



OPEN INTERNATIONAL DE PARIS

FÉVRIER
22•23
SAMEDI DIMANCHE

KARATÉ LIGHT
ET FULL CONTACT

INSTITUT NATIONAL JUDO
PARIS (14^{ÈME})

HORAIRES À PARTIR DE 9H30

SUIVEZ-NOUS SUR



Mutuelle des Sportifs

Crédit Mutuel



FFK

COMPETITION PROGRAMME

SATURDAY, FEBRUARY 22 - KARATE LIGHT CONTACT

8:30 - REFEREE BRIEFING

9:00 - REGISTRATION AND WEIGH-IN

9:00 - 9:15	Male 14-15 years old:	-45kg/-50kg/-55kg/-60kg/-65kg/-70kg/-75kg/+75kg
9:15 - 9:30	Female 14-15 years old:	-40kg/ -45kg/-50kg/-55kg/-60kg/+60kg
9:30 - 10:00	Male 12-13 years old:	-35kg/-40kg/-45kg/-50kg/-55kg/-60kg/+60kg
10:00 - 10:30	Female 12-13 years old:	-35kg/-40kg/ -45kg/-50kg/-55kg/+55kg
10:30 - 10:45	Male 10-11 years old:	-30kg/ -35kg/-40kg/ -45kg/-50kg/-55kg/+55kg
10:45 - 11:00	Female 10-11 years old:	-30kg/-35kg/-40kg/ -45kg/-50kg/+50kg
11:00 - 11:15	Male 8-9 years old:	-30kg/ -35kg/-40kg/ -45kg/-50kg/+50kg
11:15 - 11:30	Female 8-9 years old:	-25kg/-30kg/ -35kg/-40kg/ -45kg/+45kg
11:30 - 11:45	Male 16-17 years old:	-55kg/-60kg/-65kg/-70kg/-75kg/-80kg/+80kg
11:45 - 12:00	Female 16-17 years old:	-48kg/-53kg/-58kg/-63kg/-68kg/+68kg
12:00 - 12:30	Male senior:	-56kg/-60kg/-64kg /-68kg /-72kg/-76kg/-80kg/-85kg/ -90/+90kg
12:30 - 12:45	Female senior:	-50kg/-54kg/-58kg/-63kg/-68kg/+68kg
13:30 -14:00	Male over 40:	-60kg/-68 /-76kg/-85kg/+85kg
14:00-14:30	Male over 40:	-50kg/-60kg/+60kg

9:30 - COMPETITION (ELIMINATIONS & FINALS)

FINALS AND MEDAL AWARDS WILL TAKE PLACE AT THE END OF EACH CATEGORY

SUNDAY, FEBRUARY 23 - KARATE FULL CONTACT & JUNIORS PRE-COMBAT

9:00 - REGISTRATION AND WEIGH-IN

9:00 - 9:15	Male Junior:	-55kg/-60kg/-65kg/-70kg/-75kg/-80kg/+80kg
9:15 - 9:30	Female Junior:	-48kg/-53kg/-58kg/-63kg/-68kg/+68kg
9:30 - 9:45	Female Senior:	-50kg/-54kg/-58kg/-63kg/-68kg/+68kg
9:45 - 10:00	Male Senior:	-56kg/-60kg/-64kg
10:00 - 10:15	Male Senior:	-68 /-72kg/-76kg
10:15 - 10:30	Male Senior :	-80kg/-85kg/-90/+90kg

9:30 - COMPETITION (ELIMINATIONS)

15:00 - FINALS ALL CATEGORIES

MEDAL AWARDS WILL TAKE PLACE AFTER ALL THE FINALS

GENERAL INFORMATION

STADIUM & ACCOMMODATION

THE INJ - NATIONAL JUDO INSTITUTE - PARIS 14TH

INJ - Institut National du Judo
21 avenue de la Porte de Chatillon
75014 PARIS



HOTELS & TRANSPORTATION

The stadium and the Headquarters of the Federation are located in the south of Paris, near the Porte d'Orléans (Paris 14th). This neighbourhood is easily accessible by metro (line 4), tramway (line 3a) and by car.

You can find below a list of hotels in less than 15-min walking distance:

Three-stars hotels

- Hotel Ibis Porte d'Orléans (HQ) – 33, rue barbès – 92120 Montrouge
- Hotel Ibis Paris Alesia Montparnasse – 49, rue des plantes – 75014 Paris
- Hotel Mercure Paris Malakoff Parc des Expositions – 129 avenue Pierre Brossolette – 92240 Malakoff
- Hotel Châtillon Paris Montparnasse – 11, square de Chatillon – 75014 Paris

One-star hotel

- Hotel Formule 1 (low cost) – 23, avenue de la Porte de Châtillon – 75014 Paris (directly on the Hall INJ).

REGISTRATION & CONTACT INFORMATION

HOW TO REGISTER

Information about registration and the event will be available on the official website of the FFK:

You will find below the link to download the programme, the registration sheet as well as the official technical rules of the competition :

<https://www.ffkarate.fr/calendrier/open-international-paris-karate-full-light-contact/>

If you need an invitation letter to apply for a visa, please send us by email an official demand with the details listed below for each member of your delegation :

Name / Surname / Nationality / Date of Birth / Passport Number / Function in the delegation

DO NOT HESITATE TO CONTACT US

MOHAMED MESSADAQUI

EMAIL : COMPETITION@FFKARATE.FR

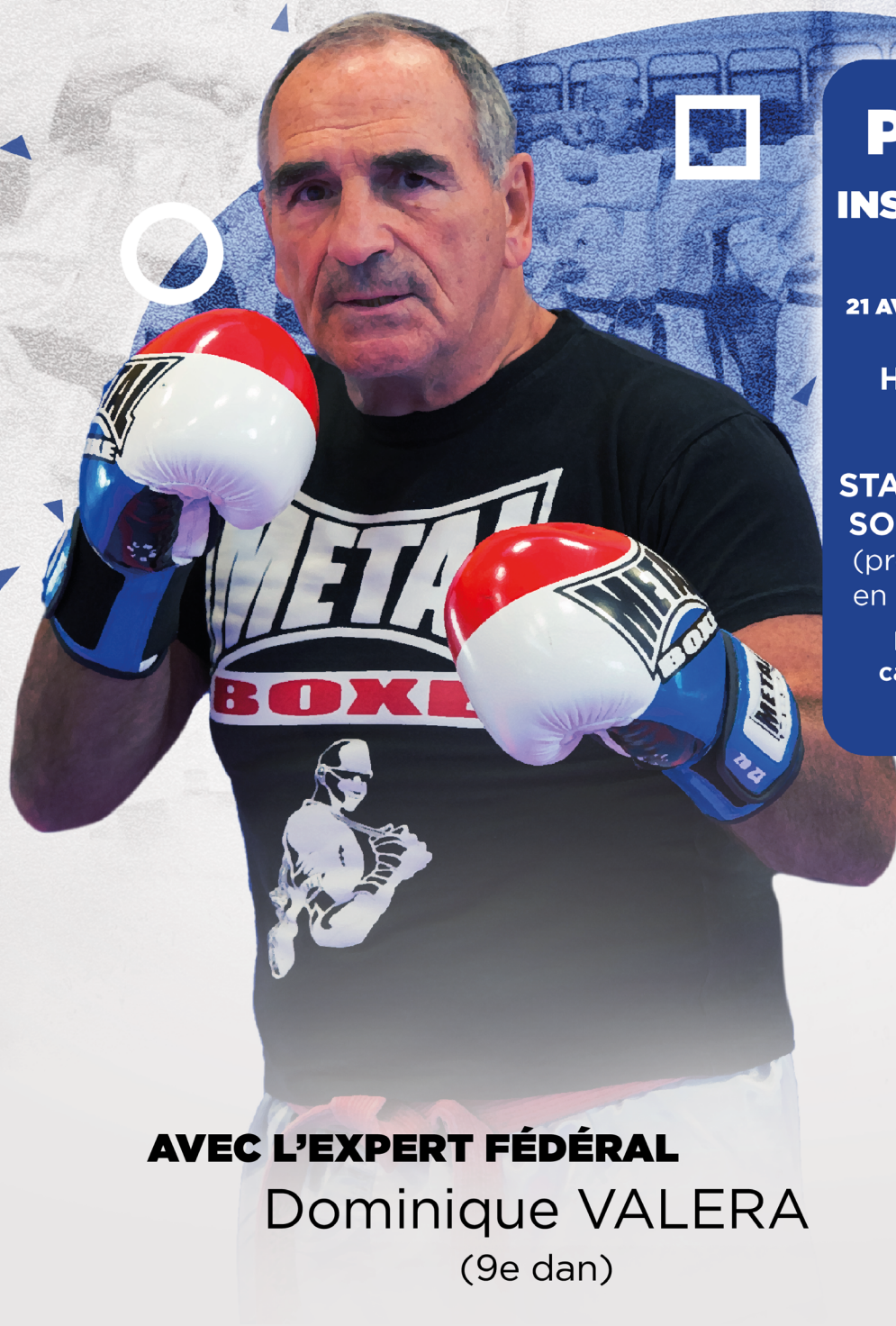
PHONE : +33 (0)6 98 35 64 09

STAGE NATIONAL

KARATÉ

FULL CONTACT

VENDREDI 21 FÉVRIER 2020



PARIS XIV^e
**INSTITUT NATIONAL
DU JUDO (INJ)**

21 AV DE LA PORTE DE CHÂTILLON

HORAIRES : 19h - 21h

STAGE GRATUIT suivi d'une
SOIRÉE DINATOIRE 10 €
(pré-inscription obligatoire
en ligne avant le 14 février)

[https://www.ffkarate.fr/
calendrier/stage-national-
karate-full-contact/](https://www.ffkarate.fr/calendrier/stage-national-karate-full-contact/)

AVEC L'EXPERT FÉDÉRAL

Dominique VALERA
(9e dan)

SUIVEZ-NOUS SUR



WWW.FFKARATE.FR

