Hennie Lourens

Logistics Management

Lenor Botma

Official Travel Agent

CONTACT INFORMATION

KARATE SOUTH AFRICA

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Corner of Pinaster and 18th Streets
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Miguel Harker +27 (0) 12 460 2096



AN AFRICAN WELCOME

to Pretoria, City of Tshwane

It is with honor and great pleasure that we invite you to the 2009 Commonwealth Karate Championships in the capital of South Africa, Pretoria, which will take place from 24 - 26 September 2009.

The city's original name was Pretoria Philadelphia ('Pretoria of brotherly love'). Pretoria is a city located in the northern part of Gauteng Province, South Africa. It is one of the country's three capital cities, serving as the executive (administrative) and de facto national capital; the others are Cape Town, the legislative capital, and Bloemfontein, the judicial capital.

Pretoria is contained in the City of Tshwane Metropolitan Municipality as one of several constituent former administrations (among which also Centurion and Soshanguve), and therefore sometimes incorrectly referred to as Tshwane.

The first homestead in the Pretoria area was probably the home of J.G.S. Bronkhorst, who settled in the Fountains Valley in 1840. More Boer families put down roots around the nearby Elandspoort settlement. In 1854, two



years after the Sand River Convention conferred formal independence on the territory north of the Vaal River, the residents of Elandspoort had the village proclaimed the 'kerkplaas' (translated 'church farm') for central Transvaal. This made it the religious focal point for mass, baptisms and weddings. The following year it became the township of Pretoria, which, at the time, consisted of about 80 houses and 300 residents. Pretoria is known as the Jacaranda City for all the purple blossom-bedecked trees which line its thoroughfares. Pretoria is a lovely, quiet city. It has a long, involved and fascinating history.

Here in Pretoria you will find many significant old buildings and some fascinating museums. The Transvaal Museum has wonderful natural history displays and is the home of Mrs Ples, the australopithecine

fossil found at Sterkfontein in the Cradle of Humankind. Also worth visiting are the Cultural History Museum and the Smuts Museum, just outside town. Probably the most

The Transvaal Museum has wonderful natural history displays and is the home of Mrs Ples, the australopithecine fossil found at Sterkfontein in the Cradle of Humankind.

heartening thing about the new government in South Africa is that, unlike many successful revolutionaries, we have not gone on an iconoclastic, monument-topping orgy. The Union Buildings changed overnight from a symbol of white, neo-colonial unity to one of true unity, and the iconic Voortrekker Monument still stands.



Ironically, though, the bust of one of apartheid's most ardent supporters, JG Strydom, which stood in Pretoria's Strydom Square near the State Theatre, toppled without any help other than gravity and the erosive quality of time on steel supports - on the 40th anniversary of the day South Africa became a white-governed republic.

Pretoria is a great town - there are quite a few open spaces where you can walk or mountain bike. Nearby is the Premier Game Reserve, next door to the Cullinan Diamond Mine, where the largest diamond in the world was found.

You could do a short horse trail at the Voortrekker Monument or through the Premier Reserve, taking a careful look at some white rhino and a number of eland - which are pretty much the size of a big horse. You could do a tandem skydive or a first jump at the Pretoria Skydiving Club, which is the largest in the country.

Tourist Attractions

(please contact the Official Travel Agency for more details or visit their website for tour packages)

Voortrekker Monument; Melrose House; Sammy Marks Museum; President Kruger House; Church Square; The Union Buildings; Strydom Square; Pretoria Zoo; Pretoria Town Hall; De Wildt Cheetah Centre; Miriammen Temple; Museum of Natural History; Solomon Mahlangu Square; SS Mendi Memorial Pioneer Museum; Smuts Museum; Magnolia Dell; Pretoria Art Museum; Faerie Glen



Nature Reserve; National Botanical Gardens; Aventura Roodeplaat Dam.

Nearby attraction: Centurion Lake; Rietvlei Nature Reserve; Dikhololo Game Reserve; Hartbeeshoek Nature Reserve; Kokoriba Nature Reserve; Kupula Game Reserve.



CHAMPIONSHIPS VENUE

Sport Centre, University of Pretoria

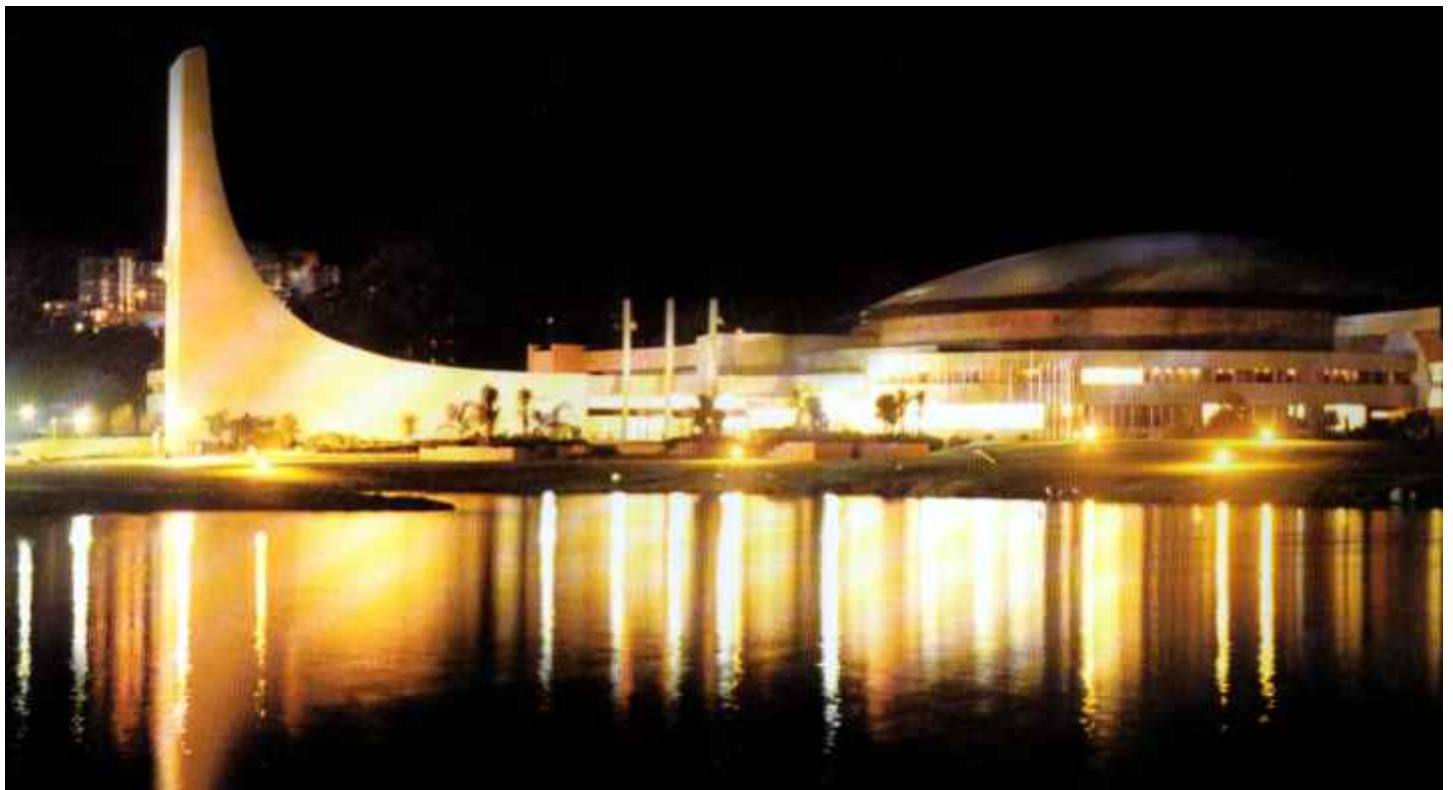
The University of Pretoria is one of the largest residential universities in South Africa and is situated in South Africa's ever expanding administrative capital. It embodies the rich diversity and depth of South African society.

This world class research and training institution views its students as the 'Innovation Generation' and provides an intellectual home to the rich diversity of South Africa's talent. Through excellence in research and other fields, the University of Pretoria has become a preferred partner, both nationally and internationally.

The University of Pretoria (nicknamed Tuks) offers top sport facilities and a High Performance Centre with a Sport Hotel for visiting sportsmen and women. Sport at the University of Pretoria has a long and proud tradition. Over the years, Tuks has produced many national and international sport stars.

The 5th Commonwealth Karate Championships will take place at the University of Pretoria Sport Center Facilities. This facility houses, among other facilities and venues:

- Sports hall with 3,000 seats (basketball, netball, volleyball)
- 5 halls for gymnastics, wrestling, judo, karate, badminton, fencing and table tennis
- Fitness gymnasium
- Heated indoor swimming pool
- Committee and lecture rooms
- Restaurant and cafeteria
- Braai barbecue and entertaining facilities



GENERAL INFORMATION

Important information about SA

Climate

The average temperature in during October in degrees Celsius is: Maximum - 27
Minimum - 16

Summer is from October to March and the climate is warm and sunny with rain and thunderstorms.

Time Zone

GTM +2 Hours - Central African Time Zone (Harare, Pretoria)

Currency

1 South African Rand (ZAR) = 100 cents.

The Exchange Rates on 29 May 2009 are:

1 USD = 7.97 ZAR

1 GBP = 12.87 ZAR

1 EUR = 11.24 ZAR

Major credit cards are accepted in most establishments in urban areas and there are widespread ATMs. Please obtain your credit card PIN number for withdrawing cash at an ATM. Traveler's cheques can be exchanged at banks. All major credit cards like: Master, Visa, American Express, Diners Club are advertised at points of sale, and are normally accepted throughout South Africa.

Language

There are 11 official languages in South Africa - English, Afrikaans and Sotho are the most spoken.

Social Conventions

Handshaking is the usual form of greeting. Normal courtesies should be shown when visiting someone's home. Casual wear is widely acceptable. Business suits are generally expected to be worn for meetings. Appointments are necessary and punctuality expected. Business cards are widely used.

Liquor Laws

The minimum legal drinking age in South Africa is 18 years.

Smoking Laws

Smoking in public places e.g. shopping centres is illegal; some restaurants have enclosed areas for smokers.

Business Trading Hours

Office Hours:

08H00-17H00 Monday -Friday

Shopping Hours:

08H30/09H00-17H00 Monday -Friday

08H00/09H00-13H00 on Saturday

Major shopping malls are open on

Sundays.

Banking Hours:

09H00-15H30 Monday -Friday

08H00-11H00 Saturday

Communication

Public telephone boxes accept only phone cards which are available in post-offices and convenience stores. To call to South Africa from abroad, dial your international access code and 27 for South Africa and then the telephone number. Example: If your number in Pretoria is (012) 663 6565 Dial +27 12 663 6565 omitting the first zero. The GSM mobile phone system is available. Please check compatibility and international roaming with your operator.

Electricity Specification:

220/240 volts 50 Hz

Plugs:

3-pin round

Tipping Customs

It's customary to tip caddies, taxi drivers, hotel and railway porters, chambermaids, stewards, waiters & tour guides. The accepted average is 10% - 15%. Tip attendants at petrol stations approximately ZAR2-00 - ZAR5-00.

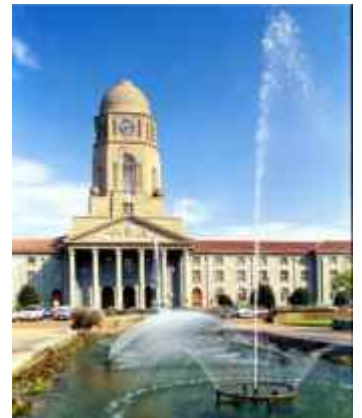
Emergency Details

Emergency police number:

10111

Emergency number for ambulance:

10177



TRAVEL INFORMATION

Travel and accommodation



OFFICIAL TRAVEL & ACCOMMODATION AGENCY

Important note: All travel arrangements must be done by the Official Travel Agency.

Flight Specials
Centurion

Agency: Fight Specials Centurion

Telephone: +27 (0) 12 663 6565

Fax: +27 (0) 12 663 4880

Postal Address: P.O. Box 14566
Clubview 0014
Centurion, South Africa

Email: lenor@southlake.co.za

OPTIONS TO AND FROM THE AIRPORT:

Regular transfer upon arrival and departure from OR Tambo Airport will be organized for the teams. The participating countries have to book this with entry in advance. For further details, please contact with Official Travel Agency or see the website for airport transfer options.

Without the booking any transfer is not possible and the participants will have to make their own arrangements. Transfer upon arrival to and departure from OR Tambo International Airport (Johannesburg) will be organized for the teams against payment according to the information given in the Registration form.

TRANSPORT TO OR FROM HOTELS AND THE SPORT HALL

Shuttle between the official hotels and the sport hall will be given free of charge. Information will be given in the official hotels lobbies and in the registration hall during registration.

ACCOMMODATION

All hotels registered for Championships are located in Hatfield, Pretoria no more than 7 km. from sport hall. Rooms in hotels of several categories have been reserved for the Championships" participants and guests. The packages have been offered as bed & breakfast. Extra lunch and dinner are available on request. The reservation in the hotels designated by the organisations must be done only through the Official Travel Agency, deadline 15th July 2009. Later than that date the organisers reserve the right to change the price for accommodation to the normal price.

Elegant Lodge **** (4 Star)

Capturing the grace and elegance of Cape Dutch Architecture, The Elegant Lodge is your exquisite and convenient destination away from home. With a beautifully decorated and luxuriously furnished interior, we invite you to a pleasurable and memorable experience with our friendly and qualified staff. We offer you a variety of services and cater for your individual needs. So come and see for yourself and let us spoil you a little!

Protea Manor Hotel - Hatfield *** (3 Star)

The new look Protea Hotel Manor is now able to offer our GUESTS more facilities and comfort. Hatfield, a suburban university/sporting area, has become the focal point in Tshwane for redevelopment. 700 flats and many more shops and eateries provide a relaxed cosmopolitan atmosphere to enjoy after a busy work day, shopping spree or sporting event. Opposite the Pretoria University and close to the legendary High Performance Centre where international and local sporting groups train, the Protea Hotel Manor now offers a full service dining room, coffee shop area and extended conference facilities. We are five kilometers from the CBD and sixty five from O R Tambo International Airport. The hotel offers free transport within a range of five kilometers (including the CBD) and an affordable shuttle service to/from the Airport. The landmark Loftus Versveld is within walking distance of the hotel and we can help with sports packages as well as transportation to the venue. Secure parking in the hotel is free. Let us pamper you in this young trendy environment at the Protea Hotel Manor, Hatfield.

Don Arcadia I *** (3 Star)

Ideally located in the heart of beautiful "Jacaranda City", the Don Arcadia I is a favorite for both diplomatic staff and key business figures wishing to be in close proximity to embassies and the High commissions based in Pretoria. Don Arcadia I has 46 hotel suites in total, 4 of which are Studio Suites, 34 are one bedroom Suites and 8 two-bedroom suites. Don Arcadia I offers a choice between English and Continental breakfast. Airport transfers are also available on request at an additional fee. The rooms are fully equipped and are serviced on a daily basis. The Don Suite Hotel provides an ideal home away from home with all its comforts & amenities. If you are looking for political clout, Don Arcadia I is a place to be, it is situated close to the Union Buildings and Embassies on jacaranda-lined streets with famous restaurants and shops close by. This 'connected' hotel offers stylish Studios and 1- and 2-bedroom suites. A room service menu also offers light meals in the evenings. Or simply use your own fully equipped kitchen for an early start. The suites are serviced daily so sit back and enjoy!



Don Arcadia II *** (3 Star)

Ideally situated in Sunny South Africa's historical City, The Don Arcadia 2 is renowned for its easy access to the Medical District, famous local Universities, and for the rugby fanatic - Loftus Versveld Stadium. For comfort and value for money, stay at The Don Arcadia II and experience first class presidential hospitality. Don Arcadia II has a total of 47 suites, 28 one-bedroom Suites & 19 two-bedroom Suites each containing its own lounge area & fully equipped kitchen. Don Arcadia II offers English and Continental breakfast. Airport transfers are also available on request at an additional fee. The rooms are fully equipped and are serviced on a daily basis. The Don Suite Hotel provides an ideal home away from home with all its comforts & amenities. Within walking distance of the Union Buildings and Embassies, this Don Suite hotel is also an important political address and has a number of restaurants and shops on its doorstep for your breaks from affairs of state! All suites are air-conditioned and you have a wide choice of television channels to choose from the DSTV. To get your day off to a healthy start, a choice of English and Continental breakfast is available in the Breakfast Room. A room service menu also offers light meals in the evenings.



Chancellor's Court *** (3 Star)

Chancellor's Court is a unique retreat, providing business people and tourists with accommodation of distinction. Chancellor's Court offers nine functionally designed self-contained living units, including studios, one and two bedroom apartments for up to five people. Set apart, each with its own outside entrance, for privacy and independence, the units are individually decorated with style and flair for the discerning visitor. Each with a spacious en-suite bedroom, lounge, dining area, patio and fully equipped kitchenette. Air-conditioning, TV, radio wake-up alarm, telephone and mini-safe is standard to all apartments. Chancellor's Court is conveniently situated in Pretoria's Embassy area with easy access to the Pretoria city center and the N1 motorway. It is only 30 minutes from Johannesburg International airport and one block from the renowned Loftus Versveld rugby stadium.

Sentinel *** (3 Star)

As a Sentinel Guest, you're free to choose between a studio, one bedroom or a family suite. All suites are equipped with Queen beds, but single beds are available on request. A sitting room area with table, airconditioning and DSTV is standard in all suites. Safes are available on request. While for added comfort and convenience, every suite includes a kitchenette with refrigerator and microwave oven. Food and Beverage items may be ordered on the Woolworths Shopping List provided, which will be purchased on your behalf, and delivered directly to your suite.

Grosvenor Gardens

Nestled in the Jacaranda laced suburb of Hatfield, Pretoria is Grosvenor Gardens. Managed by the reputable Faircity Hotels, this high security, furnished apartment complex is a welcome newcomer to an area peppered by foreign embassies, leading medical and learning institutions, as well as world class sporting grounds. The tranquil and quiet setting of Grosvenor Gardens bodes well for the business traveller whilst the convenient location makes this accommodation option easily accessible from all directions and a sought after spot. Just ten minutes from the Union Buildings as well as Loftus Versfeld, Grosvenor Gardens is also next door to the Pretoria Urology Hospital and close to The Little Company of Mary Hospital. The International Labour Office, The Canadian High Commission, The CSIR and Tukkies University are also in close proximity. When it comes to the 'perfect location', Grosvenor Gardens certainly meets the brief.



CKF DIVISIONS

CHILDREN DIVISIONS

8-9 GIRLS KATA
 8-9 BOYS KATA
 8-9 GIRLS KUMITE
 8-9 BOYS KUMITE
 10-11 GIRLS KATA
 10-11 BOYS KATA
 10-11 GIRLS KUMITE U35
 10-11 GIRLS KUMITE U45
 10-11 GIRLS KUMITE O45
 10-11 BOYS KUMITE U35
 10-11 BOYS KUMITE U45
 10-11 BOYS KUMITE O45
 12-13 GIRLS KATA
 12-13 BOYS KATA
 12-13 GIRLS KUMITE U40
 12-13 GIRLS KUMITE U50
 12-13 GIRLS KUMITE O50
 12-13 BOYS KUMITE U45
 12-13 BOYS KUMITE U55
 12-13 BOYS KUMITE O55

JUNIOR DIVISIONS

JUNIOR FEMALE KUMITE U48
 JUNIOR FEMALE KUMITE U53
 JUNIOR FEMALE KUMITE U59
 JUNIOR FEMALE KUMITE O59
 JUNIOR MALE KUMITE U55
 JUNIOR MALE KUMITE U61
 JUNIOR MALE KUMITE U68
 JUNIOR MALE KUMITE U76
 JUNIOR MALE KUMITE O76
 JUNIOR FEMALE TEAM KUMITE (3)
 JUNIOR MALE TEAM KUMITE (3)

CADET DIVISIONS

CADET FEMALE TEAM KATA
 CADET MALE TEAM KATA
 CADET FEMALE INDIVIDUAL KATA
 CADET MALE INDIVIDUAL KATA
 CADET FEMALE KUMITE U47
 CADET FEMALE KUMITE U54
 CADET FEMALE KUMITE O54
 CADET MALE KUMITE U52
 CADET MALE KUMITE U57
 CADET MALE KUMITE U63
 CADET MALE KUMITE U70
 CADET MALE KUMITE O70
 CADET FEMALE TEAM KUMITE (3)
 CADET MALE TEAM KUMITE (3)

SENIOR DIVISIONS

SENIOR FEMALE TEAM KATA
 SENIOR MALE TEAM KATA
 SENIOR FEMALE INDIVIDUAL KATA
 SENIOR MALE INDIVIDUAL KATA
 SENIOR FEMALE KUMITE U50
 SENIOR FEMALE KUMITE U55
 SENIOR FEMALE KUMITE U61
 SENIOR FEMALE KUMITE U68
 SENIOR FEMALE KUMITE O68
 SENIOR MALE KUMITE U60
 SENIOR MALE KUMITE U67
 SENIOR MALE KUMITE U75
 SENIOR MALE KUMITE U84
 SENIOR MALE KUMITE O84
 SENIOR FEMALE TEAM KUMITE (5)
 SENIOR MALE TEAM KUMITE (5)



IMPORTANT INFORMATION

- Entries must be submitted on the attached document and must be submitted not later than 1 September 2009. Changes to the respective teams will be accepted on registration (Thursday, 24 September 2009).
- The entry fee is €40 (Forty Euro) per individual competing irrespective of the number of divisions. This amount may be submitted at registration. The entry fee includes entry into the championships and supper at the **Final Farewell Party**.
- The final draw sheets and program of events will be available on Thursday 24 September 2009 at 18:00 at the University of Pretoria Sports Centre.



REFEREE COURSE

This course will take place in the Springbok Hall, University of Pretoria Sports Centre, City of Tshwane.

	10:00- 15:00
Wednesday 23 September 2009	Referee Course Registration

	10:00- 11:00	11:00- 11:30	11:30- 12:30	12:30- 13:00	14:00- 17:00	17:00- 17:30
Thursday 24 September 2009	Kumite Theory	Kumite Examination	Kata Theory	Kata Examination	Kata/Kumite Practical	Referee Briefing



EVENTS PROGRAM

The registration / championships will take place at the University of Pretoria Sports Centre, South Street, Hatfield, City of Tshwane.

	10:00- 14:00	14:00- 15:00	17:00- 18:00	18:00
Thursday 24 September 2009	Registration of delegations and weigh-in of all kumite competitors	Executive Committee Meeting	Final Draws Announced	Official Welcoming

	09:00- 13:00	14:00- 19:00
Friday 25 September 2009	Children Individual Kata / Kumite Eliminations / Repechage / Finals	Cadet Individual Kata / Kumite Eliminations / Repechage / Finals / Team Kata / Team Kumite Eliminations / Repechage / Finals

	09:00- 13:00	14:00- 19:00
Saturday 26 September 2009	Junior Kumite Eliminations / Repechage / Finals Team Kumite Eliminations / Repechage / Finals	Senior Individual Kata / Kumite Eliminations / Repechage / Finals / Team Kata / Team Kumite Eliminations / Repechage / Finals

	20:00
Saturday 26 September 2009	CLOSING PARTY



TERM OF RESPONSIBILITY

To be completed, signed and sent to the organiser before 14 August 2009.

I, _____ the undersigned, as chief of Delegation of my country, duly enrolled to participate in the 5th Commonwealth Karate Championships which will be held in Pretoria, South Africa 24-27 September 2009, with full knowledge of the statutes, the rules and the norms of the Commonwealth Karate Federation, pledge myself to faithfully accomplish the regulations of this before mentioned entity, and I take any and all administrative, civil and criminal responsibilities of whatever happens to our athletes, coaches and other members of our delegation participating in this championship, before, during and after the competition, such as physical injuries, personal expenses, or monetary debts and casual material damages to the hotels, the venue, means of transportation etc. Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the Championships, the CKF and the Karate Association of South Africa, its directors, as well as any person, company, or entity related to the event (sponsors, public and private entities).

I authorize the organizers of the event to use images, photos and the names of our competitors and other members of our delegation (since it is considered necessary) for the sport activities and publications of karate, related to the event, without any monetary compensation.

Country / Nation:	
Last Name, First Name:	
Passport number & expiry date:	
Position in the federation:	
Phone Number:	
Email:	
Address:	

Karate South Africa

Federation Stamp:

Soon Pretorius

Mobile: (+27) 083 263 1522

Office: (+27) 012 460 2096

Facsimile: (+27) 012 346 6277

Email: ckf@karateacademy.co.za

Signed: _____



RESPONSIBLE PERSON DATA

Federation:	
Country:	
Last Name:	
First Name:	
Telephone Number:	
Email:	
Address:	

Credit Card Number:		Expiry Date:	
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VISA:		Master Card:		Diners Club:	
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Travel Information:

Arrival date in Pretoria:	
Number of persons:	
Date:	
Hour:	
Flight Number:	

Departure date from Pretoria:	
Number of persons:	
Date:	
Hour:	
Flight Number:	

Signature:

