

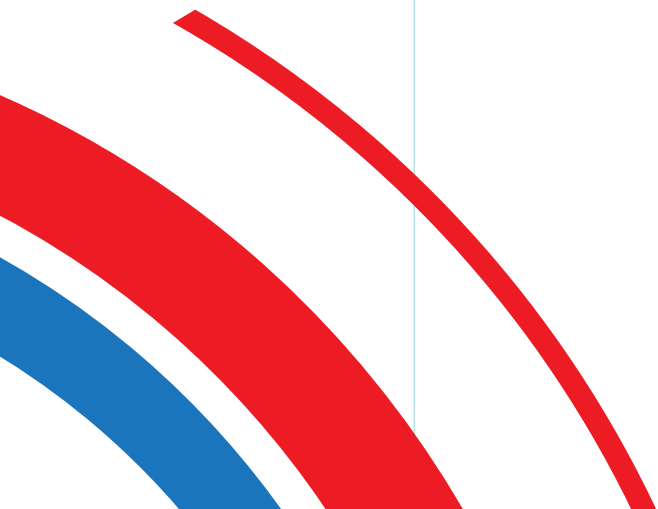


**2<sup>nd</sup> WORLD CHAMPIONSHIP**  
**SHOTOKAN KARATE W.S.K.U**  
**MOSCOW 2011 / 1-3 JULY**

**DAN  
EXAMINATION  
& SEMINAR**

28-30 JUNE 2011  
MOSCOW - RUSSIA

Find yourself by degrees





## Konstantin Kikalishvili

Security and Self Defence Academy  
President's speech

Our Mission is assistance to  
the Russian people in public defense  
by trainings and the lawyer help

Our adress  
121059 Bryanskaya str., 5th,  
Business Centre "Europe Building",  
2nd floor, Moscow, Russia  
Fone: +7 (495) 66 111 22  
E-mail: [academiaasb@gmail.com](mailto:academiaasb@gmail.com)  
[www.academia-asb.ru](http://www.academia-asb.ru)

# CATEGORIES

## KUMITE WKF

PLAYER	AGE	WEIGHT KG				
M	6-7 YEARS	-23	23+			
M	8-9 YEARS	-28	-35	35+		
M	10-11 YEARS	-35	-42	-50	50+	
M	12-13 YEARS	-45	-50	-56	-63	63+
M	14-15 YEARS	-52	-57	-63	-70	70+
M	16-17 YEARS	-55	-61	-68	-76	76+
M	18-34 YEARS	-60	-67	-75	-84	84+
F	6-7 YEARS					
F	8-9 YEARS					
F	10-11 YEARS					
F	12-13 YEARS	-45	45+			
F	14-15 YEARS	-47	-54	54+		
F	16-17 YEARS	-48	-53	-59	59+	
F	18-34 YEARS	-50	-55	-61	-68	68+

## KATA

PLAYER	AGE	RULE
M	BEFORE 10 YEARS	WKF
F	BEFORE 10 YEARS	WKF
M	BEFORE 14 YEARS	WKF
F	BEFORE 14 YEARS	WKF
M	BEFORE 18 YEARS	WKF
F	BEFORE 18 YEARS	WKF
M	18-34 YEARS	WKF
F	18-34 YEARS	WKF
VETERANS M	35-40 YEARS	WKF
VETERANS M	41-45 YEARS	WKF
VETERANS M	46-50 YEARS	WKF
VETERANS M	51-55 YEARS	WKF
VETERANS M	56-60 YEARS	WKF
VETERANS M	60 + YEARS	WKF
VETERANS F	35-40 YEARS	WKF
VETERANS F	41-45 YEARS	WKF
VETERANS F	46-50 YEARS	WKF
VETERANS F	51-55 YEARS	WKF
VETERANS F	56-60 YEARS	WKF
VETERANS F	60 + YEARS	WKF
TEAM	BEFORE 14 YEARS	WKF
TEAM	BEFORE 18 YEARS	WKF
TEAM	18 + YEARS	WKF

## KUMITE SHOBU

PLAYER	AGE	WEIGHT KG								CATEGORY
M	5 YEARS									8 - 9 KIU
M	6 YEARS	-25	25+							8 - 9 KIU
M	7 YEARS	-25	25+							8 - 9 KIU
M	8 YEARS	-25	25+							8 - 9 KIU
M	9 YEARS	-30	30+							8 - 9 KIU
M	10 YEARS	-30	-35	35+						8 - 9 KIU
M	11 YEARS	-35	-40	40+						8 - 9 KIU
M	12 YEARS	-40	-45	45+						8 - 9 KIU
M	13 YEARS	-45	-55	55+						8 - 9 KIU
M	14 YEARS	-50	-55	55+						8 - 9 KIU
M	15 YEARS	-55	-60	-70	70+					
M	16 YEARS	-60	-65	-70	70+					
M	17 YEARS	-60	-70	-80	80+					
M	18-34 YEARS	-55	-60	-65	-70	-75	-80	-85	85+	
F	6-7 YEARS									
F	8-9 YEARS									
F	10-11 YEARS									
F	12-13 YEARS									
F	14-15 YEARS									
F	16-17 YEARS									
F	18-34 YEARS	-53	-60	60+						
VETERANS M	35-40 YEARS									
VETERANS M	41-45 YEARS									
VETERANS M	46-50 YEARS									
VETERANS M	51-55 YEARS									
VETERANS M	56-60 YEARS									
VETERANS M	60 + YEARS									
TEAM	DO 14 YEARS									
TEAM	DO 18 YEARS									
TEAM	18 + YEARS									

## RULES

- In all categories touch is allowed.
- All athlete's must wear WKF Approved hand glove's, teeth protector and foot protector.
- In all Kata Competition's there is not shitei Kata, Cadet's, Junior's, Senior's may perform only Super Kata's and Children Group 1, Children Group 2, Children Group 3 may perform all kata's including Heian and Super Kata's.
- In Senior Individual Categories final competitions will be held with three rounds with two minutes which makes total six minutes.

### Registration

Competitioners: 5-14 years=20 Usd, 15-17 years=25 Usd, 18+ years=30 Usd.  
Teams: -14 years (3+1)=100 Usd, -18 years (3+1)=100Usd, 18+ years (5+2)=100 Usd.  
For each program Competitioner makes 10 Usd.

- Fight time  
Boys\girls 6-9 years: 1 min  
Boys\girls 10-13 years: 1,5 min  
Boys\girls 14-17 years: 2 min  
Men 18-34 years: 3 min  
Women 18-34 years: 2 min

# WORLD SHOTOKAN SEMINAR

Dan examination and seminar will be held by;

Sensei George Adrian Popescu (8th Dan)  
Sensei Kakha BASILIA (7th Dan),  
Sensei Mohammad BAHRAMI (7th Dan),  
Sensei Levent Aydemir ( 6th Dan)  
Sensei Konstantin Kikalishvili (6th Dan)  
Seminar will be held on 28-30 June 2011  
in Moscow Sport Hall.

All athletes participating Dan Examination  
should participate to the seminar.

Seminar fee

50 Usd

# DAN EXAMINATION

World Shotokan Karate Union (W.S.K.U.)  
Dan Examination will be held on 30 Jun 2011  
in Moscow Sport Hall.

Successfull examiners will have a World Shotokan  
Karate Union (W.S.K.U.) approved diploma and  
W.S.K.U. Identification Card free  
of charge.

Dan examination registrations will be online  
on [www.worldshotokankarate.com](http://www.worldshotokankarate.com)

Dan examination fee's are given on the web site



## TERMS AND CONDITIONS OF THE HOTEL RESERVATIONS

"CTO Group" has been appointed as the official hotel accommodation agent for the Championship. We recommend making the hotel reservation as early as possible.

To reserve a hotel room for the Championship, we kindly recommend participants to contact with Executive managers of CTO Group. After that you will get official confirmation of your reservation, which have to be paid no later than 27th of May 2011.

## CANCELLATION AND NO SHOW

Cancellation of the hotel reservation must be communicated in writing. In case of cancellation after 27th of May, a one-night charge will be made.

In case of a no show, the room will be kept for the guest until 12 noon of the day following the date of expected arrival; the room will then be released.

## METHODS OF PAYMENT

You can choose different options of payment:

- Credit card
- Bank transfer (payment is possible in Euro, USD, RUR)

## TO RESERVE A HOTEL ROOM PLEASE CONTACT WITH EXECUTIVE MANAGERS:

Irina Mazhuga

E-mail: [advdep@anakharsis.ru](mailto:advdep@anakharsis.ru)



# RECOMMENDED HOTELS FOR PARTICIPANTS OF THE CHAMPIONSHIP

«CTO Group» company offers the championship participants an accommodation in the row of Moscow hotels, which suits to the main requirements of the organizers:

## «RADISSON ROYAL» 5\*\*\*\*\*



**Nearest metro Station:** Kievskaya

**Address:** 2/1 Bld. 1, Kutuzovsky Avenue,  
Moscow

**How to get to the event location:**

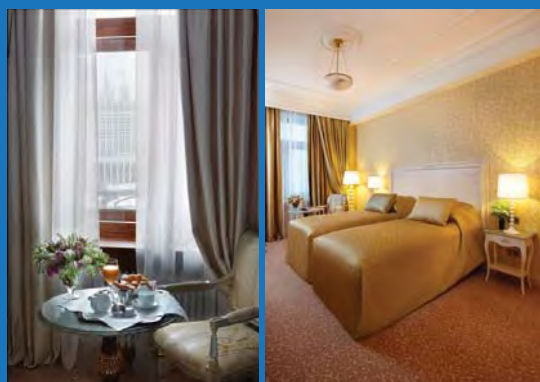
By bus-shuttle: 40 minutes (22 km)

(time of the traffic jams is not included)

By metro: 15 minutes walk to the metro station Kievskaya or 5 minutes by public transport. 35 minutes by metro: from the station Kievskaya (circle line) to the station Oktyabrskaya (circle line), then the passage to the radial line and the way to the metro station Yasenevo. 10 minutes walk from the metro station Yasenevo to the event location.

The total time: 1 hour

## ROOM CATEGORY PHOTO





## «SWISSOTEL KRASNYE HOLMY» 5\*\*\*\*\*

**Nearest metro station:** Paveletskaya - 0, 6 km

**Address:** 52 Bld.6, Kosmodamianskaya  
Embankment, Moscow

**How to get to the event location:**

By bus-shuttle: 40 minutes (time of the  
traffic jams is not included)

By metro: 10 minutes walk to the metro  
station Paveletskaya. 35 minutes by metro:  
from the station Paveletskaya (circle line)  
to the station Oktyabrskaya (circle line), then  
the passage to the radial line and the way  
to the metro station Yasenevo. 10 minutes  
walk from the metro station Yasenevo  
to the event location.

The total time: 55 minutes



## ROOM CATEGORY PHOTO



## «AQUAMARINE»

4\*\*\*\*



**Nearest metro station:** Paveletskaya, Novokuznetskaya and Tretyakovskaya

**Address:** 26, Ozerkovskaya Embankment, Moscow

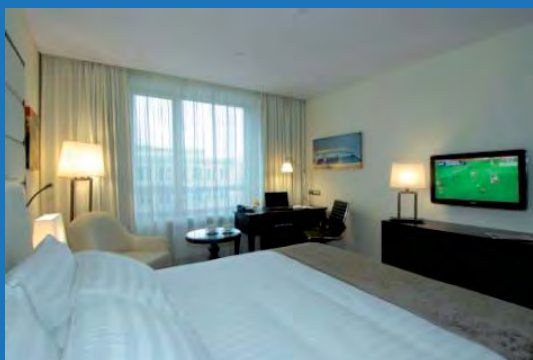
**How to get to the event location:**

By bus: 40minutes (time of the traffic jams is not included)

By metro: 5 minutes walk to the metro station Paveletskaya. 35 minutes by metro: from the station Paveletskaya (circle line) to the station Oktyabrskaya (circle line), then the passage to the radial line and the way to the metro station Yasenevo. 10minutes walk from the metro station Yasenevo to the event location.

The total time: 50 minutes

## ROOM CATEGORY PHOTO



## «COSMOS» 4\*\*\*\*

**Nearest metro station:** VDNH

**Address:** 150, Mira Prospect

**How to get to the event location:**

By bus-shuttle: 55 minutes

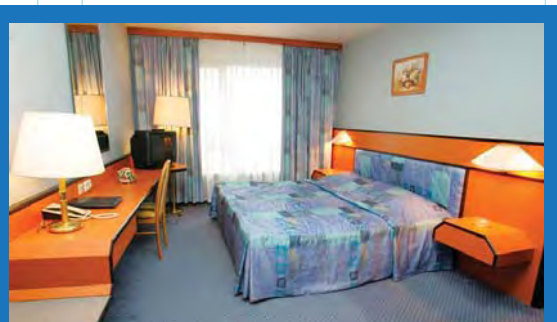
(time of the traffic jams is not included)

By Metro: 5 minutes walk to the metro station VDNH; from metro station VDNH to the metro Station Yasenevo - 45 minutes; then 10 minutes walk to the event location.

The total time: 1 hour



## ROOM CATEGORY PHOTOS



Standard



Superior

## «SALUT» 3\*\*\* (RECOMMENDED)



**Nearest metro Station:** Yugo-Zapadnaya

**Address:** 158, Leninskiy Prospekt

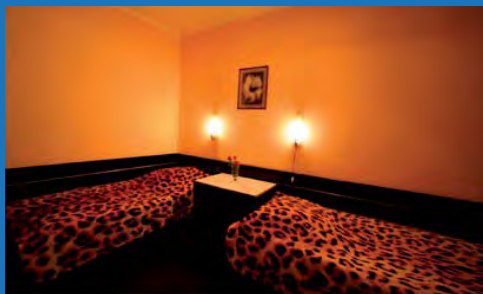
**How to get to the event location:**

By Bus: 25 minutes (time of the traffic jams is not included)

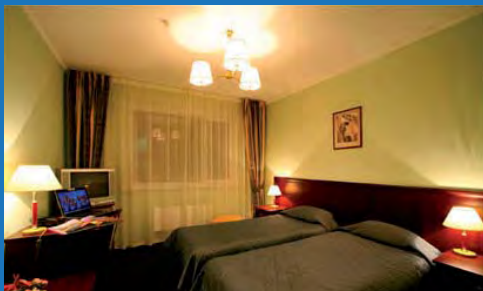
By public transport about 35 minutes to the event location

The total time: 35 minutes

## ROOM CATEGORY PHOTOS



Standard



Business

## «ASTRUS» 3\*\*\*

**Nearest metro station:** Yugo-Zapadnaya

**Address:** 146, Leninskiy prospekt

**How to get to the event location:**

By Bus: 25 minutes (time of the traffic jams is not included)

By public transport about 35 minutes to the event location

The total time: 35 minutes



## ROOM CATEGORY PHOTO



Standard

## «RUSHOTEL» 3\*\*\*



**Nearest metro Station:** Anino, Dmitry Donskoy Boulevard

**Address:** 21st km of the Varshavskoye Highway, Moscow

**How to get to the event location:**

By Bus: 15 minutes (time of the traffic jams is not included)

By metro: 15 minutes journey from the hotel to the metro station by the free shuttle-bus that runs according to the Hotel Shedule, then from the metro station Ulitsa Akademika Yangel'ya to the station Serpuhovskaya, passage to the station Dobryninskaya (circle line) and the way to the station Oktyabrskaya (circle line), then passage to the station Oktyabrskaya (radial line) and the way to the station Yasenevo. Then 5 minutes walk to the event location. Total time: 1 hour 20 minutes

## ROOM CATEGORY PHOTOS



Standard



Economy



## «MOSKOMSPORTA» 3\*\*\*

**Nearest metro station:** Prazhskaya

**Address:** Kirovogradskaya str., 21, bld. 1

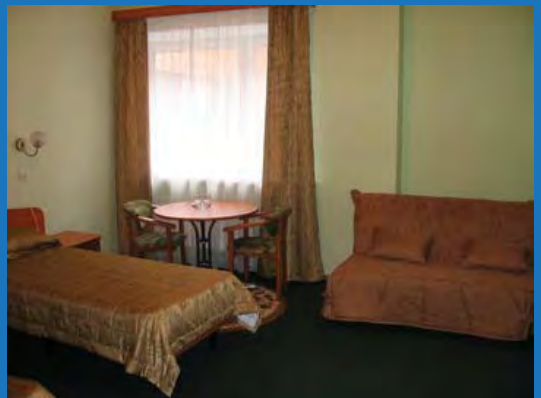
**How to get to the event location:**

By bus: 20 minutes (time of the traffic jams is not included)

By metro: 10-12 minutes walk or by the public transport to the metro station Ulitsa Akademika Yangelya .Then from the metro station Ulitsa Akademika Yangelya to the station Serpuhovskaya, passage to the station Dobryninskaya (circle line) and the way to the station Oktyabrskaya (circle line), then passage to the station Oktyabrskaya (radial line) and the way to the station Yasenevo. Then 5 minutes walk to the event location.  
Total time: 1 hour 20 minutes



## ROOM CATEGORY PHOTO



Standard

## HOTEL RATES IN USD

The accommodation in the abovementioned hotels are offered for the participants by special prices.

### Attention! All prices are in USD per 1 person per 1 night

The prices are quoted in US Dollars and are calculated according to rate 1 UD Dollar = 28 RUR. In case of significant change in the exchange rate the prices could be recalculated.

	Accommodation of 1 person in Single room	Accommodation of 1 person in Twin room	
<b>«Radisson Royal» 5*****</b>			
Superior	316,00	185,00	
Breakfast "Buffet" is included			
<b>«Swissotel Krasnye Holmy» 5*****</b>			
Standard	497,00	283,00	
Breakfast "Buffet" is included			
<b>«Aquamarine» 4****</b>			
Standard	204,00	125,00	
Breakfast "Buffet" is included			
<b>«Cosmos» 4****</b>			
Standard	104,00	57,00	
Superior	114,00	63,00	
Breakfast "Buffet" is included			
<b>«Salut» 3*** (Recommended) - best price compare to quality</b>			
Standard	134,00	68,00	
Business	134,00	68,00	
Breakfast and Dinner is included			
<b>«Astrus» 3***</b>			
Standard	109,00	67,00	
Breakfast and Dinner is included			
<b>«RusHotel» 3***</b>			
Economy	—	49,00	
Standard	170,00	—	
Breakfast and Dinner is included			
<b>«Moskomsporta» 3***</b>			
Standard	—	54,00	
Breakfast and Dinner is included			

To reserve a hotel room higher category you should contact with Executive manager of "CTO Group".



# ACCOMMODATION IN HOSTELS IN MOSCOW

**Attention! All prices are in USD per 1 person per 1 night**

The prices are quoted in US Dollars and are calculated according to rate 1 UD Dollar = 28 RUR. In case of significant change in the exchange rate the prices could be recalculated.

3-bed room	4-bed room	6-bed room	8-bed room	10-bed room	14-bed room
From 54,00 to 56,00	From 50,00 to 53,00	From 47,00 to 49,00	From 47,00 to 49,00	From 40,00 to 48,00	From 38,00 to 48,00

\* Breakfast and Dinner is included

«CTO Group» company is ready to offer the additional options of accommodation in the others Moscow hotels.

For foreign participants of the Championship «CTO Group» company offers free visa support on condition of the hotel booking. For this a participant must send a copy of the current passport while the hotel booking. The responsible manager of our visas department is constantly (during 24 hours) at your service.

Please, pay attention: some countries have special conditions on visa support in Russia (among them are African, Asian countries (except countries like Hong Kong, Singapore and Japan), India, Indonesia, and the United Arab Emirates).

## TRANSFER SERVICES

We offer guests and participants of Championship individual transportation services:

**Attention! All prices are in USD per 1 person.**

The prices are quoted in US Dollars and are calculated according to rate 1 US Dollar = 28 RUR. In case of significant change in the exchange rate the prices could be recalculated.

Route	Vehicle class	Number of seats	Minimum price for 1 person*
Airport - Moscow	Economy	Up to 3	15,00
Moscow - Airport	Economy	Up to 3	14,00
Hotel – Venue - Hotel	Economy	Up to 3	30,00
Airport - Moscow	Minibus	7-20	13,00
Moscow - Airport	Minibus	7-20	11,00
Hotel – Venue - Hotel	Minibus	7-20	13,00
Airport - Moscow	Bus	25-30	11,00
Moscow - Airport	Bus	25-30	11,00
Hotel – Venue - Hotel	Bus	25-30	13,00
Airport - Moscow	Bus	Up to 50	10,00
Moscow - Airport	Bus	Up to 50	10,00
Hotel – Venue - Hotel	Bus	Up to 50	13,00

\* Please pay attention that the prices are quoted for maximum quantity of persons in the car. If you wish to travel alone the prices for transfers should be recalculated accordingly. Please mind that capacities of cars in case of maximum quantity of passengers do not suppose large luggage.

## TO RESERVE TRANSFER SERVICES PLEASE CONTACT WITH EXECUTIVE MANAGERS:

Irina Mazhuga

E-mail: [advdep@anakharsis.ru](mailto:advdep@anakharsis.ru)

## OPTIONAL VISITS AND EXCURSIONS

For the championship participants and accompanying people "CTO Group" company offers different excursion tours. The most popular Moscow excursions are shown and described below. Besides that, we can offer additional excursions along the Golden Ring of Russia and also in the other country regions accompanied by professional guides.

## GENERAL SIGHTSEEING TOUR



Durations: 3-4 hours

Cost:

1 - 9 pax. in group	US\$ 35
10 - 17 pax.	US\$ 32
17 - 24 pax.	US\$ 25
24 - 30 pax.	US\$ 22
30 - 40 pax.	US\$ 18
40 - 50 pax.	US\$ 15

During this chauffer driven excursion you will get the first impression about Moscow, orient yourself, see the main sights, see some bits of the city life, and get used to the city.

You'll learn more about the history and culture of our city, as well as about the life of the people. You'll see the main spots, and some hidden interesting places that'll give you richer insight.

During this sightseeing tour of Moscow our experienced guide will show you and tell about the main places of interest including Red Square, Alexander Gardens, Manezh square the Cathedral of Christ the Savior and enjoy the incredible views of the Kremlin from Sophia embankment and the monument to Peter the Great.

## THE KREMLIN AND CATHEDRALS + ARMORY



Duration: 3 hours

Cost:

1 - 10 pax.	US\$ 55
10 - 15 pax.	US\$ 25
15 - 20 pax.	US\$ 20
25 pax.	US\$ 10

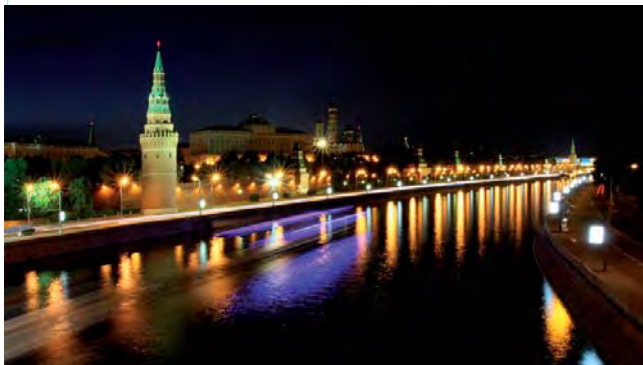
Entrance fees (paid separately):

- US\$ 57
- Students: US\$ 35

The Moscow Kremlin (10 a.m.-6 p.m., ex. Tuesdays) is a historic fortified complex at the heart of Moscow, overlooking the Moskva River (to the south), Saint Basil's Cathedral and Red Square (to the east) and the Alexander Garden (to the west). It is the best known of Kremlins (Russian citadels) and includes four palaces, four cathedrals, and the enclosing Kremlin Wall with Kremlin towers. The complex serves as the official residence of the President of Russia.

This is a unique complex incorporating art and history museums: Cathedral Square with the architectural ensemble of Sobornaya Square with Uspansky Cathedral, Arkhngalsky Cathedral, Blagoveschensky Cathedral. The Arsenal, The State Kremlin Palace, Tsar Cannon and Bell. The Moscow Kremlin is on the UNESCO list of the world cultural and natural heritage.

## EVENING EXCURSION “LIGHTS OF MOSCOW”



Duration: 2 hours

Cost:

10 – 17 pax.	US\$ 32
17 – 24 pax.	US\$ 25
24 – 30 pax.	US\$ 22
30 – 40 pax.	US\$ 18
40 – 50 pax.	US\$ 14

In the evening Moscow goes into the blaze of lights. show-windows are gleaming. Restaurants and night clubs press to come in, the most usual, undistinguished things magically change under the illuminating beam. City life goes on, Moscow becomes glamour and mysterious. Passing in the light of night lanterns through the Tverskoy parkway, it seems, that everything looked a century ago like now, bright advertising in the Center reminds that Moscow is almost like abroad, the lights give an illusion of absolute unreality of the event. At excursion you will see St. Basil Cathedral, will admire a kind of the Kremlin with the Sofia quay, a panorama of Moscow from Vorobyevy Hills, will visit the Cathedral of Christ the Savior, the Novo-devitchiy monastery, Poklinnaya Gora, New Arbate, the Tverskoy parkway, the Theatre square. It is possible to add the program according to your wishes.

# MOSCOW METRO



Duration: 1,5 hour

Cost:

up to 10 pax*.	US\$ 25
10 – 15 pax.	US\$ 15
15 – 20 pax.	US\$ 10
20 – 30 pax.	US\$ 8
30 – 40 pax.	US\$ 5
45 pax.	US\$ 3

\*only on Sat and Sun

Tickets for the underground (paid separately): 28 RUR

Moscow Metro spans almost the entire Russian capital, is the world's second most heavily used rapid-transit system. Opened in 1935, it is well known for the ornate design of many of its stations, which contain outstanding examples of socialist realist art.

In total, the Moscow Metro has 292.2 km (181.6 miles) of route length, 12 lines and 177 stations; on a normal weekday it carries over 7 million passengers. Passenger traffic is considerably lower on weekends bringing the average daily passenger traffic during the year to 6.8 million passengers per day. The Moscow Metro is a state-owned enterprise.

# HOW TO GET TO MOSCOW

## By air

There are 3 airports in Moscow — Domodedovo, Sheremetyevo and Vnukovo.

### Domodedovo:

Aeroexpress Train. It is a comfortable high-speed train that goes non-stop from the airport Domodedovo, to Moscow, Paveletsky station.

Time of journey: 40–50 minutes.

Timetable: every hour from 07:00 to 24:00

[Express Buses](#) — Modern busses go non-stop from Domodedovo airport to Domodedovskaya underground station.

Timetable: from 06:00 to 00:00.

Time of journey: 25–30 minutes.

Departure time: every 15 minutes.

Airport Information service: +7 (495) 933 6666, +7 (495) 720 6666

### Vnukovo:

Aeroexpress Train. It is a comfortable high-speed train that goes non-stop from the airport Vnukovo, to Moscow, Kievsky station.

Time of journey: 40 minutes.

Timetable: every hour from 07:00 to 24:00

[Buses](#)/Shuttle buses — Modern busses go non-stop from Vnukovo airport to Yugo-Zapadnaya underground station.

Time of journey: 25–30 minutes

Airport Information service +7 (495) 93755 55

### Sheremetyevo:

Aeroexpress Train. It is a comfortable high-speed train that goes non-stop from the airport Sheremetyevo, to Moscow, Belorusskaya underground station.

Time of journey: 35 minutes.

Timetable: every 30 minutes from 05:00 to 01:00

[Buses](#)/Shuttle buses — Modern busses go non-stop from Sheremetyevo airport to Rechnoy Vokzal underground station.

Time of journey: 30–50 minutes

Airport Information service +7 (495) 23265 65

## By train

Moscow has 6 major train stations. All of them have a connecting subway stop and can be easily reached by public transportation.

### Belorusskiy station:

Long-distance trains to West and South-West direction of Russia.

Address: 7, pl. Tverskaya zastava, Metro: Belorusskaya

### Kazanskiy station:

Long-distance trains to South, East and South-East direction of Russia.

Address: 2, pl. Komsomolskaya, Metro: Komsomolskaya

### Kievskiy station:

Long-distance trains to Briyansk, Kiev.

Address: 2, pl. Kievskogo station, Metro: Kievskaya

**Kurskiy station:**

Long-distance trains to South and South-West direction of Russia.

Address: 29, str. Zemlyanoy val, Metro: Kurskaya

**Leningradskiy station:**

Long-distance trains to Saint-Petersburg, Velikiy Novgorod, Murmansk, Petrozavodsk, Helsinki, Tallin.

Address: 3, pl. Komsomolskaya, Metro: Komsomolskaya

**Yaroslavskiy station:**

Long-distance trains to Ural, Sibir and North direction of Russia.

Address: 5, pl. Komsomolskaya, Metro: Komsomolskaya

**Paveleckiy station:**

Long-distance trains to Average and Bottom Povolze.

Address: 1, pl. Paveleckaya, Metro: Paveleckaya

**Rizskiy station:**

Long-distance trains to Riga and Velikie Luki.

Address: 2, pl. Rizskogo station, Metro: Rizskaya

## LOCAL TRANSPORTATION

Public transport is pretty cheap in Moscow, and you can get around by metro (subway), bus, tram, taxi...The most popular and convenient method of travel is the metro. Tickets are very cheap and are purchased at the metro stations, at the window labeled with the word «КАССА». You can buy tickets for various numbers of journeys — from 1 to 60 journeys. Once you have purchased your ticket you go through the turnstiles and then down to the platform. The metro trains arrive around every 2 minutes during peak times and the time gap between trains extends to about 10–15 minutes later at night. While being a convenient method of travel, the metro does get very crowded, especially at rush hour, and you'll often find yourself packed in like sardines! That said, the metro is very efficient and many of the stations are works of art in themselves. Some of the best known ones include Komsomolskaya — with its chandeliers, Kievskaya, with its beautiful artwork, and Mayakovskaya, with its marble decor and mosaics on the ceiling.

**Moscow Metro working hours: 05:30 AM — 01:00 PM**

Other methods of transport include trams and buses. You can normally buy tickets for these in advance, at metro stations and kiosks. Some metro stations do not sell them however and it is best to try kiosks adjacent to bus stops and ask for 'avtoboos bilyet' and they can be bought from the driver for a couple of Rubles more. Another option is to get a taxi. There are taxi firms in Moscow which you may wish to use when going a longer distance (e. g. from the city centre to the airport) but to go a shorter distance it's common to hail an ordinary car in the street. While in Moscow this is a common way of getting around, caution should still be exercised — avoid hitch hiking alone or at night. It's best to agree a fare in advance, but you can usually go a short distance quite cheaply.

## TRAVEL TIPS

**Time difference**

Time in Moscow is 4 hours ahead of GMT from April to September.

**Weather**

The climate of Moscow is moderately continental. By the statistic data the average temperature in June-July is about 23 degrees centigrade, rains and storms are possible.

**Customs regulations**

The importation into the Russian Federation



The importation of foreign currency and/or currency of the Russian Federation, cheques, external and/or internal securities in documentary form by natural person allowed, providing the Declaration.

At one-time importation of cash in foreign currency and/or currency of the Russian Federation, as well as cheques, external and/or internal securities in documentary form in amount in excess of \$10000, information about it should be filled in the Declaration.

#### **MOVING DRUGS**

Natural person can import or export medicines in any quantity required for personal use.

#### **Money, exchange**

National currency in Russia – Ruble. All payments by cash and by a credit card in the country are made in Rubles. Exchange can be carried out in banks, and also in the exchange offices located in large shops.

#### **Credit Cards**

Credit cards, including Visa, MasterCard and American Express are now accepted at most banks, hotels, restaurants and big department stores.

You will need rubles for regular stores and local transportation. It may be difficult to use your card out of the city.

#### **Post and phone**

For a call on an intercity it is necessary to dial 8 – a city code – number of the caused subscriber. For a trunk call it is necessary to type 00 (an exit to an international telecommunication) – a telephone code of the country – a city code – number of the caused subscriber.

#### **The helpful phone numbers.**

In fire condition it is necessary to call «01», if necessary to cause a militia brigade – «02», medical aid – «03».

#### **Shops, banks, museum hours.**

Shops, banks and museum hours can vary. The schedule of their work is usually displayed at the entrance. At weekends and holidays the establishments work by the shortened schedule.

#### **Electricity**

European-type AC outlets. The supply pressure is 220V, electrical frequency is 50Hz.

#### **Internet**

There are plenty of Internet cafes and bars, scattered all over the city. Many cafes and restaurants are equipped with Wi-Fi.

## ORGANIZING COMMITTEE

**Konstantin Kikalishvili** – president of the self defense and security academy, «SDSA»

**Kakha Basilia** – coordinator of cooperation with karate Federation of Eastern European and CIS countries  
E-mail: info@karate.ge

**Ercument Tasdemir** – coordinator for receiving applications for championship participants, seminar, examination of the countries participating in the championship  
E-mail: secretariat@worldshotokankarate.com

**Oleg Pelipas** – executive director, coordinator of the general affairs to work with advertisers, sponsors, media  
E-mail: gateto@mortalarts.ru  
+7 (926) 829 9122

**Irina Mazhuga** – coordinator for receiving requests for accommodation of the participants in hotels, transfers  
E-mail: advdep@arakharsis.ru

**Elman Shakhbazov** – coordinator on organizational issues at the venue of the championship  
E-mail: academiaasb@gmail.com  
+7 (926) 352 4757



Moscow, Novoyasenevsky Ave, 30th



## DAN EXAMINATION & SEMINAR

28-30 JUNE 2011  
MOSCOW - RUSSIA