

La Ligue Côte d'Azur de Karaté et Disciplines Associées organise

# OPEN INTERNATIONAL DE KARATE FEMININ



**25, 26 et 27 Juin 2010**  
**Complexe Sportif Henry Gros,**  
**Avenue Pierre et Marie Curie**  
**83240 CAVALAIRE - France**

## RENSEIGNEMENTS :

Ligue Côte d'Azur de Karaté et  
Disciplines Associées,  
71 rue Revel 83000 Toulon  
Tel 04.94.23.36.39 - Fax 04.94.23.33.16  
cotedazurkarate@orange.fr

Fédération Française de Karaté et  
Disciplines Associées,  
39 rue Barbes, 92129 Montrouge -  
Tel 01.41.17.44.40 - Fax 01.41.17.08.31  
www.ffkarate.fr



Le KARATE : un esprit Zen dans un sport SAIN



# INTERNATIONAL OPEN OF FEMALE KARATE OPEN INTERNATIONAL DE KARATE FEMININ

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**Stadium : Complexe Sportif Henry Gros,  
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CÔTE D'AZUR - FRENCH RIVIERA - FRANCE**

## FEMALE SENIOR COMPETITION

**KATA Team & Individual Female**

**KUMITE Individual Female : -50kg / -55kg / -61kg / -68 kg / +68kg / Open**

**TEAM KUMITE** will be made with each categories individual competitors

*We inform you that you can register a maximum of 2 competitors in each category  
(as confirmed above, these competitors will be used for the Team Kumite Competition)*

**1 - Please return your entry form** for the competition at least by the  
**15 Mai 2010** at the following address :

FFKDA / French Karate Federation, 39 rue Barbes, 92120 MONTRouGE - FRANCE

Contact : Carla - Tel : + 33 1 41 17 44 57 / Fax : +33 1 41 17 05 65

E-mail : [competition@ffkarate.fr](mailto:competition@ffkarate.fr)

**2 — Please return your Hotel booking and transfer informations**  
(from Nice Côte d'Azur\* Airport to Cavalaire) at least by the **15 Mai 2010** at :

Ligue Côte d'Azur de Karaté / French Riviera Region of Karate

71/81 Rue Revel, 83000 TOULON – France

Tel : + 33 6 86 42 49 90 / + 33 4 94 23 36 39 / Fax : +33 4 94 23 33 16

E-mail : [hpuvelan@parker.com](mailto:hpuvelan@parker.com) / [cotedazurkarate@orange.fr](mailto:cotedazurkarate@orange.fr)

- *Preferably Toulon or alternatively Nice Côte d'Azur are the Official Airport, but for your convenience you can also arrive at Marseille Airports either Toulon Train Stations.*

## ADDITIONAL INFORMATIONS

The French Riviera Region of Karate will organise and pay for 9 competitors  
(6 kumite, 3 kata), 1 Referee and 1 Coach :

- Transfers on Thursday 24<sup>th</sup> / Friday 25<sup>th</sup> (Arrivals) and Sunday 27<sup>th</sup> / 28<sup>th</sup> (Departures) :  
from Toulon Airport or Nice Côte d'Azur International Airport <> Cavalaire Hotels
- Transfers : Hotels <> Stadium
- Lunch at the Stadium for Saturday 26<sup>th</sup> and Sunday 27<sup>th</sup>

The following Expenses will be at your charge :

- Hotel accommodation (Please contact the French Riviera Region of Karate for booking).
- Breakfast and Dinner

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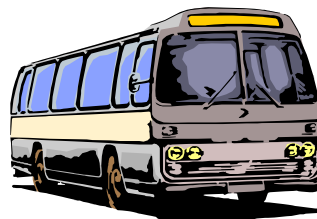
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## TRANSFERS

Transportation will be organised to collect the delegations from Toulon Airport or alternatively Nice Côte d'Azur International Airport to your accommodation place in Cavalaire. Your return transfer to either Toulon or Nice airport will also be organised.

Organisation will also pick-up Delegations from Toulon or others (to be confirmed) Train Station. Detailed program will be communicated to your federation later.



## BOOKING AND PAYMENT

The booking has to be done by filling up the enclosed subscription form and sending it to the following e-mail : [cotedazurkarate@orange.fr](mailto:cotedazurkarate@orange.fr), or sending it to the following fax number **+33 4 94 23 33 16**.

A deposit of 50 % of the total amount will have to be paid to confirm officially your booking.  
The balance will have to be paid the latest 1 week before your arrival in France (in case of a problem, the payment will be accepted at the arrival of the delegation at the Hotel latest).

The payment for the Hotels will have to be done directly to LIGUE COTE D'AZUR DE KARATE (FRENCH RIVIERA REGION OF KARATE), by Bank transfer.

## BANK ACCOUNT DETAILS

**Ligue Côte d'Azur de Karaté**  
Account Number : 43612104280  
RIB Key : 09

Bank : Crédit Agricole – 19106      Branch : 00008  
IBAN : FR76 1910 6000 0843 6121 0428 009  
BIC : AGRIFRPP891

**CAUTION: BECAUSE CAVALAIRE - COTE D'AZUR (FRENCH RIVIERA) IS LOCATED IN A VERY TOURISTIC REGION THE DEAD LINE FOR REGISTRATIONS WILL BE MAI 15<sup>th</sup>, 2010. REGISTRATIONS CANNOT BE GARANTEED AFTER THIS DATE!**

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## SCHEDULE PROGRAM

Friday, June 25 <sup>th</sup>	14.00	Delegation's Arrival - Hotel Installation
	14.00-19.00	Registrations (gymnasium)
	17.00-17.30	Referees Briefing (gymnasium)
	17.30-18.00	Coach Briefing (gymnasium)
	20.00	Diner
Saturday, June 26 <sup>st</sup>	9.00	KUMITE -50 kg / -55 kg / -61 kg / -68 kg / + 68 kg / OPEN - Qualifications
	12.00-14.00	Lunch – Déjeuner
	14.00	KATA Individuel - Qualifications
	17.00-17.30	Welcome Ceremony
	17.30-18.00	KATA Individuel Final
	18.00-18.30	KUMITE -50 kg / -55 kg / -61 kg / -68 kg / + 68 kg / OPEN Finals
	18.30-19.00	Awards Ceremony
	19.00-19.30	Démonstration – Body Karaté show KUMITE International Selections
Sunday, June 27 <sup>nd</sup>	21.00	Diner & Animation
	9.00-10.00	KATA / Equipes - Qualifications
	10.00-12.00	KUMITE Equipes – Qualifications
	12.00-14.00	Lunch – Déjeuner
	14.30-15.00	KATA Equipes Final
	15.00-15h30	KUMITE Equipes Final
	15.30-16.00	Awards Ceremony
	16.30	Delegations Departures
	20.00	Farewell Party (Animation & Conference Room of Cavalaire)





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## ACCOMODATIONS

### CAMPING DE LA BAIE \*\*\*\*

Boulevard Pasteur 150 m RN 559, center of the city  
BP12 - 83240 Cavalaire sur mer

Tel : 04.94.64.08.15 - Fax : 04.94.64.66.10

Mail : contact@camping-baie.com - Site : <http://www.camping-baie.com>



Located in the heart of the town in a lush setting, 400 m from a vast fine sandy beach and marina, the Camping de la Baie is open from the 15 on march until the 15 of November and provides a quiet, friendly atmosphere beneath the sun of the South of France. Heated swimming-pool and Jacuzzi, bar, restaurant, take-away dishes, grocery, everything you need to enjoy a relaxing holiday.



In the campsite : Reception open from 8 h 30 am till 6 pm. TV transmission sporting events in the bar.

In the village, you can find doctors, pharmacy, shops, etc...

### CAMPING DE LA BAIE – CAVALAIRE

TYPE	Qty	Person(s)	Arrival	Departure	Day(s)	Price / Day	TOTAL (112€ x days)
BUNGALOW						112€ (4/6 pers)	€
DELEGATION'S NAME							



### CAMPING DE LA BAIE - 2010

	Daily Price
<b>Mobil home 4-6 Persons</b> (a double room, a room with two simples bed and a sofa double bed in the living room).	112 €
<b>RESTAURANT « LES COCOTIERS »</b> Boulevard Pasteur, Camping de la Baie, BP 12, 83240 Cavalaire sur Mer – Tel : 04.94.05.41.83 Forfait ½ pension : <b>Breakfast and dinner – Price / Day / Pers.</b>	20 € / pers

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## THE STADIUM

### COMPLEXE SPORTIF HENRY GROS

Avenue Pierre et Marie Curie,  
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## CAVALAIRE – CÔTE D'AZUR, FRANCE

### Provence with a maritime air

Here, mimosas, parasol pines and eucalyptus dabble their toes in the sea. Cavalaire the Provençal reflects its warm, ochre colours in the blue of the Mediterranean. A perfect contrast.

Proud of its 4 km of white sand and its marina, as well as its shaded squares, its colourful and fragrant market, and its secret hills. Seaside and seduction, it is true. In the same way as Saint-Tropez, its famous neighbour. But it is also wild at heart. Just as much turned towards the golden islands and their 100,000 cicadas, as resting against the Provençal foothills and their aromas of the garrigue...

### The Mediterranean with a touch of the Carribean

Sand as white as the water is transparent, flowers all the year round, enchanting creeks, with 300 days of sunshine per year and outstanding nature, Cavalaire is exotic and offers a complete change of scenery. In the winter and in the summer the gentle way of life inspires visitors to relax. But the sea is there, ever tempting. The bay attracts sailors and divers from far and wide, as well as fishing enthusiasts and jet-skiers. A sail passes by haughtily. A mattress beckons. A sea trip leads to Porquerolles, Port-Cros or the Ile du Levant... where you can spend the day playing at being Robinson Crusoe.

### By night and by day, Cavalaire is seductive

Days of blue and gold. Nights of gold and blue. Cavalaire lives with intensity every day of the year. Sporty whenever you want. Melodic and musical whenever you feel the inspiration. Playful as well, because the Casino attracts many visitors. Naturally beautiful, it leads you along the fragrant footpaths of the Chaîne des Pradels. A mermaid dives down into the depths of a turquoise blue creek, before disappearing over the horizon, a figurehead on a large white yacht... to return again, filled with hunger and complicity, nibbling on an olive and with a hint of the perfume of aniseed.

### Office de Tourisme

Maison de la Mer, BP 32, Rond-Point Saint-Exupéry, 83240 Cavalaire

Tel : 04.94.01.92.14 – Fax : 04.94.64.04.60 –

Mail : [contact@cavalairesurmer.fr](mailto:contact@cavalairesurmer.fr) - Site : [www.cavalairesurmer.fr](http://www.cavalairesurmer.fr)

Opening hours of the Tourism Office

High season : From June 15th to September 15th: 7 days over 7 from 9.00 am to 7.00 pm.

Low season: From Monday to Friday: from 9.00 am to 12.30 pm and from 2.00 pm to 6.00 pm.

Saturday: from 9.00 am to 12.30 pm.



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## CARTE & ACCES

Come to Cavalaire-sur-Mer



### By Car :

A 8 Motorway « La Provençale », possible exits:

→ Le Cannet des Maures, Le Luc, La Foux junction: D 558, La Foux junction, Cavalaire sur Mer: D 559

→ Le Muy, Sainte-Maxime: D 25 Sainte Maxime, La Foux junction: N 98, La Foux junction, Cavalaire: D 559

### By Train (TGV – High Speed Train) :

TGV Toulon or St-Raphaël, 8 daily connections with Paris. Coach links to Cavalaire. Sleeping cars from Paris to Toulon or St-Raphaël.

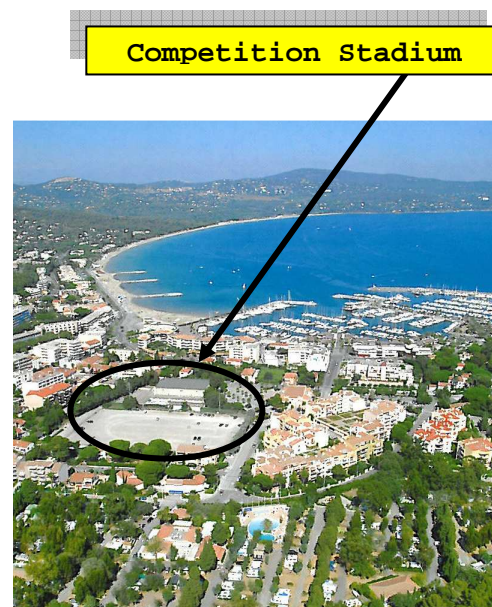
### By Boat :

Port de plaisance de Cavalaire de 1200 places. Places réservées aux bateaux de passage.

By boat: Harbour with 1,200 moorings. Some of them are reserved for daily visitors.

### By Plane :

Regular Air France links to Nice, Marseille and Toulon-Hyères, several daily flights. La Mole international airport provides regular links with Switzerland.





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## International Training Camp Cavalaire, France - June 23<sup>rd</sup>, 24<sup>th</sup> & 25<sup>th</sup>

We are pleased to inform you about the organisation of an **International Training Camp** that will take place in Cavalaire (same place as for the Competition) on **Wednesday 23<sup>rd</sup>, Thursday 24<sup>th</sup> and Friday 25<sup>th</sup>**. There will be limited places for the International Training Camp, so please confirm rapidly that your delegation will attend the International Training Camp (Free of Charge). You will find here below the schedule Program :

INTERNATIONAL TRAINING CAMP SCHEDULE PROGRAM				
DATES	MORNING		AFTERNOON	
Wednesday 23 <sup>rd</sup>	10H12H	Free Training (each delegation) Jogging	12H16H 18H20H	Free Training 1 <sup>st</sup> Training (Dojo) → All Delegations
Thursday 24 <sup>th</sup>	10H12H	Training (Dojo) → All Delegations Grabbing & Throwing Technics	14H18H 18H20H	Video (Analysis and Comments) of the International Female Competition Training (Dojo) → All Delegations
Friday 25 <sup>th</sup>	10H12H	Training (Dojo) → All Delegations	14H18H 18H20H	Free Training Training (Dojo) → All Delegations End of International Training Camp

**We are Pleased to Welcome you on the French Riviera  
For the International Open of Female Karate  
And the International Training Camp**



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## PERSONNAL INFORMATIONS

# karatē

UN SPORT  
UN ART DE VIVRE



**F.F. KARATÉ**   
et disciplines associées

[WWW.FFKARATE.FR](http://WWW.FFKARATE.FR)

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conception et réalisation : Céline Lumbert - sapellorange.fr - tous droits réservés