



METROPOLITAN REGION



METROPOLITAN REGION

NEWS BULLETIN - NO 1

# NAIROBI OPEN

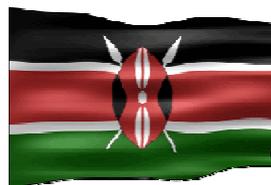
## KARATE CHAMPIONSHIP

FOR

**CHILDREN, CADETS, JUNIORS, ADULTS & VETERANS**

*16 & 17 FEBRUARY 2019*

**NAIROBI, KENYA**



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



# Contents

1. Initial Greetings .....	3
a) Head of host Region .....	3
b) Head of the Organizing Committee .....	3
2. Introduction .....	4
a) Introduction .....	4
b) About Nairobi .....	4
c) Site and Date .....	5
d) Competition Venue .....	5
e) Organizers and Contacts .....	5
3. Competition Information .....	6
a) Event Categories .....	6
b) Age Categories .....	6
c) Weight Categories .....	6
4. Competition Programme .....	6
5. Registration Details .....	8
a) Guidelines .....	8
b) Onsite registration and Accreditation .....	8
6. Entry Fees .....	8
a) Participation Charges .....	8
b) Modes of Payment .....	9
7. General Information .....	9
8. Awards and Incentives .....	9
a) Awards .....	9
b) Incentives .....	9
9. Referees .....	9
10. Coaches .....	10
11. Individual Membership Card .....	10
12. Anti-Doping .....	10
13. Insurance .....	10
14. Sponsors .....	10

## 1. Initial Greetings

a)



**ENG. DAN WARA**

**Head - KKF Metropolitan Region**

As the **Head** of the **Kenya Karate Federation (KKF) Metropolitan Region**, I would like to welcome all the competitors and officials from all over. It is indeed a great pleasure to have you for the Nairobi Open Karate Championship from 16<sup>th</sup> to 17<sup>th</sup> of **February 2019**.

I believe this event will draw great attention as a precursor of **Tokyo 2020**. I hope all the athletes gathered here will be able to demonstrate their fair techniques gained from daily training, and that they will be able to strengthen their mutual friendship and promote international goodwill through this event

I look forward to welcoming as many of you as possible at the **Nairobi Open** Championship 2019.

b)



**ENG. EDWIN GENDI**

**Secretary General / CEO - KKF Metropolitan Region**

**Head of Organizing Committee – Nairobi Open 2019**

Dear All,

On behalf of the Organizing Committee, welcome to **Nairobi Open** Individual Karate Championship. This event will feature all cadres of Karate Athletes, from **Children** of 11 years to Veterans of 60+ years, participating in either **Kata** and/or **Kumite**, as explained in the Competition information section.

We welcome Karate-kas from within and without our borders. This tournament will surely offer you a guaranteed high quality competition against equally competitive athletes. We commit to better the organization of the event with the ultimate aim of making it a model of efficiency and well doing, built on a foundation of Integrity and Professionalism.

We will provide the best conditions available as well as fair opportunities for all. I sincerely hope that all the Karate Athletes will strive to achieve their best during this noble event.

Good luck to all, my true wish that you have a safe and enjoyable tournament!

## 2. Introduction

### a) Introduction

- **Nairobi Open** is the most important Karate event in the Calendar of the Kenya Karate Federation Metropolitan Region 2019.
- It is designed to accommodate **Children** (11 – 13 years), **Cadets & Juniors** (14 – 17 years), **adults** (18 – 39 years), Veterans (40+ years), and endeavors to bring together the best Karate athletes within and outside the Kenya Karate Federation Metropolitan Region in an open Championships of unprecedented scale and quality.
- The event offers all Karate athletes, of similar weight categories and modalities, an opportunity to challenge for top honors and pride without any restrictions of grades/belts possessed, thus stating Karate's impact all around the ranks world over.
- The city of Nairobi hosts the **2019 Nairobi Open Individual Karate Championship** for **Children, Cadets, Juniors, Adults** and **Veterans**

### b) About Nairobi



- Kenya's capital city, Nairobi, is the most dynamic city, also known as the "green city in the sun". It is Kenya's largest city with a population of nearly four million
- It is also Kenya's principal economic, administrative and cultural centre.
- Nairobi hosts headquarter of diplomatic missions and multinational brands in Africa. Organizations with headquarters in Nairobi, Kenya include United Nations Environment Programme and the United Nations.
- The skyscrapers of Nairobi sit on what was once a large swamp that Maasai pastoralists referred to as '*nai'robe*' - the place of cool waters, and thus the coined name.
- In addition to its urban core, Nairobi is one of the few cities in the world, and the only one in Africa, with a national park. Set alongside its southern suburbs, Nairobi National Park - a large game reserve known for breeding endangered black rhinos and home to giraffes, zebras and lions - is right next to the city. Next to, it is a well-regarded elephant orphanage operated by the David Sheldrick Wildlife Trust.
- Although Nairobi is situated a few degrees south of the equator, its high altitude - between 1,660m and 1,800m above sea level - means that the city's climate is mild year-round. Visitors are spared the extreme, blistering temperatures found in other regions of Africa, or even other areas within Kenya.
- Nairobi's rapid growth has seen an increase in the number of modern shopping complexes. The top shopping malls include Thika Road Mall (TRM), Yaya Centre, The Junction and Garden City, all within reach of the city centre.

### c) Site and Date

- Date: February 16 & 17, 2019
- Place: Nairobi Kenya
- Time: Saturday (8:00 am – 18:00 pm) & Sunday (9:00 am – 14:00 pm)

### d) Competition Venue

- Moi International Sports Centre Kasarani,  
Nairobi Kenya  
(To be Confirmed)

### e) Organizer and Contacts

## Kenya Karate Federation Metropolitan Region Nairobi, Kenya

### Organizing Committee



**Eng. Edwin Gendi**

**(+254) 723 731 114**

### Head of Organizing Committee

### Committee Members



**Phanice Apiyo**

Treasurer

**(+254) 726 986 464**



**Bonface Onyango**

Technical Commissioner

**(+254) 707 174 290**



**Norbert Oduor**

Assistant Treasurer

**(+254) 725 926 175**



**David Okomo**

Committee Member

**(+254) 727 941 872**

### 3. Competition Information

#### a) Event Categories

Kata	Male Kumite	Female Kumite
<b>Children Boys</b> (11 – 13 years)	<b>Under 60 Kg</b> (18+ years)	<b>Under 57 Kg</b> (18+ years)
<b>Children Girls</b> (11 – 13 years)	<b>Under 67 Kg</b> (18+ years)	<b>Over 57 Kg</b> (18+ years)
<b>Cadets &amp; Juniors Male</b> (14 – 17 years)	<b>Under 75 Kg</b> (18+ years)	
<b>Cadets &amp; Juniors Female</b> (14 – 17 years)	<b>Over 75 Kg</b> (18+ years)	
<b>Male</b> (18 – 39 years)		
<b>Female</b> (18 – 39 years)		
<b>Veterans</b> (40+ years)		

#### b) Age Categories

- Allocation to age category is determined by the age of the athlete at the **first day** of the entire championships. This means competitors must have the eligible age by **16<sup>th</sup> of February 2019**.

#### c) Weight Categories

- Confirmation** of the individual weights will be on the morning of **Saturday 16<sup>th</sup> February 2019** as stated in the Competition Programme below. We advise every Kumite athlete to be at the Competition venue in time for the same, failure to which, we will decline participation in the concerned category.
- Exemption** will be given for a (+/-) 1 Kg in any weight category. Anything **less** or **more** will warrant a **Disqualification**

### 4. Competition Programme

#### Saturday 16<sup>th</sup> February 2019

<b>Pre – Competition Weigh Inn (Confirmation)</b>	
<b>Accredited Coaches Briefing</b> (Championship Venue)	08:30 am – 09:00 am
<b>Weight Confirmation (Male &amp; Female)</b> – All weight Categories	10:00 am – 11:00 am

<b>KATA</b>	
<b>I. Eliminary</b>	
Children Kata - Boys & Girls	09:30 am – 11:00 am
Cadets & Juniors Kata - Male & Female	10:20 am – 12:30 pm
Adults Kata – Male & Female	11:10 am – 13:25 pm
<b>II. Repechages</b>	
Male - (Kata)	12:40 pm – 13:20 pm
Female - (Kata)	13:25 pm – 13:40 pm
<b>KUMITE</b>	
<b>I. Eliminary &amp; Repechage</b>	
Male - u60, u67, u75 & +75 Kg	14:00 pm – 17:55 pm
Female - u57 & +57 Kg	14:00 pm – 17:55 pm
<b>END of DAY 1</b>	

**Sunday 17<sup>th</sup> February 2019**

<b>I. KATA Eliminary</b>	
Veterans	09:30 am – 10:15 am
<b>MEDAL MATCHES - (Bronze &amp; Gold Medal Matches)</b>	
Children Kata - Boys & Girls	10:45 am – 11:05 am
Cadets & Juniors Kata - Male & Female	11:05 am – 11:25 am
Veterans Kata - Open	11:25 am – 11:35 am
Adults Kata – Male & Female	11:35 am – 11:55 am
Male - u60, u67, u75 & +75 Kg Female - u57 & +57 Kg	12:05 pm – 13:05 pm
<b>MEDAL PRESENTATION CEREMONY (Kata &amp; Kumite)</b>	<b>13:15 pm – 14:00 pm</b>
<b>END of DAY 2</b>	

## 5. Registration Details

### a) Guidelines

- Submission of the Registration data/information is as stated:
  1. **Fill in** the attached blank Registration Form, **Scan** and **Mail back** to the [metroregionkarate@gmail.com](mailto:metroregionkarate@gmail.com)
  2. While mailing the **Registration details**, kindly attach a copy any **Identification document** (prescribed below) and a digital **passport photo** with a clear background for **Accreditation** purposes
- Clubs / Coaches / Competitors are responsible for the quality of the entered Registration data.

### b) Onsite Registration and Accreditation

- There will be an **onsite Registration Confirmation session** on **Saturday 16 February 2019** starting **8:00 am - 9:00 am** at the Championship Venue.
- Thereafter, we will present the **Confirmed Athletes** with **Accreditation Cards** prepared from the information data sent before the **deadline** of **Saturday 9 February 2019**.
- **Participation is limited to Accredited Athletes**

For any question concerning the Registration, please contact the Organizing Committee through contact **Eng. Edwin Gendi**, [edwingendi2@gmail.com](mailto:edwingendi2@gmail.com); **+254 723 731 114**, or any member of the KKF Metropolitan Region Organizing Committee named

## 6. Entry Fees

### a) Charges

<b>CATEGORY</b>	<b>KATA</b> (Kshs)	<b>KUMITE</b> (Kshs)
<b>Children</b> = (11 - 13 Years)	<b>500</b>	N/A
<b>Cadets &amp; Juniors</b> = (14 - 17 Years)	<b>500</b>	N/A
<b>Male Adults</b> = (18 - 39 Years)	<b>1,000</b>	<b>1,000</b>
<b>Female Adults</b> = (18 - 39 Years)	<b>1,000</b>	<b>1,000</b>
<b>Veterans</b> = (40+ Years)	<b>1,000</b>	N/A

#### **NOTE:**

100 Kenyan Shillings (Kshs) = 1 US Dollar (as at time of posting)

## b) Mode of Payment

Make your payments through either:

- a) M-pesa Paybill Number: (To be Communicated)
- b) Kenya Karate Federation (KKF) Metropolitan Region Bank account detailed below
  - Bank Name: (To be Communicated)
  - Account Name: **Kenya Karate Federation Metropolitan Region**
  - Account Number: (To be Communicated)

## 7. General Information

1. The **Nairobi Open 2019** Karate Championship for **Children, Cadets, Juniors, Adults** and **Veterans** will be conducted under the WKF Referee Rules New Version.
2. The competitions will last **Two (2) Days**, (*16<sup>th</sup> and 17<sup>th</sup> February 2019*).
3. For **Registration** purposes, a clear copy of an *identification document* in the form of a National ID card or National Passport for (**Adults** and **Veterans**); Students ID Card; Birth Certificate, or Baptism Card for (**Children, Cadets & Juniors**); **MUST** accompany the Registration data to enable timely and efficient process.
4. For Kata event, contestants may perform any KATA provided it is in the **WKF Kata list, version 2018**.
  - **No** 'Novice' or 'Senior' Kata restrictions in this event

## 8. Awards & Incentives

- All **Three [3] Medalists** in every category will receive a **Winners Medal** and a **Certificate of Performance**
- ALL the **Registered Participants** and their **Clubs / Institutions** will get a **Certificate of Participation**.
- The **Organizing Committee** of the **Nairobi Open Karate Championship** and the **Leadership** of the **Region** is at the forefront engaging a number of corporate bodies, Institutions and like-minded persons, on the need to come up with a convincing **package (s)** as an incentive to all the **medalists**, and to some extent, selected athletes.
- *We will communicate the same to the public, as and when we reach an agreement (s) as concerns the same.*

## 9. Referees

- The **Referees** permitted to officiate in **Nairobi Open Karate Championship 2019** **MUST** possess Referee and/or Judges Qualifications from **KKF Metropolitan Region; Kenya Karate Federation; UFAK and/or WKF Referee course** level.
- Every interested Referee and/or Judge **MUST Fill** and **Sign** the attached **Referee Registration Form**, and return it on or before **9<sup>th</sup> February 2019** for purposes of selection and listing.

## 10. Coaches

- The minimum level required to take part in **Nairobi Open** Karate Championship is “**Accredited Coach**” level.
- To obtain such certification, coaches **must Fill** and **Sign** both the **Coaches’ Registration Form** and “**Accreditation Agreement for Coaches**” attached, and attend a compulsory “**Accredited Coach Briefing**” on the 1<sup>st</sup> day of the Championship (**16<sup>th</sup> February 2019**), as communicated in the Competition Program.
- The fee to attend the “**Accredited Coach Briefing**” and secure rights to sit at the **Coaches’ seat** and **mediate** for your competitor (s) in the **Nairobi Open** is **Kshs 300**, payable to the **Treasurer** of **KKF Metropolitan Region**.

## 11. Individual Membership Card (Metro’ ID)

- Karate-kas in possession of the **Metro’ ID Card**, will enjoy a **20% discount** on **Entry Charges** levied in any category or modality during the **Nairobi Open** Karate Championship **2019**.
- The **20% discount** will also apply to any **merchandise** sold by appointed member (s) of the Region, and/or any other partnered company or person during the said Championship, as will be communicated beforehand.
- **Important** to note is that the discount is **NOT** transferable to any other person and the same would apply only upon producing the **Metro’ Membership Card**.

## 12. Anti-Doping

- In compliance with the WKF **Anti-doping** rules and **WADA**, any Karate athlete may be subjected to a random and unannounced **Doping test** at any given time. We thereby advice Athletes to **stay clean, win clean**.
- In case of **Therapeutic Use Exemptions (TUE)**, kindly contact the **National Anti-Doping Organization** for further details and recognition. This will then be dully communicated (in writing) to the **KKF Metropolitan Region** Office

## 13. Insurance

- In compliance with the WKF rules, it is obligatory for all the participants and members of the participating delegation have their own **medical** and **personal trip insurance**.
- The **Kenya Karate Federation Metropolitan Region** as well as the organizing committee assumes **no liability** or **responsibility** for the lack of insurance from participants and members of the delegation.
- The heads of delegations have to sign the enclosed **terms of responsibility** and return it on or before the first day of Championship (**February 16, 2019**)

## 14. Sponsors

- The leadership of the **Kenya Karate Federation Metropolitan Region - Nairobi Chapter**, is engaged in talks with various corporate bodies and persons of interest, to make **Nairobi Open** Karate Championship **2019** a big success
- We will name and present the same to the public as and when we come to an amicable agreement.