

SAM. DIM. 26 - 27 FÉV. 2022

**OPEN
INTERNATIONAL**

KARATÉ
LIGHT CONTACT / FULL CONTACT



INSTITUT NATIONAL DU JUDO
PARIS (14^e)

+ d'infos sur ffkarate.fr



FÉDÉRATION
FRANÇAISE
KARATÉ

COMPETITION PROGRAMME

SATURDAY, FEBRUARY 26 - 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 |
| 13:30 -14:00 | Male over 41: | -60kg/ -68kg / -76kg/ -85kg/ +85kg |
| 14:00-14:30 | Female over 41: | -50kg/ -60kg/ +60kg |

9:30 - COMPETITION (ELIMINATIONS & FINALS)

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

SUNDAY, FEBRUARY 27 - KARATE LIGHT CONTACT / KARATE FULL CONTACT

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: | -68kg/ -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

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