



# BULLETIN N° 1

20<sup>èmes</sup> Championnats de la Méditerranée de Karaté Cadets, Juniors et Under 21  
Bari, Italie / 03-04 septembre 2011

20<sup>th</sup> Mediterranean Cadets, Juniors and Under 21 Karate Championships  
Bari, Italy / 03-04 September 2011



COMUNE DI BARI



PROVINCIA DI BARI



Regione Puglia



Italia Federazione Sportiva Nazionale  
riconosciuta dal Coni



## FIJLKAM - Italian Judo Wrestling Karate Martial Arts Federation

### THE FIJLKAM PRESIDENT'S MESSAGE

Dear Friends,

It is an honour and a pleasure for me to invite you to take part in the 20<sup>th</sup> edition of the Mediterranean Karate Championships, reserved for Cadets, Juniors and Under 21, which will take place in Bari from 3 to 4 September 2011.



Italy is a Country that has lovingly and successfully practised Karate for many years. Our Federation is very proud to host an event for youngsters which, ever since it was set up, has proved to be rich in technical and competitive values, and a first, gratifying opportunity to promote future Champions.

The city of Bari, which is hosting the 2011 edition of the Championships, is a veritable symbol of Sport in Italy, with many historical Sports Clubs and a never-ending supply of great sportsmen. With its port, its geographic location and traditions, Bari is a window for the Countries that opens onto the Mediterranean Sea.

It can also boast excellent organisational and hospitality traditions, qualities that will make your stay in Italy and in the city of Bari a very pleasant and productive one.

My very warmest welcome to you.

**Matteo Pellicone**



## MESSAGE DU PRESIDENT DE L' UFMK / MKFU



Je suis extrêmement heureux de saluer les participants à cette manifestation très importante qui arrive, désormais, à sa 20<sup>ème</sup> édition et qui voit encore une fois la grande Famille Méditerranéenne du Karaté réunie cet an en terre d'Europe, **et précisément en Italie, où notre Union est né, le 3 novembre, il ya 25 ans.**

La Fédération Italienne de Karaté et le Comité Organisateur ont accompli un travail énorme et onéreux qui a requis de la capacité, de l'intelligence et du professionnalisme, il mérite donc une véritable appréciation, vu qu'il s'agit de l'organisation d'un événement sportif hors du commun qui voit la présence de tous les Pays du Bassin Méditerranéen. Pour se rendre bien compte de la complexité de cet événement il suffit de rappeler que quelques unes des Nations les plus fortes du Monde y participent. Je suis certain que cet an aussi milliers de sportifs accourront pour admirer les forts Athlètes de la Méditerranée et pour encourager leur compatriotes.

Un souhait amical de séjour serein et joyeux en Italie et mes vœux de bon travail aux Athlètes, Techniciens, Arbitres, Dirigeants, Médecins, Journalistes et à tous ceux qui participeront à la compétition sous le signe des principes fondamentaux du Sport. Leur présence contribuera à exalter les valeurs les plus authentiques de la compétition sportive.

Sans aucun doute, ces XX Championnats Méditerranéens de Karaté Cadet, Juniors et Under 21 seront une excellente occasion pour faire, de plus en plus, de nos Pays une Communauté Internationale libre capable de fraterniser tout en étant convaincue que le fait de travailler pour la croissance sociale, morale et culturelle des jeunes générations est un signe de grande civilisation et que, c'est justement du Bassin de la Méditerranée, berceau de la civilisation occidentale, que nous devons relancer les idéaux élevés de paix, de justice et de solidarité entre les Peuples.

### Giuseppe Pellicone



## THE MKFU PRESIDENT'S MESSAGE



I am extremely pleased to welcome the participants of this very important event, now in its 20<sup>th</sup> year, that sees once more the great Mediterranean Karate Family gathered this year in land of Europe, **and precisely in Italy, where our Union was born November 3, 25 years ago.**

Great efforts have been made by the Italian Karate Federation and the Organizing Committee, with the input of considerable skills, intelligence and professionalism. This work deserves our full praise, since the event is an extraordinary sporting moment in which all Countries in the Mediterranean are involved. To get some idea of the complexity of this event, one should consider that some of the World's strongest Nations are taking part. I am certain that also this year thousands of sportsmen will hasten for admiring the strong Mediterranean Athletes and to encourage their compatriots.

I wish Athletes, Coaches, Referees, Officials, Physicians, Journalists and everyone else taking part a happy and serene stay in this delightful part of the world and, inspired by the fundamental values of Sport, the best of luck with the work ahead of them. Their presence will help to extol the virtues of sporting competition.

These XX Cadets, Juniors and Under 21 Mediterranean Karate Championships will undoubtedly be a great opportunity to bring our Countries even closer together in a large and free International Community in a truly fraternal spirit. We believe that working for the social, moral and cultural development of the younger generations is a sign of great enlightenment and, starting from the Mediterranean, the cradle of western civilization, we are called upon to promote the ideals of peace, justice and solidarity among the Peoples of the World.

**Giuseppe Pellicone**



Italia Federazione Sportiva Nazionale  
riconosciuta dal Coni



<b>Management</b>	<b>Summary</b>	<b>Confirmation Dates</b>
<b>UFMK CONGRESS</b>	<b>Presentation of candidature</b>	<b>02 June 2011</b>
<b>Visa Application Form</b>		<b>15<sup>th</sup> July 2011</b>
<b>Hotel &amp; Transfer</b>	<b>Preliminary Reservation</b>	<b>15<sup>th</sup> July 2011 (30% to be paid)</b>
<b>Final Entry Forms Athletes</b>		<b>15<sup>th</sup> August 2011</b>
<b>Entry Forms Referees</b>		<b>15<sup>th</sup> August 2011</b>
<b>Transfer</b>	<b>Confirmation Reservation</b>	<b>20<sup>th</sup> August 2011</b>
<b>Hotel</b>	<b>Confirmation Reservation</b>	<b>20<sup>th</sup> August 2011 (settlement to be paid)</b>
<b>Hotel</b>	<b>Confirmation Rooming List</b>	<b>20<sup>th</sup> August 2011</b>
<b>Term of Responsibility</b>		<b>20<sup>th</sup> August 2011</b>



## Affiliated National Federations

1	ALBANIA	<a href="mailto:albkaratefed@yahoo.com">albkaratefed@yahoo.com</a>	13	FYROM	<a href="mailto:contact@kfm.com.mk">contact@kfm.com.mk</a>
2	ALGERIA	<a href="mailto:fakado@yahoo.fr">fakado@yahoo.fr</a>	14	MALTA	<a href="mailto:info@maltakarate.com">info@maltakarate.com</a>
3	ANDORRA	<a href="mailto:helenaroma@gmail.com">helenaroma@gmail.com</a>	15	MONACO	Fax 377-92059705
4	BOSNIA & HERCEGOVINA	<a href="mailto:karate@karatebih.ba">karate@karatebih.ba</a>	16	MONTENEGRO	<a href="mailto:karatesavezcq@t-com.me">karatesavezcq@t-com.me</a>
5	CROAZIA	<a href="mailto:karate.tajnistvo@zg.htnet.hr">karate.tajnistvo@zg.htnet.hr</a>	17	MOROCCO	<a href="mailto:frmk@menara.ma">frmk@menara.ma</a>
6	CYPRUS	<a href="mailto:info@cypruskarate.org">info@cypruskarate.org</a>	18	SAN MARINO	<a href="mailto:mazzam@omniway.sm">mazzam@omniway.sm</a>
7	EGYPT	<a href="mailto:egy_karate_fed@hotmail.com">egy_karate_fed@hotmail.com</a>	19	SERBIA	<a href="mailto:office1@karateserbia.org">office1@karateserbia.org</a>
8	FRANCE	<a href="mailto:dtn@ffkarate.fr">dtn@ffkarate.fr</a>	20	SLOVENIA	<a href="mailto:kzs@karate-zveza.si">kzs@karate-zveza.si</a>
9	GREECE	<a href="mailto:info@elok.gr">info@elok.gr</a>	21	SPAIN	<a href="mailto:fek@telefonica.net">fek@telefonica.net</a>
10	ITALY	<a href="mailto:karate.internazionale@fijlkam.it">karate.internazionale@fijlkam.it</a>	22	SYRIA	<a href="mailto:syr.karate@membersgf.com">syr.karate@membersgf.com</a>
11	LEBANON	<a href="mailto:lebolymp@cyberia.net.lb">lebolymp@cyberia.net.lb</a>	23	TUNISIA	<a href="mailto:ftkaratetunisie@ymail.com">ftkaratetunisie@ymail.com</a>
12	LIBYA	<a href="mailto:lbnkafe@gmail.com">lbnkafe@gmail.com</a>	24	TURKEY	<a href="mailto:karate@karate.gov.tr">karate@karate.gov.tr</a>

## Registration

The registration of the delegations will be at the Headquarters Hotel (Hotel Majesty), subject to the following schedule:

Friday 2<sup>nd</sup> of September 2011: from 10.00 hrs. to 18.00 hrs.

**Each participating Country is requested to provide 2 national flags and a CD with the national anthem.**

## Transfer

Transfer arrangements are available from the Bari airport , Bari Railway station or Port of Bari to the hotels and back.

**Airport – Hotel – Airport -- Per Person 25 Euro**

Reservation transfer with details of arrival and departure must be made, if you have not made transfer reservation, it is up to you to make your own way from / to the hotels.

For all registered Athletes and Members of the Delegations transfers between the official hotels and the competition venue will be free of charge on competition days.



## Food and Beverage during days of competitions

At the PALAFLORIO Stadium, during the days of the competitions, will be available sports meals, **free of charge** for all competing Countries .

## Media, TV

The MKFU has all the rights related to the Mediterranean Karate Championships. It means that only the persons with MKFU' s permit can take professional photos or videos in the competition. In other words e.g. cameras/video cameras with tripod are prohibited in the sports arena. Should you need more information about press or media related issues, please contact the Mediterranean Karate Federations Secretariat office in Rome.

## Insurance

All participants and members of delegations must effect their own medical insurance and personal trip insurance. The Italian Judo Wrestling Karate Martial Arts Federation and the Mediterranean Karate Federation are taking **no liability** for these concepts.

Note that plain medical insurance is not enough, but the insurance has to have e.g. **repatriation option**.

The chief of the delegation have to sign the enclosed term of responsibility and return it to FIJLKAM by **20<sup>th</sup> August 2011 at the latest**.

## Visas

For visa arguments please visit these pages :

[www.esteri.it](http://www.esteri.it) - [www.poliziadistato.it](http://www.poliziadistato.it)

## Protection

**WKF Kumite Rules Article 2 point 8** state that the following protective equipment are compulsory for all competitors:

- 8.1 WKF approved mitts, one contestant wearing red and the other wearing blue.
- 8.2. Gum shield
- 8.3. The female chest protector approved by the WKF
- 8.4. The shin pads approved by the WKF
- 8.5. The foot protection approved by the WKF

Groin Guards are not mandatory, but if worn, they must be of approved WKF type.



## DETAILS DE L'ÉVÈNEMENT

Vendredi, 02 septembre 2011

<b>Enregistrement des Délégations</b>	15 <sup>ème</sup> Course des Arbitres et Juges et Examens
10.00 – 13.00 heures	10.00 – 13.00 heures
15.00 – 18.00 heures	15.00 – 18.00 heures
<b>UFMK/MKFU 21<sup>ème</sup> Réunion du Comité Exécutif</b>	<b>19<sup>ème</sup> CONGRES</b>
09.00 heures	16.00 heures
<b>UFMK/MKFU 20<sup>ème</sup> Réunion - Commission Médicale</b>	Briefing des Arbitres et Juges (*)
<b>UFMK/MKFU 20<sup>ème</sup> Réunion - Commission Arbitrale</b>	18.00 – 19.00 heures
<b>UFMK/MKFU 20<sup>ème</sup> Réunion - Commission Technique</b>	<b>Réunion des Entraîneurs et Tirage au Sorte</b>
09.00 – 10.00 heures	19.00 heures

(\*) Tous les Arbitres et les Juges qui ne participent pas au Course et veulent arbitrer les Championnats doivent être présents au Briefing.

## PROGRAMME DE LA PESEE

CATEGORIES DE POIDS HOMMES		CATEGORIES DE POIDS FEMMES	
Samedi, 03 septembre 2011 QG Hôtel – 09.00 – 10.00	Juniors: -55 & Cadets: -52	Samedi, 03 septembre 2011 QG Hôtel – 10.00 – 11.00	Juniors: -48 & Cadets: -47
	Juniors: -61 & Cadets: -57		Juniors: -53 & Cadets: -54
	Juniors: -68 & Cadets: -63		Juniors: -59 & Cadets: +54
	Juniors: -76 & Cadets: -70		Juniors: +59
Dimanche, 04 septembre 2011 QG Hôtel – 09.00 – 09.30	Under21 -68	Dimanche, 04 septembre 2011 QG Hôtel – 09.30 – 10.00	Under21 -53
	Under21 -78		Under21 -60
	Under21 +78		Under21 +60

### ATTENTION:

KUMITE et KATA:

HOMMES ET FEMMES: CADETS INDIVIDUEL - JUNIORS INDIVIDUEL et KATA EN EQUIPE – UNDER 21, INDIVIDUEL

KUMITE INDIVIDUEL:

CADETS, JUNIORS, UNDER 21 : UN COMPETITEUR POUR CHAQUE CATEGORIE DE POIDS

KATA INDIVIDUEL:

CADETS, JUNIORS, UNDER 21 : UN COMPETITEUR

EN EQUIPES (seulement Juniors):

KATA: HOMMES 3+1, FEMMES 3+1

REGLES D'ARBITRAGE

et PROTETION:

FMK

SURFACE DE COMPETITION:

POURVOIR POUR 3 SURFACES DE COMPETITION 12x12

LA PESEE :

POURVOIR POUR 2 BALANCES POUR LE POIDS OFFICIEL ET 1 BALANCE POUR LE POIDS D'ÉPREUVE





## PROGRAMME DES COMPETITIONS (provisoire)

### Samedi, 03 septembre 2011

09.00 - 10.00	La pesée pour tous les catégories Cadet – Juniores / M
10.00 - 11.00	La pesée pour tous les catégories Cadet – Juniores / F
09.00 – 10.00	KATA - Eliminatoires et Repêchage Cadet individuel M/F KATA - Eliminatoires et Repêchage Juniores individuel M/F
11.00 – 12.00	KUMITE - Eliminatoires et Repêchage Cadet individuel / M (tous le categories)
12.00 – 13.00	KUMITE - Eliminatoires et Repêchage Juniores individuel / M (55, 61, 68 kg.)
13.00 - 14.30	Dîner
14.30 – 15.30	KUMITE - Eliminatoires et Repêchage Juniores individuel / M (76, +76 kg.)
15.30 – 16.30	KUMITE - Eliminatoires et Repêchage Cadet individuel / F (tous le categories)
16.30 – 17.30	KUMITE - Eliminatoires et Repêchage Juniores individuel / F (tous le categories)
18.00	<b>Cérémonie d'ouverture</b>
19.00	<b>Finales et Remise de Prix</b> (Kata, Kumite – Juniores, Cadets – M/F)

### Dimanche, 04 septembre 2011

09.00 - 09.30	La pesée pour tous les catégories Under 21 / M
09.30 - 10.00	La pesée pour tous les catégories Under 21 / F
09.00 – 10.00	KATA - Eliminatoires et Repêchage Under 21 individuel M KATA - Eliminatoires et Repêchage Under 21 individuel F
10.00 – 11.00	KUMITE - Eliminatoires et Repêchage Under 21 individuel / M (tous le categories)
11.00 – 12.00	KUMITE - Eliminatoires et Repêchage Under 21 individuel / F (tous le categories)
12.00 – 14.00	Dîner
14.00 – 15.30	Eliminatoires et Repêchage Kata Team Juniores M Eliminatoires et Repêchage Kata Team Juniores F
16.00	<b>Finales et Remise de Prix</b> (Kata, Kumite – Juniores, Under 21, - M/F)
17.30	<b>Cérémonie de Clôture</b>
19.30	<b>Farewell Party</b>



Italia Federazione Sportiva Nazionale  
riconosciuta dal Coni



## DETAILS OF EVENT

**Friday, 02 September 2011**

### Registration of Delegations

10.00 – 13.00 hours

HQ Hotel

15.00 – 18.00 hours

### 15<sup>th</sup> Referees / Judges Course and Examination

10.00 – 13.00 hours

HQ Hotel

15.00 – 18.00 hours

### UFMK/MKFU 21<sup>th</sup> Executive Committee Meeting

09.00 hours

HQ Hotel

### 19<sup>th</sup> CONGRESS

16.00 hours

HQ Hotel

### UFMK/MKFU 20<sup>th</sup> Medical Commission Meeting

### UFMK/MKFU 20<sup>th</sup> Refereeing Commission Meeting

### UFMK/MKFU 20<sup>th</sup> Technical Commission Meeting

09.00 – 10.00 hours

HQ Hotel

### Referee and Judges Briefing (\*)

18.00 – 19.00 hours

HQ Hotel

### Coaches Meeting and Drawing

19.00 hours

HQ Hotel

(\*) All Referees and Judges who do not attend the Course but who intend to officiate at the Championships are required to attend the Briefing.

### WEIGH-IN PROGRAM

MALE WEIGHT CATEGORIES		FEMALE WEIGHT CATEGORIES	
Saturday, 03 September 2011 HQ Hôtel - 09.00 - 10.00	Juniors: -55 & Cadets: -52	Saturday, 03 September 2011 HQ Hôtel - 10.00 - 11.00	Juniors: -48 & Cadets: -47
	Juniors: -61 & Cadets: -57		Juniors: -53 & Cadets: -54
	Juniors: -68 & Cadets: -63		Juniors: -59 & Cadets: +54
	Juniors: -76 & Cadets: -70		Juniors: +59
Sunday, 04 September 2011 HQ Hôtel - 09.00 - 09.30	Under21 -68	Sunday, 04 September 2011 HQ Hôtel - 09.30 -10.00	Under21 -53
	Under21 -78		Under21 -60
	Under21 +78		Under21 +60

### ATTENTION:

KUMITE AND KATA:

INDIVIDUAL KUMITE:

INDIVIDUAL KATA:

TEAMS (only Juniors):

REFEREEING RULES and

PROTECTION:

COMPETITION AREA:

WEIGH-IN:

MALE AND FEMALE: CADETS INDIVIDUAL - JUNIORS INDIVIDUAL and KATA TEAM - UNDER 21 INDIVIDUAL

CADETS, JUNIORS, UNDER 21 : ONE COMPETITOR FOR EACH CATEGORY

CADETS, JUNIORS, UNDER 21: ONE COMPETITOR

KATA: MALE 3+1, FEMALE 3+1

WKF

TO PROVIDE FOR 2 COMPETITION AREAS 12x12

TO PROVIDE FOR 2 SCALES FOR OFFICIAL WEIGH-IN AND 1 FOR UNOFFICIAL WEIGH-IN



## COMPETITION PROGRAM (provisional)

### Saturday, 03 September 2011

09.00 - 10.00	Weigh-in for all categories Cadet – Juniores / M
10.00 - 11.00	Weigh-in for all categories Cadet – Juniores / F
09.00 – 10.00	KATA - Elimination and Repechage Cadet individual M/F
	KATA - Elimination and Repechage Juniores individual M/F
11.00 – 12.00	KUMITE - Elimination and Repechage Cadet individual / M (all categories)
12.00 – 13.00	KUMITE - Elimination and Repechage Juniores individual / M (55, 61, 68 kg.)
13.00 - 14.30	Lunch break
14.30 – 15.30	KUMITE - Elimination and Repechage Juniores individual / M (76, +76 kg.)
15.30 – 16.30	KUMITE - Elimination and Repechage Cadet individual / F (all categories)
16.30 – 17.30	KUMITE - Elimination and Repechage Juniores individual / F (all categories)
18.00	<b>Opening Ceremony</b>
19.00	<b>Finals and Medal Ceremony</b> (Kata, Kumite – Juniores, Cadets – M/F)

### Sunday, 04 September 2011

09.00 - 09.30	Weigh-in for all categories Under 21 / M
09.30 - 10.00	Weigh-in for all categories Under 21 / F
09.00 – 10.00	KATA - Elimination and Repechage Under 21 individual M
	KATA - Elimination and Repechage Under 21 individual F
10.00 – 11.00	KUMITE - Elimination and Repechage Under 21 individual / M (all categories)
11.00 – 12.00	KUMITE - Elimination and Repechage Under 21 individual / F (all categories)
12.00 – 14.00	Lunch break
14.00 – 15.30	Elimination and Repechage Kata Team Juniores M
	Elimination and Repechage Kata Team Juniores F
16.00	<b>Finals and Medal Ceremony</b> (Kata, Kumite – Juniores, Under 21, - M/F)
17.30	<b>Closing Ceremony</b>
19.30	<b>Farewell Party</b>



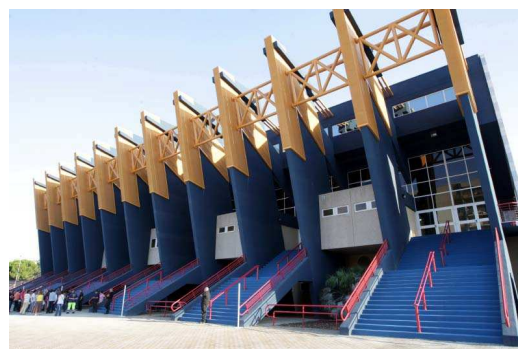
## Venue

The 20<sup>th</sup> Mediterranean Karate Championships will be held from the 3<sup>rd</sup> to the 4<sup>th</sup> of September 2011 at PALAFLORIO Stadium, in Bari, Italy.

### PALAFLORIO

Viale Archimede, 43 – Via G. Prezzolini  
70123 BARI

<http://www.palaflorio.it/>



At the PALAFLORIO Stadium, during the days of the competitions, will be available sports meals, **free of charge** for all competing Countries.



### DISTANCES AND DRIVING TIMES

» AIRPORT:

**Km 15 (20 minutes)**

» RAILWAY STATION:

**Km 3 (12 minutes)**

» MOTORWAY:

**Km 8 (18 minutes)**

» PORT OF BARI:

**Km 6,5 (17 minutes)**

[GPS Coordinate: +41° 06' 02.91"N, +16° 54' 26.79"E]





Italia Federazione Sportiva Nazionale riconosciuta dal Coni



## Accommodation

The hotels registered for Championships are located in Bari not more than ten minutes away from the sport hall. Rooms in hotels have been reserved for the Championships" participants and guests.

The bookings have to be done by filling up the registering form, and sending it to E-mail: [agistour@libero.it](mailto:agistour@libero.it)

Preliminary reservation hotels should be made up to July 15<sup>th</sup>, 2011.

A reservation of **30%** of the total price should be paid **up to July 15<sup>th</sup>, 2011;**

The booking will only be confirmed upon receipt of a deposit corresponding to 30% of the total amount of the stay.

The **balance** of your stay will have to be paid by a bank transfer **up to August 20<sup>th</sup>, 2011.**

### Official Travel AGENCY "AGISTOUR"

Viale J.F. Kennedy 75/f -70124 Bari


TEL. +39 080 5019999

E-mail: [agistour@libero.it](mailto:agistour@libero.it)

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



4 Star Hotel BB Per person 60 Euro  
4 Star Hotel HB Per person 80 Euro  
4 Star Hotel FB Per person 90 Euro  
(In double rooms)

Official Hotels	BB <i>Prices per night, per person</i>		HB <i>Prices per night, per person</i>		FB <i>Prices per night, per person</i>		Extra Meal
	Single room	Double room	Single room	Double room	Single room	Double room	
<b>*** Category</b> <b>Hotel Majesty HQ</b> 	€ <b>85,00</b>	€ <b>60,00</b>	€ <b>105,00</b>	€ <b>80,00</b>	€ <b>115,00</b>	€ <b>90,00</b>	€ <b>25,00</b>

*Prices per night, per person- treatment includes breakfast buffet, taxes and fees.  
Half Board service includes dinner*



Italia Federazione Sportiva Nazionale  
riconosciuta dal Coni



All reservation must be made before **15<sup>th</sup> July 2011.**  
and must be confirmed and pre-paid before **20<sup>th</sup> August 2011.**

**Reservations and bookings are available only against 30% prepayment until 15<sup>th</sup> of July 2011. Full payment for accommodation has to be paid no later than 20<sup>th</sup> of August 2011**

*first come, first serve policy will be followed.*

## Payment methods

Only payments in EUROS are accepted by bank Transfer or Credit Card.  
If sending money by bank transfer, please don't forget to write the reason of transfer.

**Always enclose the copy of the payment to the form.**

**Event Bank details are as follow:**

**AGISTOUR s.r.l.**

**IBAN: IT13X0306704002000000061854**

**BIC : CARMIT31**

## Cancellation conditions

15 days prior to arrival: 75% of the total booking price  
7 days prior to arrival: 100% of the total booking price

In the event that there are any changes in dates, such as early departure, during your stay, we will be forced to charge the night was already fixed by contract.



Italia Federazione Sportiva Nazionale  
riconosciuta dal Coni



## Images flash



\*\*\*\* Category  
Hotel Majesty



\*\*\*\* Category  
Hotel Victor



\*\*\*\* Category  
Hotel Barion



COMUNE DI BARI



PROVINCIA DI BARI



Regione Puglia



WWF



Italia Federazione Sportiva Nazionale  
riconosciuta dal Coni



FEDERAZIONE ITALIANA  
ASSOCIAZIONI DONATORI DI SANGUE



DELEGAZIONE PUGLIA





## Information about BARI



*Bari* In less than a century the area of Bari has increased more than tenfold. Its population has grown from 34.000 in 1861 to 400.000 today. A long, straight road, the wide and well-lit Corso Vittorio Emanuele, divides the city into two distinct parts as if drawing the boundaries between two different periods in history. The memory of the courage of Medieval sailors lives on today in the maze of alleys and courtyards that characterises the Old Town, which jealousy guards its renowned monuments. It stands in stark contrast to the industrious, dynamic, modern city, with its long, wide roads

along which have risen the many buildings which bear testimony to the city's prodigious urban development.

Walking along a stretch of the Imperatore Augusto Promenade we come to the Basilica of St. Nicholas. This is one of the most important examples of Romanesque architecture in Apulia. The building of the Basilica was commissioned by Abbot Elia in 1087 to preserve the remains of St. Nicholas and was finished in 1197. Continuing along the Imperatore Augusto Promenade and then taking the Corso Senatore De Tullio we come to Castello Svevo, built by Frederick II on the site of Norman ruins; the internal plan of the castle and the two massive ashlar towers reflect the influence of Norman architecture. It housed the magnificent court of Isabelle of Aragon e Bona Sforza, who had the large bulwarks with angular spear-shaped towers built in 1500, overlooking the moat. Walking down a medieval alleyway you come to the Cathedral, an excellent example of 12th century Romanesque Apulian architecture. Other churches of historical and artistic interest in the Old town are the Convent of St. Benedict; St. Mark's; St. Augustine's; the Vallisa; and the Church of Jesus. The Archway of Marvels and Nicolo' Puccini's house are also worth visiting. Going back towards the Castle and from Piazza Isabella D'Aragona, home to the Revenue Office, we can just see Corso Vittorio Veneto, at the very end of which stands the Fiera del levante, which in the wake of Bari's mercantile tradition, today represents a measure of the powerful economic and industrial development of the South. In Corso Vittorio Emanuele you can see the monument dedicated to Nicolo' Puccini and the Town hall.



From here you can go down Via Sparano and admire its luxurious and elegant shops. At the end of Via Sparano you come to the main University building and the Archaeological Museum, which amongst other things houses an impressive collection of finds, including Greek and Apulian vases. Here you can also admire the monument to King Umberto I, work of the sculptor Antonio Cifariello. The city's railway station is situated in Piazza Moro, with its monumental fountain built by the Apulian Waterworks. From here we can see Piazza Mercantile, with its "Sedile", the ancient seat of Bari's Council of Nobles, and the Column of Justice, to which fraudulent debtors used to be tied as punishment. We can



now get back onto the Nazario Sauro Promenade for a wonderful walk along the sea front. Immediately to the left is St. Nicholas' Pier where, every year on the morning of May 8<sup>th</sup> an important ceremony is held and the statue of the saint is taken out to sea under the watchful eyes of devotees and pilgrims. Here it is also the typical cove of " ' nderre to the lanze ", popular place of tasting of fruits of sea. Bari's economy, and particularly its industrial economy, is well established and continues to develop. However to get an overall picture of the area we must also look north of Bari to the large urban centres and then further inland to the scarcely inhabited countryside with its dry stone walling dividing the fields and delimiting land. Here we can admire the "masserie", charming examples of spontaneous architecture. These masserie are real monuments and at one time also played a defensive role; their structure and form imitate that of real castles. South of Bari, on the other hand, the countryside is mainly divided up into small allotments and is intensively farmed by "contadini" , who either own the land or rent it. In this part of the province the small villages offer admirable examples of vernacular architecture.

#### For information:

Azienda di Promozione Turistica APT Bari

Piazza Aldo Moro, 33/A - Bari

Tel: ++39 080 5242361

<http://www.infopointbari.com>

<http://www.pugliaturismo.com/aptbari/default.htm>



<http://www.viaggiareinpuglia.it/gp/METEO/en/Weather>



Italia Federazione Sportiva Nazionale  
riconosciuta dal Coni



## Travelling to Bari / How to get to



### AIR LINKS

Please check Apulian airport management Company website in order to know time-tables for Bari, Brindisi, Foggia and Taranto (currently not operating) airports:

**Aeroporti di Puglia Spa** - [www.aeroportidipuglia.it](http://www.aeroportidipuglia.it)

or call one of the following airports:

**Palese Bari "Palese"** - Information: +39 080 5800200

**Brindisi Airport** - Information and ticket: +39 0831 4117208

**Foggia Airport** - Information and ticket: +39 0881 650542



### TRAIN

National links >>

**Trenitalia**. Additional infos: [www.trenitalia.it](http://www.trenitalia.it) - Trenitalia Call center: 89 20 21

Local train links >>

**Ferrovie Appulo-Lucane** (a regional and cross-regional bus line also operating in Basilicata). Additional infos: [www.fal-srl.it](http://www.fal-srl.it) - Tel. +39 080 5725229

**Ferrotramviaria - Ferrovie del Nord-Barese** (regional bus service as well). Additional infos: [www.ferrovienordbarese.it](http://www.ferrovienordbarese.it) - Tel. +39 080 5789542

**Ferrovie del Sud-Est** (regional bus lines available as well). Additional infos: [www.fseonline.it](http://www.fseonline.it) - Toll-free number 800-079090

**Ferrovie del Gargano** (regional bus lines available as well). Additional infos: [www.ferroviedelgargano.com](http://www.ferroviedelgargano.com) - Toll-free number 800-079090



### ROAD LINKS

With your own car >>

For further information on roads, motorways and road conditions

[www.stradeanas.it](http://www.stradeanas.it), [www.autostrade.it](http://www.autostrade.it) or call the toll-free number for road conditions 840-042121



### SEA LINKS

**Bari Port Authority** - Toll free-number verde 800-573738 - [www.porto.bari.it](http://www.porto.bari.it)

**Brindisi Port Authority** -Sea alarm +39 0831 414423 - [www.porto.br.it](http://www.porto.br.it)

**Taranto Port Authority** - Tel +39 099 4711611 - [www.port.taranto.it](http://www.port.taranto.it)



COMUNE DI BARI



PROVINCIA DI BARI



Regione Puglia



WWF



Italia Federazione Sportiva Nazionale  
riconosciuta dal Coni



## Other things to know

<b>Time Zone</b>	GMT+1
<b>Currency</b>	€ (EURO)
<b>Electricity</b>	The electrical supply is 220Volt/50Hz
<b>Vaccination Need</b>	No
<b>Majority Religion</b>	Catholic
<b>Weights and sizes</b>	Metric System
<b>Shopping Schedule</b>	Commercial centers and shops are usually easily accessible by public or private transport. Shops are normally open between 9.00 a.m. and 1.00 p.m. and between 4.00 p.m. and 7 p.m. Shops are normally closed on Sundays and Public Holidays.
<b>Credit cards for shopping</b>	Diners Club International, VISA, Mastercard, American Express etc.
<b>Banks Schedule</b>	From 08:30 -13:00 /14:30 - 16:30 hours from Monday to Friday - Saturday and Sunday closed.
<b>Keeping in Contact While in Italy</b>	The international direct dialing code for Italy is 0039
<b>Cellular Companies</b>	Tim, Wind, Omnitel, Tiscali ... ..

<b>Helpful numbers:</b>	
<b>Carabinieri</b>	112
<b>Police</b>	113
<b>Fire department</b>	115
<b>Emergency rescue</b>	118
<b>Medical guard</b>	080 5842004



## Useful Web Sites

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• <a href="#">CONI Italian Olympic Committee</a></li> <li>• <a href="#">FIJKAM</a></li> <li>• <a href="#">Alitalia</a></li> <li>• <a href="#">Tourism Puglia</a></li> <li>• <a href="#">City of Bari</a></li> <li>• <a href="#">Province of Bari</a></li> <li>• <a href="#">Region of Apulia</a></li> </ul> | <ul style="list-style-type: none"> <li>• <a href="#">Bari Karol Wojtyla Airport</a></li> <li>• <a href="#">Polytechnic of Bari</a></li> <li>• <a href="#">AMTAB – Urban Transport company</a></li> <li>• <a href="#">Petruzzelli and Theaters of Bari Lyrical Symphonic Foundation</a></li> <li>• <a href="#">Fiera del Levante Exhibition Centre</a></li> <li>• <a href="#">Port of Bari Video Introduction</a></li> </ul> |
|--|---|

## Surroundings

- Bari: Basilica e Cattedrale di S. Nicola
- Bari: Città vecchia
- Bari: Palazzo della Provincia
- Bari: Sacratio Caduti Oltremare
- Bari: Castello Svevo.
- Castellana Grotte (BA): Grotte di Castellana
- Alberobello (BA)
- Trani: Cattedrale di Trani, Città vecchia
- Canosa (BA): Sito archeologico canosino
- Molfetta (BA): Parco divertimenti MIRAGICA
- Ostuni (BR): Città vecchia
- Andria(BA): Castel del Monte



## FIRST ENTRY FORM

Please, return following form till 15<sup>th</sup> July 2011 by mail or fax to:

Official Travel AGENCY  
"AGISTOUR"



Viale J.F. Kennedy 75/f -70124 Bari  
e-mail: [agistour@libero.it](mailto:agistour@libero.it)  
[www.agistour.com](http://www.agistour.com)  
TEL. +39 080 5019999

Contact Person for Hotel reservation:  
Mr. IACOVAZZI Ivan  
e-mail: [agistour@libero.it](mailto:agistour@libero.it)  
Mobile +39 393 9490756

and copy to:

FIJLKAM - Italian Judo Wrestling  
Karate Martial Arts Federation  
Via dei Sandolini, 79  
00122 Lido di Ostia/Rome (Italy)

Tel: +39 06 56191530  
Fax: +39 06 56191527  
e-mail: [karate.internazionale@fijlkam.it](mailto:karate.internazionale@fijlkam.it)  
<http://www.fijlkam.it>

Our Federation will take part in the Tournament

Our Federation will not take part in the Tournament

Country	
Responsible Leader of Delegation or Person to contact	
Address	
Tel.-no.	
Fax.-no.	
E-mail	
Hotel wanted	
Arrival in Flight No.	
Departure from Flight No.	
Total number of Delegation participants (we need their names on a separate list)	



COMUNE DI BARI



PROVINCIA DI BARI



Regione Puglia



Italia Federazione Sportiva Nazionale  
riconosciuta dal Coni



**Please, return this form till 15<sup>th</sup> July 2011 at the latest by mail or fax**

**VISA APPLICATION FORM  
FICHE POUR LA DELIVRANCE DE VISA**

**Federation:**  
**Country:**

--	--

N.	Family Name ----- Nom	Name ----- Prénom	Date of birth ----- Date de naissance	Passport N° ----- N° Passeport	Function ----- Qualification
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

Date: \_\_\_\_\_

Name of President or General Secretary (BLOCK LETTERS)	Federation Stamp and Signature
---	--------------------------------

**To be send back to: Federazione Italiana Judo Lotta Karate Arti Marziali**  
Via dei Sandolini, 79 - 00122 Lido di Ostia / Rome, Italy  
Tel: ++39 0656191409 - 530 Fax: ++39 0656191527  
**e-mail: [karate.internazionale@fijlkam.it](mailto:karate.internazionale@fijlkam.it) - [karate.nazionale@fijlkam.it](mailto:karate.nazionale@fijlkam.it)**  
web-site: [www.fijlkam.it](http://www.fijlkam.it)



## TERM OF RESPONSIBILITY

**To be send back till 20<sup>th</sup> August 2011 at the latest**

I, \_\_\_\_\_, as Chief of the Delegation of my Country, duly enrolled to participate in the 20<sup>th</sup> Mediterranean Cadet, Junior and Under 21 Karate Championships which will be held in Bari, from 3 to 5 September 2011, with fully knowledge of Statutes, Rules and Norms of the MEDITERRANEAN KARATE FEDERATION, pledge myself to faithfully accomplish the regulations of this before mentioned entity and I take any 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 in the hotels.

Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the Championships, the UFMK and the Italian Karate Federation, its directors, as well as any person or company 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.

<b>Country</b>	
<b>Surname</b>	
<b>Name</b>	
<b>Passport n°</b>	
<b>Data of credit card</b>	
<b>Position in the National Federation</b>	
<b>Address</b>	
<b>Tel. -n°</b>	
<b>Fax. -n°</b>	
<b>e-mail</b>	

Place and date

Signature / Stamp



COMUNE DI BARI



PROVINCIA DI BARI



Regione Puglia



WWF



Italia Federazione Sportiva Nazionale riconosciuta dal Coni



AB





Please, return following form till 20<sup>th</sup> August 2011 by mail or fax

<b>ROOMING LIST OF THE _____ NATIONAL TEAM</b>					
No	Name / Surname	Position	Check in Date	Check out Date	Room Type

\*Position: C= Competitor, Co= Coaches, De= delegation Head, P=Presidents and leaders of National Federation R= Referees/Judges, D=Doctors, V= VIPs, A= Administration, P= Press, O=Others  
Please return this namelist together with term of responsibility and registration form to "Agistour" [agistour@libero.it](mailto:agistour@libero.it) and to Italian Karate Federation by fax +39 06 56191527 or e-mail - [karate.internazionale@fijlkam.it](mailto:karate.internazionale@fijlkam.it).



## RESERVATION FORM FOR THE TEAMS

(Use BLOCK LETTERS and return it no later than July 15, 2011)

GROUP RESERVATION OF ROOMS IN THE OFFICIAL PARTNER HOTELS\*

### Personal Details

Name of Federation	
Contact Person	
Address	
Postcode/city	
Country	
Phone Number	
Email Address	

### HOTEL BOOKING

Name of the Hotel	Room Type	Number of Room needed	Date IN	Date OUT

General Note / Special Requirements / Change of Accommodation dates

PLEASE PROVIDE FOR TRANSFER FROM ..... TO THE HOTELS.

Number of transfer needed (€ 25,00 per person / return ticket)	
Arrival details (date/flight number, arrival time)	
Departure details (date/flight number, arrival time)	

Please forward reservation to:  
"AGISTOUR" e-mail : [agistour@libero.it](mailto:agistour@libero.it)  
  
Contact Person for Hotel reservation:  
Mr. **Iacovazzi Ivan** e-mail: [agistour@libero.it](mailto:agistour@libero.it)  
Mobile +39 393 9490756

Confirmation and invoice for payment will be sent to you by email upon receipt of a deposit corresponding to 30% of the total amount of the stay.

Thank you for your understanding.

Please, tick the method of payment (only payments in EUROS are accepted)  Bank Transfer  Credit Card

- If paying by credit card: Please, debit my Visa/Mastercard account by the amount above	Credit card Number	Expiry date (MM/YY)

Name	Address	Signature

Name of President or General Secretary (BLOCK LETTERS)	Federation Stamp and Signature



## SALUTATIONS FINALES

INFINIMENT RECONNAISSANTE A LA FEDERATION ITALIENNE JUDO LUTTE KARATE ET ARTS MARTIAUX POUR SON HOSPITALITE SI CHALEUREUSE ENVERS LE KARATE MEDITERRANEEN, A L'OCCASION DE **CELEBRATIONS DU VINGT-CINQUIEME ANNIVERSAIRE**, L'UFMK / MKFU VOUS ATTEND TOUS EN BOSNIE-HERZEGOVINE, SAMEDI ET DIMANCHE 1, 2 SEPTEMBRE 2012, POUR LE 21<sup>o</sup> CHAMPIONNAT DE LA MEDITERRANEE SENIORS, KUMITE ET KATA, INDIVIDUEL ET PAR EQUIPE.  
SANS AUCUN DOUTE LA BOSNIE-HERZEGOVINE, TERRE DE TRES GRANDE CIVILISATION, CULTURE ET HISTOIRE, NOUS ACCUEILLERA AVEC AUTANT DE CHALEUREUSE HOSPITALITE, EN NOUS FAISANT VIVRE DE MERVEILLEUSES JOURNEES D'AMITIE, DE FRATERNITE ET DE SPORT.

## FINAL GREETINGS

INFINITELY GRATEFUL TO THE ITALIAN JUDO WRESTLING KARATE MARTIAL ARTS FEDERATION FOR THE WARM HOSPITALITY GIVEN TO THE MEDITERRANEAN KARATE MOVEMENT, ON THE OCCASION OF THE **CELEBRATIONS OF THE TWENTY-FIVE**, THE UFMK / MKFU IS WAITING TO GREET ALL OF YOU IN BOSNIA ON SATURDAY AND SUNDAY 1, 2 SEPTEMBER 2012 FOR THE 21<sup>o</sup> SENIORS MEDITERRANEAN CHAMPIONSHIPS, KUMITE AND KATA, INDIVIDUAL AND TEAM.  
I AM SURE THAT BOSNIA, A LAND OF THE FINEST CIVILISATION, CULTURE AND HISTORY, WILL OFFER US EQUALLY WARM HOSPITALITY, SO THAT WE CAN SPEND SOME MARVELLOUS DAYS TOGETHER ENJOYING FRIENDSHIP, FRATERNITY AND SPORT.

\* \* \* \* \*

## LONG TERM PLANNING OF THE UFMK/MKFU EVENTS

01/02- 09-2012	BOSNIE BOSNIA	21' Championnats de la Méditerranée – Seniors 21' Mediterranean Championships - Seniors
07/08- 09-2013	CHYPRE CYPRUS	22' Championnats de la Méditerranée - Cadets, Juniors, Under 21 22' Mediterranean Championships - Cadets, Juniors, Under 21
06/07- 09-2014	MONTENEGRO	23' Championnats de la Méditerranée – Seniors 23' Mediterranean Championships - Seniors
05/06- 09-2015	EGYPTE EGYPT	24' Championnats de la Méditerranée - Cadets, Juniors, Under 21 24' Mediterranean Championships - Cadets, Juniors, Under 21

\* \* \* \* \*

