



# XXXIII

## PAN AMERICAN ★ CHAMPIONSHIPS ★

MARZO 18 AL 23  
PANAMÁ 2019





**NEWSLETTER**  
VER. 4. JAN 23, 2019

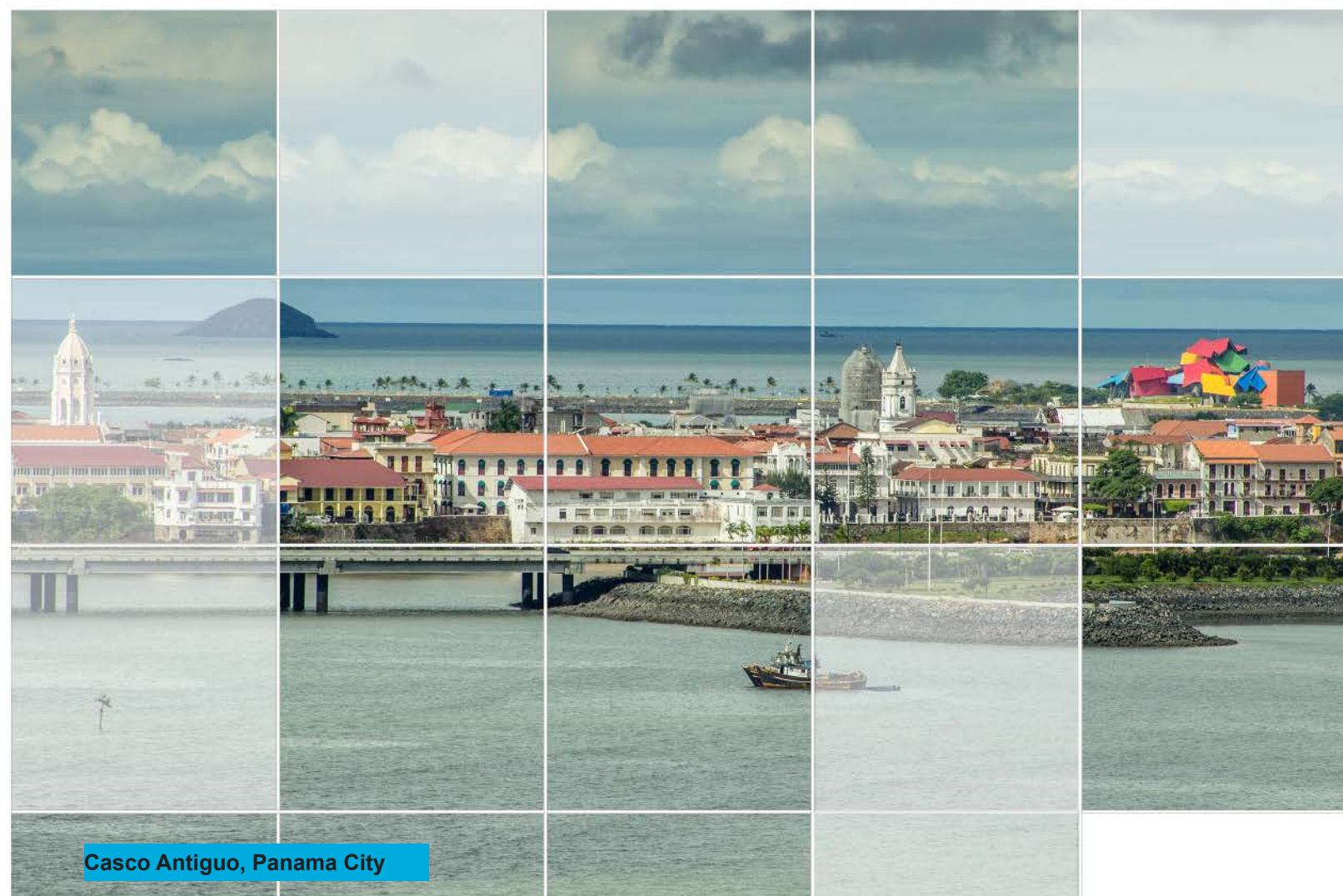
**MARCH 18-23, 2019**  
**ARENA ROBERTO DURAN**



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## BULLETIN N°2

The information in this bulletin reaffirms the invitation for the SENIOR PANAMERICAN CHAMPIONSHIP to be held in Panama City from March 18 to 23, 2019, as well as informing the member Federations about everything related to the Championship.

## ORGANIZING COMMITTEE OF THE PANAMANIAN KARATE FEDERATION

Raúl Sánchez  
 Jovel Mendoza  
 Rosario Rosario  
 Kathia Degracia  
 José Coronel  
 Leonardo Vasquez  
 Kaiser Ponce  
 Claudio Castillo  
 Eduardo Frías

## EMAILS

[panamericanosenior2019@gmail.com](mailto:panamericanosenior2019@gmail.com)  
[eduyros\\_45@yahoo.com](mailto:eduyros_45@yahoo.com)  
 cel: +507 6226 8555 / +507 6349 5023

## GENERAL INFORMATION

The Republic of Panama is located in the center of the Western Hemisphere, between the following coordinates: 7°12'07 "and 9°38'46" of north latitude and 77°09'24 "and 83°03'07" of west longitude.

It is bordered on the north by the Caribbean Sea, on the east by the Republic of Colombia, on the south by the Pacific Ocean and on the west by the Republic of Costa Rica.

Panama forms a link between Central America and South America, constituting an 80-km-wide isthmus in its narrowest section. Official Name: Republic of Panama.

Capital: Panama City. Nationality: Panamanian  
Land Area, Population and Density: 75,517 Km<sup>2</sup>. squares; 2,839,177 inhabitants, 81 inhabitants per square mile

## POLITICAL DIVISION

**10 provinces and 5 indigenist reserves.**

## GOVERNMENT

Constitutional Democracy, Centralized Republic.

## LEGAL SYSTEM

Based on the civil law system, judicial review of legislative acts in the Supreme Court of Justice; accepts jurisdiction of international courts, with certain reservations.

## LANGUAGE

The official language is Spanish, however, many Panamanians speak English. Literacy Rate: 90%.

## WEATHER

Panama is tropical and the temperature is usually uniform throughout the year. The average temperature is 33 degrees C.

## RELIGION

There is absolute freedom in Panama. The majority of Panamanians are Roman Catholics. However, due to the great diversity of the country, there are numerous churches, temples and synagogues.

## TIME ZONE

Panama time is the same as the official time in the eastern United States (GMT-5)

## CURRENCY

The US dollar. Panama's own coins are equivalent in size and value to those of the US.



# MORE ABOUT

## PANAMA!



### SHOPS

They usually open from 9:00 a.m. until 8 pm. from Monday to Saturday. Some open on Sundays.

### TIPS

From 10% to 15% of the bill would be recommended.

### DRIVER'S LICENSE

Visitors can drive up to 90 days with a foreign license.

### ELECTRICITY

110 volts; 60 cycles.



### CLOTHING

Lightweight garments are recommended. Clothing for business is formal: a lightweight jacket is recommended for men and a suit or trouser set for women. A wide-brimmed hat and sunglasses are necessary if you go to the coast

### IMMIGRATIONS REQUIREMENTS

Panama has a great diversity of treaties and commercial agreements that facilitate entry to the country.

Most countries affiliated to the PANAMERICAN KARATE FEDERATION, do not need visa to travel to Panama.

For those countries that do require it may access the following link to process corresponding visas through the Panamanian consulate in their area:

1. <http://bit.ly/2O5HOHI>
2. <http://bit.ly/2pzo7ZA>
3. <http://bit.ly/2RpLuBA>





*Nueva extensión del Aeropuerto Internacional de Tocumen  
Ciudad Panamá*

## DID YOU KNOW?

Panama, due to its small land extension, can be crossed by car in just one 2 hours, allows visitors to enjoy different experiences in a short time. You could bathe on the beaches of the Atlantic in the morning and in the afternoon in the Pacific!

## HOW TO GET?

The best way to get to Panama is through airlines. Copa Airlines, Continental Airlines, American Airlines and Iberia have several flights to the country daily. If you are driving, you can arrive via the inter-American highway, which runs through Central America. If you come by sea, you can disembark in one of our ports.

The Republic of Panama is an independent and sovereign state, settled in its own territory, where the individual and social rights established in the Political Constitution are observed and respected. The will of the majorities is represented by free suffrage.



## COPA AIRLINES BECOMES THE OFFICIAL AIRLINES OF THE XXXIII PAN AMERICAN KARATE CHAMPIONSHIP PANAMA 2019

**15% DISCOUNT CODE**

**# C8257**

### RESTRICTIONS

1. The trip must be for the purpose of participating in the event.
2. The passenger's travel destination must be the city of the event.
3. Travel start and end dates are allowed from March 11-30, 2019
4. The penalties for changes must be governed according to the tariff regulations.
5. Purchases via [www.copaair.com](http://www.copaair.com) will be effective as of November 15.
6. If you want to buy before you can do it in any office of Cup offering the following information:

Date of the event: from March 18 to 23, 2019 Venue of the event:  
Arena Roberto Durán

Event Name: XXXIII Pan American Championship Panama 2019

FOR MEMBER COUNTRIES PKF enter the following link:

<https://www.copaair.com/es/web/mx/contactenos>

**31 destinos en 20 países**

Código compartido con Continental Airlines.

**HUB of THE AMERICAS**  
P A N A M A

**Copa Airlines**  
Afiliado a Continental Airlines  
[copaair.com](http://copaair.com)



# HEADQUARTER HOTEL

Intercontinental Miramar Panama

GoogleMaps: <http://bit.ly/2Rrxqrl>

## CLASSIC AND ELEGANT HOTEL IN THE BAY OF THE CITY OF PANAMA

Admire the Pacific Ocean, the Bay of Panama and the financial district from this luxurious hotel in Panama City. Its spacious suites with stunning views of the sea and a pictures path that leads directly to the marina, this hotel is the perfect place to see the entrance of boats to the iconic Panama Canal. Enjoy the restaurant next to the pool or a treatment at the Spa. Near the hotel, you will find renowned stores, local markets and the colonial Casco Viejo.

Miramar Plaza, Balboa Ave., P.O. Box 7336: Panama City, 5, Panama

### RATES PER NIGHT

#### STANDARD-OCEAN VIEW - OCUP. SIMPLE

.....US \$ 160.00 .....

#### STANDARD-OCEAN VIEW - OCUP. DOUBLE

.....US \$ 180.00 .....

#### STANDARD-OCEAN VIEW - OCUP. TRIPLE

..... US \$ 225.00 .....

#### STANDARD-OCEAN VIEW - OCUP. QUADRUPLE

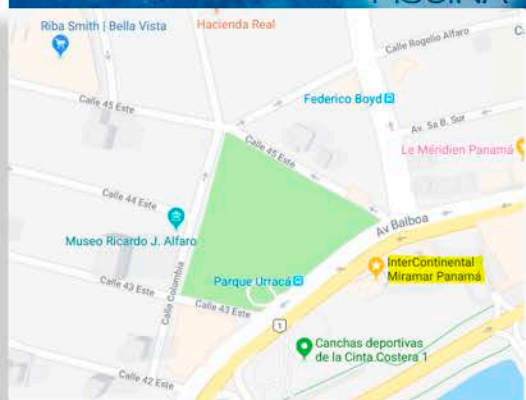
.....US \$ 280.00.....

### THE RATE INCLUDES

#### Reservations:

Licda. Jaclin Sánchez  
Tel. (507) 66749883  
(507) 62338418

- Hotel Taxes
- International buffet breakfast at our Bay Restaurant View
- Internet
- Use of the pool & Gym
- Transfer from the airport-hotel
- Transfer from the hotel to the place of the event (approximately 20 minutes of arrival through the south corridor).





## HOTELS SUB HEADQUARTERS

### EXCLUSIVE HOTEL FOR JUDGES

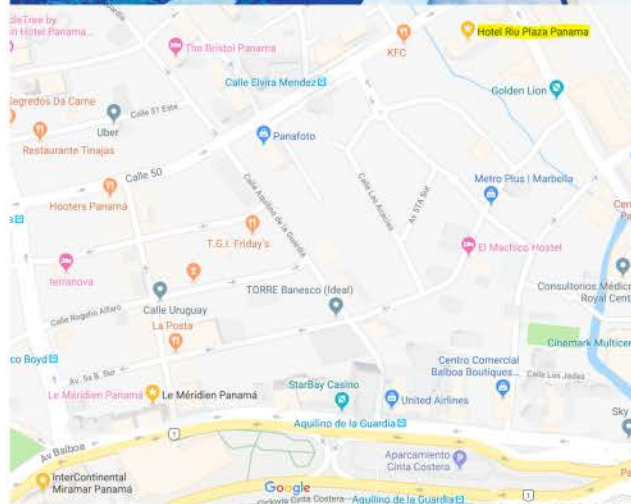
**RIU PLAZA PANAMA** GoogleMaps: <http://bit.ly/2CAYzE5>

*Located in the heart of the financial district, the Riu Plaza Panama Hotel offers a unique urban experience so you can enjoy your vacation or business trip. This hotel in Panama City has many amenities, such as a swimming pool, a gym, conference rooms and a spa for you to enjoy your stay at RIU Hotels & Resorts.*

50th Street with 53 East  
Urb. Marbella - Panama City – Panama

#### RATES PER NIGHT

|                                       |
|---------------------------------------|
| <b>STANDARD ROOM - OCUP. SIMPLE</b>   |
| .....US \$ 125.00 .....               |
| <b>STANDARD ROOM - OCUP. DOUBLE</b>   |
| .....US \$ 140.00 .....               |
| <b>STANDARD ROOM - OCUP. TRIPLE</b>   |
| ..... US \$ 160.00 .....              |
| <b>STANDARD ROOM - OCUP. QUADRUPL</b> |
| ..... US \$ 200.00 .....              |



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- International buffet breakfast in our Restaurant La Galeria
- Internet
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#### Reervations

Licda. Jaclin Sánchez  
Tel. (507) 66749883  
(507) 62338418  
[pkfhotel@gmail.com](mailto:pkfhotel@gmail.com)



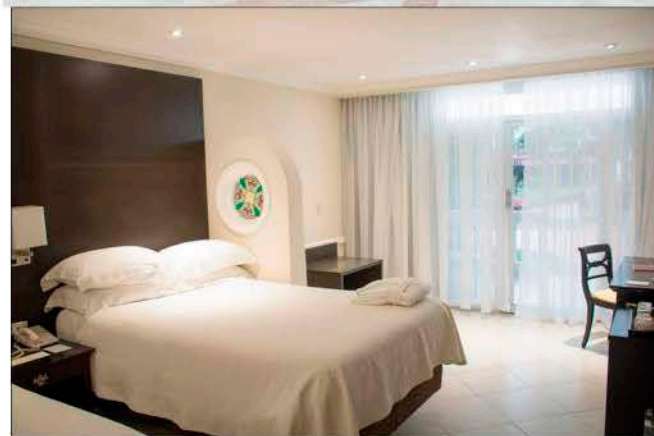
## HOTELS SUB HEADQUARTERS

### EXCLUSIVE HOTEL FOR JUDGES

**RIU PLAZA PANAMA** GoogleMaps: <http://bit.ly/2CAYzE5>

*Enjoy comfort and tranquility beyond compare at the El Panama Convention Center & Casino Hotel. With a modern and contemporary style, our 343 rooms offer a level of elegance and style typical of the most emblematic hotel in Panama City. All rooms are spacious, maintaining the original space from the moment of construction, the rooms have large windows overlooking the pool area and the skyline of Panama City.*

*España street, Panama City.*



#### RATES PER NIGHT

##### STANDARD ROOM - OCUP. SIMPLE

.....US \$ 160.00 .....

##### STANDARD ROOM - OCUP. DOUBLE

.....US \$ 180.00 .....

##### STANDARD ROOM - OCUP. TRIPLE

..... US \$ 225.00 .....

##### STANDARD ROOM - OCUP. QUADRUPLE

..... US \$ 280.00.....

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(507) 62338418

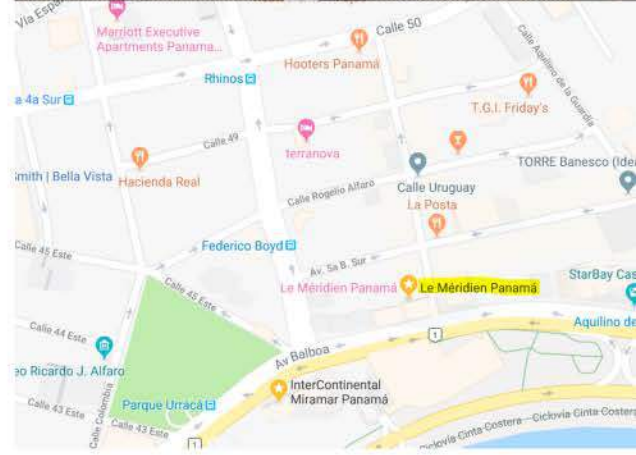
[pkfhotel@gmail.com](mailto:pkfhotel@gmail.com)

## LE MERIDIEM

GoogleMaps: <http://bit.ly/2O9oAQU>

On the edge of the Bay of Panama, overlooking the old and new neighborhoods of the city, we are surrounded by enchanting restaurants and a vibrant nightlife, all just minutes from the financial center and corporate offices. Our design is amazing. The double high-roof lobby features an overturned glass pyramid that reflects vibrant colors, while the black granite lobby combines with golden details and a prominent 46-foot-high atrium with animated glass. Our 111 rooms and suites are equipped with everything necessary for the elegant guest. Including amenities in the room and marble bathrooms.

*Uruguay Street and Balboa Avenue,  
Panama City, Panama*



### RATES PER NIGHT

|  |  |
|--|--|
| <b>STANDARD ROOM - OCUP. SIMPLE</b>    |  |
| .....US \$ 145.00 .....                |  |
| <b>STANDARD ROOM - OCUP. DOUBLE</b>    |  |
| .....US \$ 156.00 .....                |  |
| <b>STANDARD ROOM - OCUP. TRIPLE</b>    |  |
| ..... US \$ 180.00 .....               |  |
| <b>STANDARD ROOM - OCUP. QUADRUPLE</b> |  |
| .....US \$ 200.00.....                 |  |

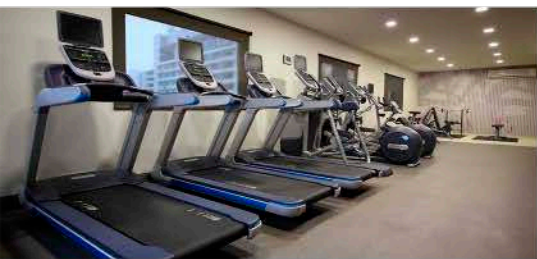
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[pkfhotel@gmail.com](mailto:pkfhotel@gmail.com)





## CROWNE PLAZA

GoogleMaps: <http://bit.ly/2Pc8H8Z>

Why stay with us?

Our hotels are designed to help current entrepreneurs to work, rest and re-gain energy. Our team will use all our resources to help you succeed, no matter what your business or your personal requirements. Crowne Plaza Hotels & Resorts is one of the largest luxury brands in the world, with hotels located in the main urban centers, entry cities and tourist destinations.

Manuel Espinosa Batista Av.,  
Panama City, 0000

### RATES PER NIGHT

#### STANDARD ROOM - OCUP. SIMPLE

.....US \$ 98.00 .....

#### STANDARD ROOM - OCUP. DOUBLE

.....US \$ 112.00 .....

#### STANDARD ROOM - OCUP. TRIPLE

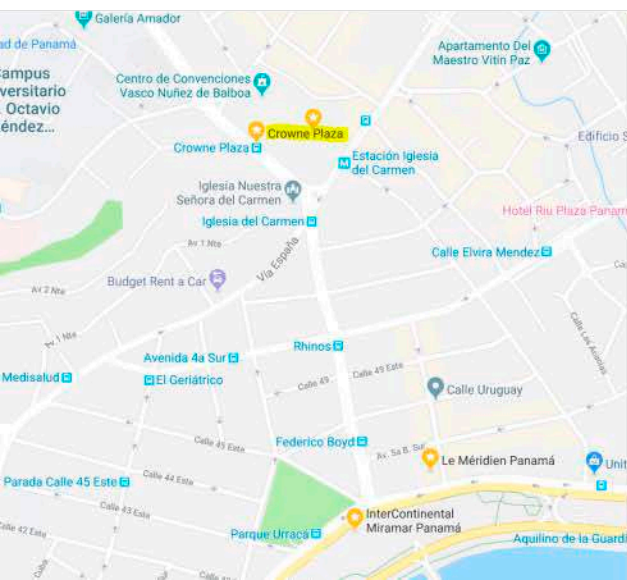
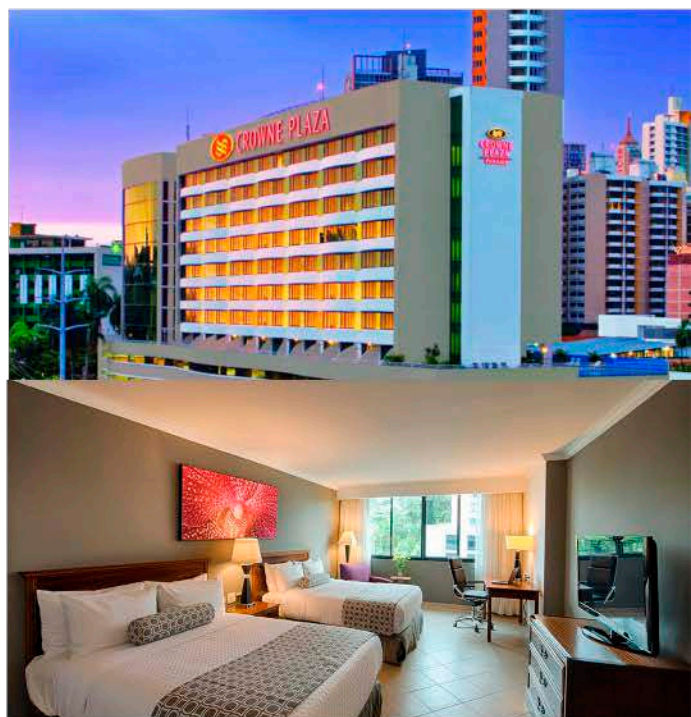
.....US \$ 135.00 .....

#### STANDARD ROOM - OCUP. QUADRUPLE

.....US \$ 160.00.....

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[pkfhotel@gmail.com](mailto:pkfhotel@gmail.com)

## NOVOTEL

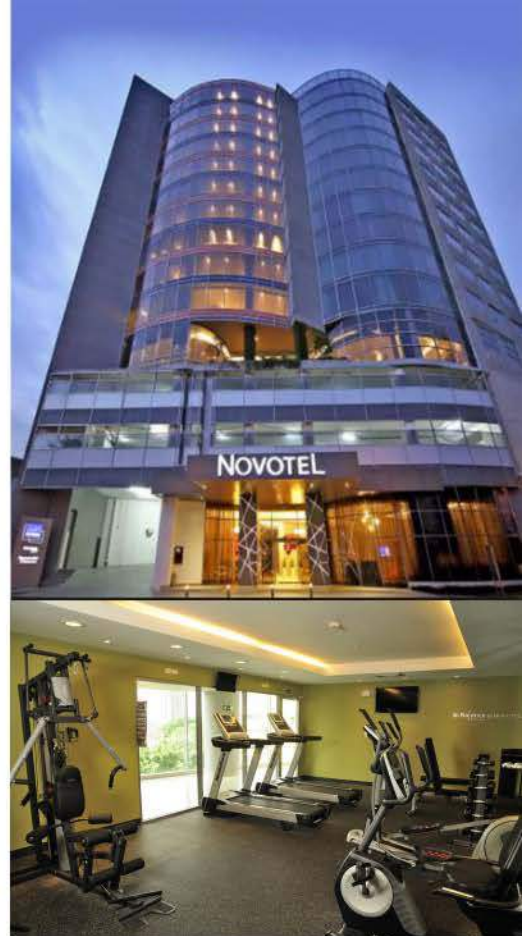
GoogleMaps: <http://bit.ly/2ID3WTi>

Mid-range hotel for business, meetings or family stay.

Opt for the Novotel Panama City hotel located in the center of the business district. Savor traditional dishes in the restaurant while admiring the works of local artists in Novotel.

The cosmopolitan city of Panama will surprise you with its modernity and impressive skyscrapers that contrast with the old city and historic Panama, as well as its commercial centers, the Panama Canal and its exuberant natural beauty.

*Calle José I. Fábregas and Thays De Pons, El Cangrejo Lado Casa de Mano de Piedra Durán 581  
Bella Vista, Panama, Panama*



### RATES PER NIGHT

#### STANDARD ROOM - OCUP. SIMPLE

.....US \$ 75.00 .....

#### STANDARD ROOM - OCUP. DOUBLE

.....US \$ 80.00 .....

#### STANDARD ROOM - OCUP. TRIPLE

.....US \$ 135.00 .....

#### STANDARD ROOM - OCUP. QUADRUPLE

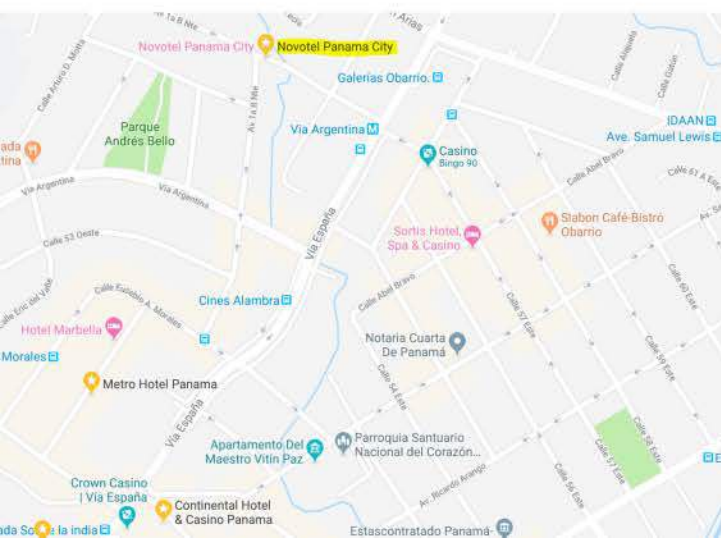
.....US \$ 160.00.....

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- Internet
- Use of the pool & Gym
- Transfer from the airport-hotel
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### Reservations

Licda. Gissela Sandoya  
Tel. (507) 60903763  
(507) 2790535/ 36/ 37  
(507) 69805393  
[gissela@aerotours.com.pa](mailto:gissela@aerotours.com.pa)





## COURTYARD MARRIOTT METROMALL

GoogleMaps: <http://bit.ly/2yej6tx>

This hotel is just 4 miles from the Tocumen International Airport. It is the only hotel located within the Metro Mall shopping complex, where you will find more than 260 places that include department stores, boutiques, coffee shops, restaurants, bars and bistros. Hotel amenities include a lobby bar, room service (until 11 pm), a fully equipped gym, an outdoor pool and a business center. In our three-course restaurant, Centro, guests can enjoy a full buffet or choose from a variety of dishes from our menu. All rooms have 32 "LCD TVs, free wireless internet access with access to transmission speed, soundproof windows, 300 thread count Egyptian cotton sheets and more. Costa del Este, Panama Viejo, the Panama Canal and other local attractions are also nearby when you stay with us.

*Avenida Domingo Díaz vía Tocumen,  
Metro Mall, Panama City Panama*



### RATES PER NIGHT

#### STANDARD ROOM - OCUP. SIMPLE

.....US \$ 145.00 .....

#### STANDARD ROOM - OCUP. DOUBLE

.....US \$ 156.00 .....

#### STANDARD ROOM - OCUP. TRIPLE

..... US \$ 180.00 .....

#### STANDARD ROOM - OCUP. QUADRUPLE

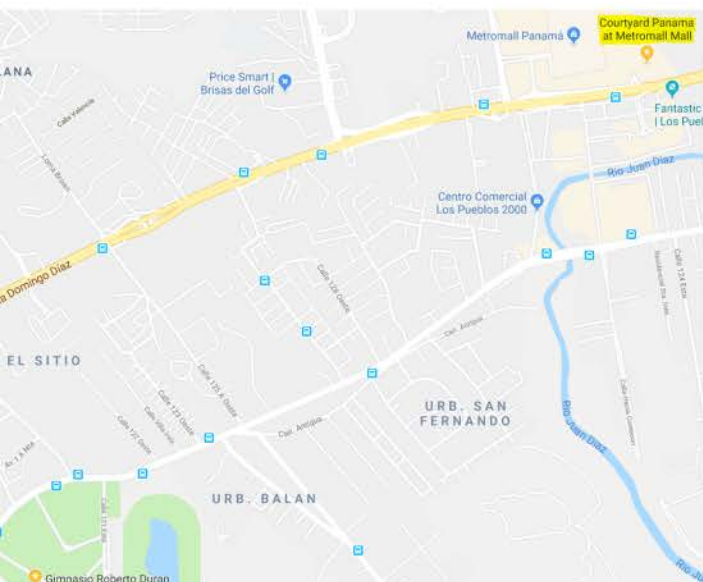
..... US \$ 200.00.....

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(507) 69805393  
[gissella@aerotours.com.pa](mailto:gissella@aerotours.com.pa)



## HILTON GARDEN INN

GoogleMaps: <http://bit.ly/2Njv4aJ>

Welcome to our Hilton Garden Inn® Panama hotel, conveniently located just 12 miles from the Panama Tocumen International Airport (PTY). This Panama City, Panama hotel is just a five-minute walk from the Panama Metro station, near the Iglesia del Carmen. This comfortable and convenient hotel in Panama City, Panama, is also close to the financial center of Panama City and other commercial and business areas.

From our comfortable beds, to the breakfast prepared to order and the complimentary Wi-Fi, our Hilton Garden Inn Panama hotel has everything you need for a successful stay.

*Eusebio A Morales and 49th Street West, El Cangrejo,  
Panama City, Panama*



### RATES PER NIGHT

#### STANDARD ROOM - OCUP. SIMPLE

.....US \$ 125.00 .....

#### STANDARD ROOM - OCUP. DOUBLE

.....US \$ 130.00 .....

#### STANDARD ROOM - OCUP. TRIPLE

.....US \$ 150.00 .....

#### STANDARD ROOM - OCUP. QUADRUPLE

.....US \$ 180.00.....

### Reservations

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(507) 2790535/ 36/ 37

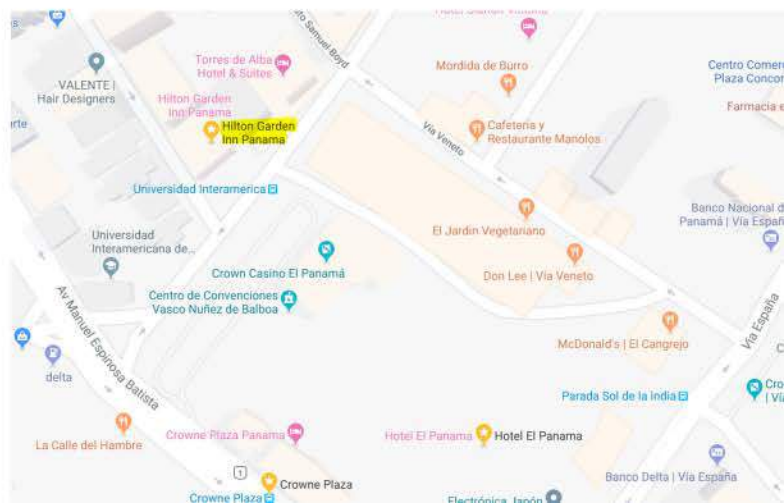
(507) 69805393

[gisella@aerotours.com.pa](mailto:gisella@aerotours.com.pa)



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## COURTYARD MULTIPLAZA

BY MARRIOTT GoogleMaps: <http://bit.ly/2O7fpk9>

ANTICIPATE A VIBRANT STAY AT OUR HOTEL  
IN THE CITY OF PANAMA, PANAMA

Immerse yourself in the lively atmosphere surrounding the Courtyard Panama at Multiplaza Mall. Our hotel is located in the bustle of the Multiplaza Panama and has a privileged location near Punta Pacífica, the Atlapa Convention Center and the Tocumen International Airport. After a day of memories, retreat

to our modern rooms, where you can enjoy benefits such as complimentary Wi-Fi, flat-screen TVs, ergonomic workstations and pictures views of the city.

*Multiplaza Pacific Mall, Vía Israel Avenue  
Panama City, Panama*

### RATES PER NIGHT

|  |
|--|
| <b>STANDARD ROOM - OCUP. SIMPLE</b>    |
| .....US \$ 130.00 .....                |
| <b>STANDARD ROOM - OCUP. DOUBLE</b>    |
| .....US \$ 140.00 .....                |
| <b>STANDARD ROOM - OCUP. TRIPLE</b>    |
| ..... US \$ 180.00 .....               |
| <b>STANDARD ROOM - OCUP. QUADRUPLE</b> |
| ..... US \$ 220.00.....                |

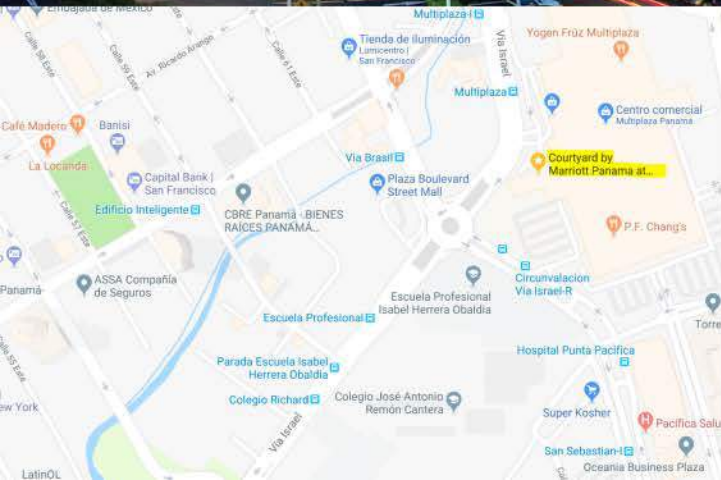
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[pkfhotel@gmail.com](mailto:pkfhotel@gmail.com)



## CONTINENTAL

GoogleMaps <http://bit.ly/2CrTqOG>

Each of our rooms is impeccably decorated and meticulously decorated in a classic style with soft neutral tones with brown accents, incorporating warm furnishings, new flat-screen TVs, luxurious rugs, new wall coverings and new curtains and bedding.

Each room has a new mini refrigerator for personal use, and many offer views of the hotel pool or the magnificent skyline of Panama City.

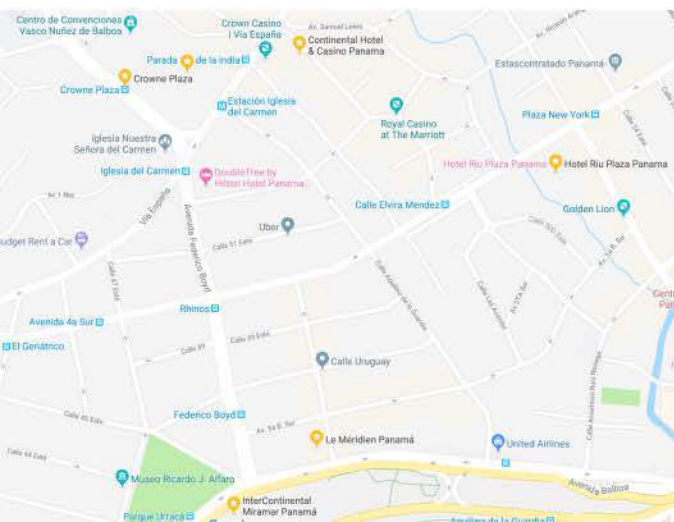
*Via España and Ricardo Arias Street, Panama 05890-823, Panama*

### RATES PER NIGHT

|                                 |  |
|---------------------------------|--|
| STANDARD ROOM - OCUP. SIMPLE    |  |
| .....US \$ 100.00 .....         |  |
| STANDARD ROOM - OCUP. DOUBLE    |  |
| .....US \$ 120.00 .....         |  |
| STANDARD ROOM - OCUP. TRIPLE    |  |
| .....US \$ 150.00 .....         |  |
| STANDARD ROOM - OCUP. QUADRUPLE |  |
| .....US \$ 160.00.....          |  |

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[pkfhotel@gmail.com](mailto:pkfhotel@gmail.com)



## METRO HOTEL PANAMÁ

GoogleMaps: <http://bit.ly/2QxKni5>

The Metro Hotel Panama is located in Panama City, just 1 block from the Via España, The main commercial street of the city. It offers modern rooms with air conditioning, flat-screen cable TV and free Wi-Fi.

The Metro Hotel rooms have a safe, a minibar, a coffee machine and a private bathroom with a hairdryer.

The hotel serves a daily buffet breakfast. There are numerous restaurants within a 5-minute walk of the Metro Hotel.

The area of Old Panama, the old part of the city, is 15 minutes by car from the hotel. Tocumen Airport is 25 minutes away by car.

Our clients say that this part of Panama City is their favorite, according to the independent comments.

*Via España, Calle D El Cangrejo, 0830 00532 Ciudad de Panamá, Panamá.*

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- International buffet breakfast in our Restaurant La Galeria
- Internet
- Use of the pool & Gym
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- Transfer from the hotel to the place of the event (approximately 20 minutes of arrival through the south corridor).



### RATES PER NIGHT

#### STANDARD ROOM - OCUP. SIMPLE

.....US \$ 65.00 .....

#### STANDARD ROOM - OCUP. DOUBLE

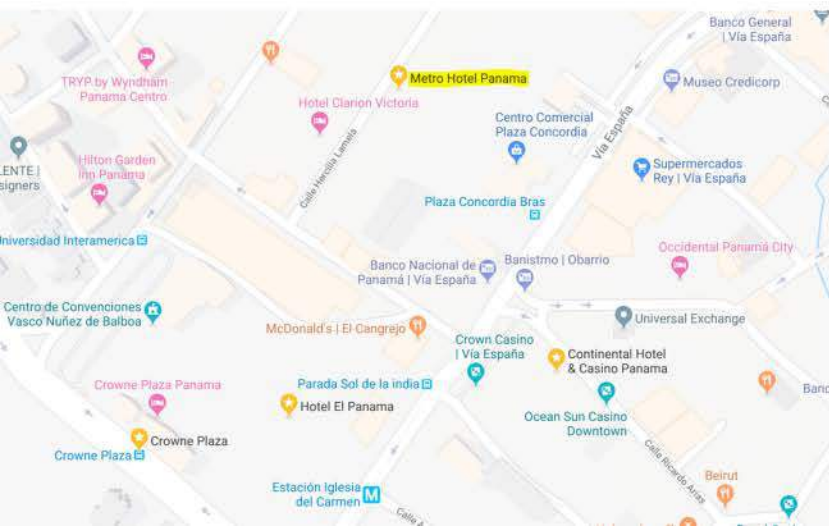
.....US \$ 75.00 .....

#### STANDARD ROOM - OCUP. TRIPLE

.....US \$ 80.00 .....

#### STANDARD ROOM - OCUP. QUADRUPL

.....US \$ 90.00.....

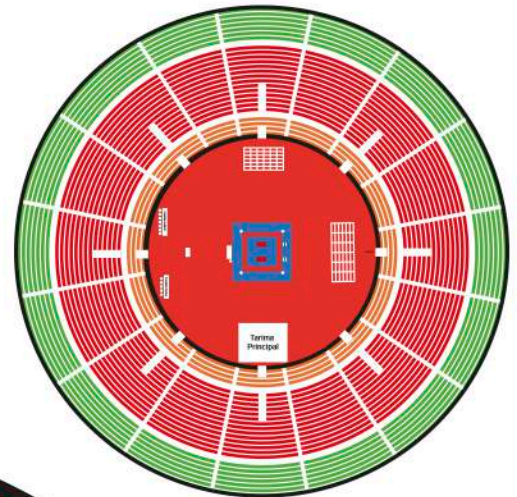


### Reservation

Licda. Gissela Sandoya  
Tel. (507) 60903763  
(507) 2790535/ 36/ 37  
(507) 69805393  
[gissella@aerotours.com.pa](mailto:gissella@aerotours.com.pa)

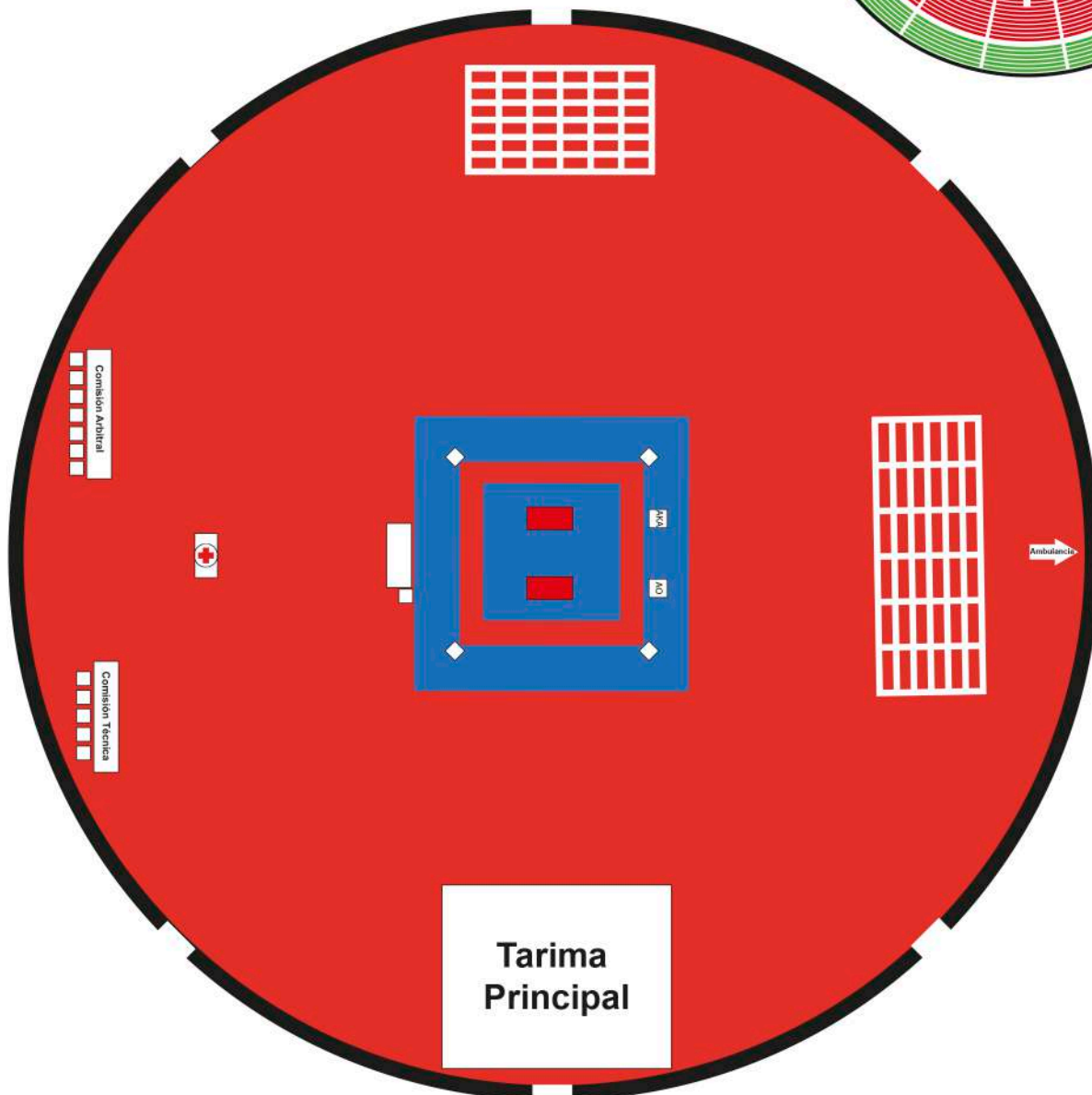
# Arena

## Roberto Duran



SPACE 7850 MTS<sup>2</sup>

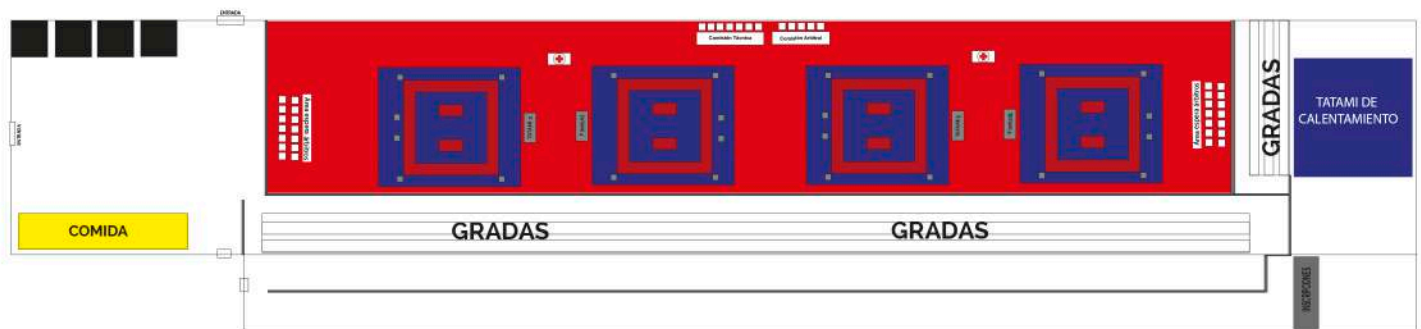
CAPACITY 18 000 SPECTATORS





SPACE 3000 MTS2

CAPACITY 1500 SPECTATORS



## **COSTS**

### **Annual membership fee PKF: US \$ 500**

The registration costs for the courses are the following:

- Kumite Umpire Course US \$ 200
- Course of Umpires kata US \$ 200
- Course of Referees kata / kumite US \$ 350
- Coaching course US \$ 100
- Protests US \$ 300

Registration fee for athletes: US \$ 100 per athlete. For registrations after the closing of the online registration, a fine of US \$ 20 will be applied to the registration of each competitor.

## **INSURANCE**

The costs will be US \$ 10 for each competitor.

## **INSCRIPTION REGISTRATION**

Online registration will begin on January 15, 2019 and close on March 10, 2019.

## **ON PARTICIPATION**

- Each country can register up to 2 participants in each category according to the WKF categories.
- Each country can also register up to 2 participants in each of the 3 Para karate categories of athletes with disabilities. The 3 categories of disability are intellectual, wheelchair and blind.

The transport airport-hotel and vice versa will be only for those who stay in the hotels that make up the organization and in delegations no larger than two groups.



## PKF EVENT PROGRAM

| <b>SUNDAY</b>      | <b>17-mar-19</b>   | <b>HOTEL</b>         |
|--------------------|--|----------------------|
| All day            | Arrival of delegations   | Miramar Hotel        |
| 09:00-18:00        | Registry of referees, coach and delegations                              | Miramar Hotel        |
| 15:00-17:00        | Course for referees and coach (reading)                                  | RIU Hotel            |
| <b>MONDAY</b>      | <b>18-mar-19</b>   | <b>HOTEL</b>         |
| 09:00-17:00        | Registration of delegations  | Miramar Hotel        |
| 09:00-12:00        | Practical course for kata referees                                       | RIU Hotel            |
| 13:00-15:00        | Practical course for COACH   | RIU Hotel            |
| 18:00-19:00        | Weighing   | Miramar Hotel        |
| <b>TUESDAY</b>     | <b>19-mar-19</b>   | <b>HOTEL</b>         |
| 09:00-12:00        | Theoretical exam of kumite   | RIU Hotel            |
| 10:00-11:00        | Meeting of the Arbitral Council  | Miramar Hotel        |
| 11:00-13:00        | Woman and Sport  | Miramar Hotel        |
| 13:00-16:00        | Practical exam of kumite   | RIU Hotel            |
| 14:00-15:00        | Meeting of the Medical Commission  | Miramar Hotel        |
| 15:30-16:30        | Meeting between the PKF Executive Committee and the Organizing Committee | Miramar Hotel        |
| 17:00-19:00        | Technical meeting and draw   | Miramar Hotel        |
| 16:30-17:30        | Meeting of the Executive Committee PKF                                   | Miramar Hotel        |
| <b>18:00-20:00</b> | <b>PKF CONGRESS</b>  | <b>Hotel Miramar</b> |
| 20:30-22:30        | Welcome Dinner   | Miramar Hotel        |

# PKF EVENT PROGRAM

| Wednesday 20-mar-19          |               |                            |               |            | LUGAR            |
|------------------------------|---------------|----------------------------|---------------|------------|------------------|
| 7:30-8:00                    |               | Arbitration Results        |               |            | C.C. VASCO NUÑEZ |
| 8:00-8:50                    |               | Breafing                   |               |            | C.C. VASCO NUÑEZ |
| 9:00-15:00                   | Kata / Kumite | Classification Lima 2019   |               |            | C.C. VASCO NUÑEZ |
| Thursday 21-mar-19           |               |                            |               |            | LUGAR            |
| 10:30-12:00                  | Kata          | Eliminations and repechage | Male / Female | Team       | C.C. VASCO NUÑEZ |
| 12:00-13:00                  | Kata          | Eliminations and repechage | Male / Female | Parakarate | C.C. VASCO NUÑEZ |
| 13:00-14:00 LUNCH            |               |                            |               |            |                  |
| 14:00-15:00                  | Kumite        | Eliminations and repechage | Female        | -61kg      | C.C. VASCO NUÑEZ |
| 15:00-16:00                  | Kumite        | Eliminations and repechage | Female        | -68kg      | C.C. VASCO NUÑEZ |
| 16:00-17:00                  | Kumite        | Eliminations and repechage | Male          | -75kg      | C.C. VASCO NUÑEZ |
| 17:00-18:00                  | Kumite        | Eliminations and repechage | Male          | -84kg      | C.C. VASCO NUÑEZ |
| 18:25-19:25 OPENING CEREMONY |               |                            |               |            | C.C. VASCO NUÑEZ |
| 18:25-19:25                  | Kumite        | Eliminations and repechage | Male          | +84kg      | C.C. VASCO NUÑEZ |
| Friday 22-mar-19             |               |                            |               |            | LUGAR            |
| 09:00-10:00                  | Kata          | Eliminations and repechage | Male / Female | Individual | C.C. VASCO NUÑEZ |
| 10:00-11:00                  | Kumite        | Eliminations and repechage | Female        | -50kg      | C.C. VASCO NUÑEZ |
| 11:00-12:00                  | Kumite        | Eliminations and repechage | Female        | -55kg      | C.C. VASCO NUÑEZ |
| 13:00-14:00                  | Kumite        | Eliminations and repechage | Female        | +68kg      | C.C. VASCO NUÑEZ |
| 14:00-15:00 LUNCH            |               |                            |               |            | LUGAR            |
| 15:00-16:00                  | Kumite        | Eliminations and repechage | Male          | -60kg      | C.C. VASCO NUÑEZ |
| 16:00-17:00                  | Kumite        | Eliminations and repechage | Male          | -67kg      | C.C. VASCO NUÑEZ |
| 17:00-18:30                  | Kumite        | Eliminations and repechage | Male / Female | Team       | C.C. VASCO NUÑEZ |



# PKF EVENT PROGRAM

| Saturday 23-mar-19 |                          |                  |            |            | LUGAR            |
|--------------------|--------------------------|------------------|------------|------------|------------------|
| 09:30-09:40        | Kumite                   | Match for Bronze | Female     | +68kg      | A. ROBERTO DURAN |
| 09:40-09:55        | Kumite                   | Match for Bronze | Male       | +84kg      | A. ROBERTO DURAN |
| 09:55-10:05        | Kumite                   | Match for Bronze | Female     | -68kg      | A. ROBERTO DURAN |
| 10:05-10:20        | Kumite                   | Match for Bronze | Male       | -84kg      | A. ROBERTO DURAN |
| 10:20-10:30        | Kumite                   | Match for Bronze | Female     | -61kg      | A. ROBERTO DURAN |
| 10:30-10:40        | Kumite                   | Match for Bronze | Female     | -55kg      | A. ROBERTO DURAN |
| 10:40-10:55        | Kumite                   | Match for Bronze | Male       | -75kg      | A. ROBERTO DURAN |
| 10:55-11:15        | Kata                     | Match for Bronze | Masc./Fem. | Parakarate | A. ROBERTO DURAN |
| 11:15-11:30        | Kata                     | Match for Bronze | Female     | Individual | A. ROBERTO DURAN |
| 11:30-11:45        | Kata                     | Match for Bronze | Male       | Individual | A. ROBERTO DURAN |
| 11:45-12:00        | Kumite                   | Match for Bronze | Male       | -60kg      | A. ROBERTO DURAN |
| 12:00-12:10        | Kumite                   | Match for Bronze | Female     | -50kg      | A. ROBERTO DURAN |
| 12:10-12:25        | Kumite                   | Match for Bronze | Male       | -67kg      | A. ROBERTO DURAN |
| 12:25-13:00        | Kumite                   | Match for Bronze | Female     | Team       | A. ROBERTO DURAN |
| 13:00-13:30        | Kata                     | Match for Bronze | Male       | Team       | A. ROBERTO DURAN |
| 13:30-14:00        | Kata                     | Match for Bronze | Female     | Team       | A. ROBERTO DURAN |
| 14:00-15:10        | Kumite                   | Match for Bronze | Male       | Team       | A. ROBERTO DURAN |
| 15:10-16:00        | BREAK                    |                  |            |            |                  |
| 16:05-18:00        | FINALS                   |                  |            |            | A. ROBERTO DURAN |
| 18:10-19:10        | AWARD CEREMONY           |                  |            |            | A. ROBERTO DURAN |
| 19:15-19:30        | Delivery of Certificates |                  |            |            | A. ROBERTO DURAN |
| 19:35-20:00        | Closing Ceremony         |                  |            |            | A. ROBERTO DURAN |

# RULES WKF PARAKARATE (VISUAL DISABILITY)

14



WKF Para-Karate Rules

## APPENDIX 1: MEDICAL ATTESTATION

### Blind/visually impaired

|                   |   |
|-------------------|---|
| Name:             |   |
| First Name:       |   |
| Date of Birth:    |   |
| Sex:              | <div style="display: flex; justify-content: space-around;"> <div style="background-color: red; color: white; padding: 2px 10px;">Female</div> <div style="background-color: blue; color: white; padding: 2px 10px;">Male</div> </div> |
| Country:          |   |
| Association/Club: |   |

|   |                 |
|---|-----------------|
| Visual performance without correction:            | Left:<br>Right: |
| Visual performance with best correction possible: | Left:<br>Right: |
| Eye refraction:                                   | Left:<br>Right: |
| Limitation of the field of vision:                | Left:<br>Right: |

### Grading according to ICD-10:

|               | H 53.- | H 54.- |        |        |        |        |        |        |  |
|---------------|--------|--------|--------|--------|--------|--------|--------|--------|--|
|               |        | H 54.0 | H 54.1 | H 54.2 | H 54.3 | H 54.4 | H 54.5 | H 54.6 |  |
| Grade 1 and 2 |        |        |        |        |        |        |        |        |  |
| Grade 3       |        |        |        |        |        |        |        |        |  |
| Grade 4       |        |        |        |        |        |        |        |        |  |
| Grade 5       |        |        |        |        |        |        |        |        |  |

Mark the right with a cross, or record a new code

This is to certify that the information above is correct, and the Athlete may compete at a Championship

|                       |                              |
|-----------------------|------------------------------|
| Place of examination: | Doctor (Stamp and signature) |
| Date:                 |                              |



# RULES WKF PARAKARATE (INTELLECTUAL DISABILITY)



WKF Para-Karate Rules

## *Intellectually impaired*

|                   |   |
|-------------------|---|
| Name:             |   |
| First Name:       |   |
| Date of Birth:    |   |
| Sex:              | <div style="display: flex; justify-content: space-around;"> <div style="background-color: red; color: white; padding: 2px 10px;">Female</div> <div style="background-color: blue; color: white; padding: 2px 10px;">Male</div> </div> |
| Country:          |   |
| Association/Club: |   |

### **Medical classification:**

- Grading according to ICD-10:

| F 70 | F 71 | F 81.9 | F 82 | F 90 | Q 90 |  |
|------|------|--------|------|------|------|--|
|      |      |        |      |      |      |  |

Mark the correct classification with a cross, or record a new code

Assessment and Authentication:


|  |   |
|--|---|
| Analysis:<br>short assessment of the<br>doctor | DYSKINETIC CELEBRAL PALSY + MENTAL MOTOR<br>RETARDATION |
| place and date of<br>expertise:                | Doctor (Stamp and signature):<br><br>                   |

This is to certify that the information made above is correct, and the Athlete may compete at a Championships

### **Functional classification:**

|                                |   |
|--------------------------------|---|
| Consultant:                    | Name:<br>Qualification:<br>Institution: |
| Place of examination:<br>Date: | Consultant (Stamp and signature)        |

# RULES WKF PARAKARATE (WHEELCHAIR)



**WKF Para-Karate Rules**

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**Wheelchair user**

|                   |        |      |  |
|-------------------|--------|------|--|
| Name:             |        |      |  |
| First Name:       |        |      |  |
| Date of Birth:    |        |      |  |
| Sex:              | Female | Male |  |
| Country:          |        |      |  |
| Association/Club: |        |      |  |

**Grading according to ICD-10 :**

|             |        |         |         |            |              |              |              |
|-------------|--------|---------|---------|------------|--------------|--------------|--------------|
|             | G 35.- | G 82.-  |         |            |              |              |              |
|             |        | G 82.0- | G 82.1- | G 82.6-!   |              |              |              |
|             |        |         |         | Neck Level | Thorax level | Lumbar level | Lumbar level |
| Exact level |        |         |         |            |              |              |              |
|             |        |         |         |            |              |              |              |

|             |                 |                 |                 |                 |                |                |                |        |
|-------------|-----------------|-----------------|-----------------|-----------------|----------------|----------------|----------------|--------|
|             | Q 05.-          |                 |                 |                 | S 14.-         | S 24.-         | S 34.-         | T 05.- |
|             | Q 05.0 + Q 05.5 | Q 05.1 + Q 05.6 | Q 05.2 + Q 05.7 | Q 05.3 + Q 05.8 | S 14.7-! level | S 24.7-! level | S 34.7-! level |        |
| Exact level |                 |                 |                 |                 |                |                |                |        |
|             |                 |                 |                 |                 |                |                |                |        |

Mark the correct classification with a cross, or record a new code

This is to certify that the information made above is correct, and the Athlete may compete at a Championship

|                       |                              |
|-----------------------|------------------------------|
| Place of examination: | Doctor (Stamp and signature) |
| Date:                 |                              |





# ★ XXXIII PAN AMERICAN ★ KARATE CHAMPIONSHIPS ★ PANAMÁ 2019

SEE YOU SOON...

