



## **2<sup>ND</sup> JSKA EUROPEAN CHAMPIONSHIPS**

### **JSKA SCOTLAND**

IS HONOURED TO PRESENT  
THE

### **2<sup>ND</sup> JSKA**

## **EUROPEAN CHAMPIONSHIPS**

Master Course, Referee Course and Tournament

Open to all traditional Shotokan Karate-ka

**10<sup>th</sup> - 12<sup>th</sup> July 2015**

**Glasgow, Scotland**

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Website: [www.jskascotland.co.uk](http://www.jskascotland.co.uk)



## 2<sup>ND</sup> JSKA EUROPEAN CHAMPIONSHIPS

Dear Friends

It is my great pleasure to invite you to my home city of Glasgow and the 2<sup>nd</sup> JSKA European Championships.

I am excited at the prospect of hosting an event which will live long in the hearts and the minds of all who take part. I am honoured that Abe Shihan and the JSKA Shihankai have entrusted me and my colleagues at JSKA Scotland to organise and run this prestigious event.

As such, I would like to formally invite all traditional Shotokan karate-ka to come and join with us in friendship and budo to create an event with the highest quality and strongest spirit.

Mike McCusker

JSKA Scotland Chief Instructor



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### ABE Keigo Shihan, 9<sup>th</sup> Dan and the JSKA



ABE Keigo Sensei, founded the JAPAN SHOTOKAN KARATE ASSOCIATION the 10th February 1999. Abe Sensei holds 9th Dan in the Japan Shotokan Karate Association and is the JSKA Chief Instructor. It is one of the fastest growing Shotokan associations in the world.

Abe Sensei has also taught and influenced some of the top Japanese instructors in the world to day, and headed numerous delegations in around 50 countries for the JSKA and the Japanese government. Abe Sensei is also one of the few Karate-ka to have refereed in the presence of the Emperor of Japan during a Japan national tournament. This is indeed a great honor in Japan and only highly respected Karate-ka might ever attain such a level of recognition.

Abe Sensei has a great understanding of Karate history and philosophy through the formation and development of Shotokan style into what he perceives the future has to offer: "I feel that today's Karate is centered only on winning competitions and everyone trains towards this end. But this is very far from the true purpose of Karate. I believe that the true purpose of Karate lies in daily training with a goal to develop in parallel a strong body and mind and furthermore to contribute to society in general; the Karate-do we practice has for essential purpose to attain a correct control of body and mind". Abe Sensei established the JSKA to realize what he himself sees as the true purpose of Karate.

The JSKA Karate philosophy is to

- Improve technique as a sport
- Enjoy Karate practice as a means for developing a healthy body and mind.
- Learn self-defense as a martial art

Karate-ka who understand these principles are most welcome to join us.

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### GLASGOW

Divided by the River Clyde, Glasgow is the largest city in Scotland and is currently playing host to the 20<sup>th</sup> Commonwealth Games 2014.

Although not known for its sunny climate, the rain Glasgow receives is responsible for its beautiful and lush greenery (the name Glasgow translates as 'Dear Green Place').

Glasgow offers a large city centre with great shopping, a Cathedral, botanical gardens, the famous Kelvingrove Art Gallery and museums, a science centre with IMAX cinema, plentiful parks, stunning architecture and much more.

Conveniently located just 6 miles from Glasgow Airport, a 40 minute drive from the City Centre takes you to the Trossachs National Park and the stunning scenery of Loch Lomond.



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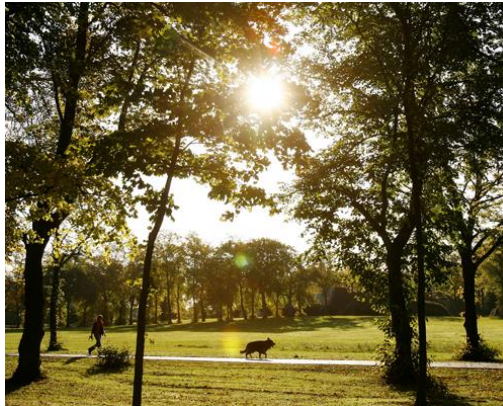
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### BELLAHOUSTON

Bellahouston is a district in the South West of the City of Glasgow., just off of the M8 motorway. Bellahouston Leisure Centre is located in Bellahouston Park, a huge green area which also houses the Glasgow Ski Centre, the Palace of Arts and the House for an Art Lover. One of Glasgow's most popular parks, it is a great place to picnic, exercise, play or simply pass the time of day.

A 10 minute walk from the arena to Helen Street takes you to an Asda Superstore and a McDonalds. Walk a further 2 minutes and you will find a KFC and Pizza Hut.

The arena itself contains several swimming pools (including a flume), a fitness studio, a gymnastics studio and a cafeteria.



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### GENERAL INFORMATION

#### Hosting Country

JSKA Scotland

Address: 2/5 Cockalane View, Strathblane, Stirlingshire, Scotland, G63 9BE

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Email: [jaskotland@hotmail.co.uk](mailto:jaskotland@hotmail.co.uk)

Website: [www.jaskotland.co.uk](http://www.jaskotland.co.uk)

#### JSKA Scotland Chief Instructor

Mike McCusker

#### Master's Course and Tournament Location

Bellahouston Leisure Centre

31 Bellahouston Drive

Glasgow

Lanarkshire

G52 1HH

#### Language

The official language of Scotland is English

#### Currency

The currency in Scotland is the Pound. Both Scottish and English banknotes are accepted.

#### Climate

A warm summers day in July can expect to see temperatures of around 20°C to 24°C. Rain can strike at any moment so be prepared for summer showers.

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### **Nearest Hospital**

Southern General Hospital  
1345 Govan Road  
Glasgow  
G51 4TF

### **Emergency Services**

Police/Fire/Ambulance – ‘999’

### **Airports**

Glasgow Airport is approximately 6 miles (9.5km) from the tournament arena  
An airport taxi costs approximately £20 into the city centre

Glasgow Prestwick Airport is approximately 30 miles (48km) from the tournament arena. This airport has its own train station. Journey time to Glasgow Central Train Station is 50 minutes.

### **Complimentary Pick-ups**

JSKA Scotland will provide a free shuttle service to and from the arena on both the Saturday and the Sunday.

One pick-up will be made at the Premier Inn (Pacific Quay).

This hotel is roughly a 5 minute walk from the Hilton Garden Inn, Campanile and Crowne Plaza hotels using the foot bridges across the river.

The arena is 5-10 minutes away by shuttle bus.

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### CHAMPIONSHIP PROGRAMME

#### Friday

**17.00 – 18.30:** Seminar 1 (Main Hall)

**19.00 – 20.30:** Dan Grading (Dance Studio)

#### Saturday

**10.00 – 11.30:** Seminar 2 (Main Hall)

**11.30 – 13.00:** Break for lunch

**13.00 – 14.30:** Seminar 3 (Main Hall)

**14.30 – 15.30:** Referee Training (Main Hall)

**16.00 – 17.00:** Shihankai/Coaches Meeting (Premier Inn Hotel, Pacific Quay)

#### Sunday

**08.00:** Doors open

**08.30:** Opening Ceremony

**09.00:** Tournament Begins

**18.00:** Awards Ceremony

**20.00:** After Tournament Party

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### PARTICIPATION FEES

£125 – price includes:

- Participation of 1x training courses on Friday
  - Participation of 2x training courses on Saturday
  - Participation of 1x referee training course on Saturday
  - Entrance into the JSKA 2<sup>nd</sup> European Championships
- Cost covers entry into Kata, Kumite, 1 team Kata and 1 team Kumite

All seminars will be conducted by Abe Sensei and / or the JSKA Shihankai

### FAMILY/SPECTATORS

£10 16 years +

£5 6-15 years

Free 5 years and under

- Spectator entry for the Friday and Saturday training courses
- Spectator entry for the 2<sup>nd</sup> JSKA European Championship

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### REGISTRATION

All participants of the course, tournament and accompanying family members must pre-register using the registration forms.

Registration must be paid in advance, in full and proof of payment must be sent to JSKA Scotland together with all registration forms.

The event organiser or the association (JSKA Japan/JSKA Scotland) accepts no responsibility if the monies fail to be transferred to the championship organisation.

**FINAL DATE OF REGISTRATION: FRIDAY 8<sup>TH</sup> MAY 2015**

No further competition entries will be considered after the date of registration

Please note that all payments are non-refundable

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**Please transfer all monies to the account below:**

Bank: TSB Bank PLC  
Bearsden Branch, 5 Kirk Rd, Bearsden, Glasgow, Scotland, G61 3SJ

Account Name: ISKU

Account Number: 78235960

Sort Code: 87-37-39

BIC: TSBSGB21244

IBAN: GB76 TSBS 8737 3978 2359 60

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### SUGGESTED HOTELS

#### **Premier Inn**

Glasgow Pacific Quay

G51 1DZ

<http://www.premierinn.com/en/hotel/GLAPAC/glasgow-pacific-quay-secc>

#### **Hotel Campanile**

10 Tunnel Street

G3 8HL

<http://www.campanile-glasgow-secc.co.uk/en/index.aspx>

#### **Hilton Garden Inn**

Finnieston Quay

G3 8HN

<http://hiltongardeninn3.hilton.com/en/hotels/united-kingdom/hilton-garden-inn-glasgow-city-centre-GLACCGI/index.html>

#### **Crowne Plaza**

Congress Road

G3 8QT

[www.crowneplaza.com/Glasgow](http://www.crowneplaza.com/Glasgow)

#### **Travelodge Paisley Road**

251 Paisley Road

G5 8RA

<http://www.travelodge.co.uk/hotels/210/Glasgow-Paisley-Road-hotel>

#### **Ibis Budget**

2A Springfield Quay

G5 8NP

<http://www.ibis.com/gb/hotel-3503-ibis-budget-glasgow/index.shtml>

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### CHAMPIONSHIP CATEGORIES

5<sup>TH</sup> KYU – 1<sup>ST</sup> KYU

AGE	KATA	JIYU KUMTE
8 – 9	(01) MIXED	(02) MIXED
10-12	(03) MALE (04) FEMALE	(05) MALE (06) FEMALE
13-14	(07) MALE (08) FEMALE	(09) MALE (10) FEMALE
15-17	(11) MALE (12) FEMALE	(13) MALE (14) FEMALE
18-21	(15) MALE (16) FEMALE	(17) MALE (18) FEMALE
22-39	(19) MALE (20) FEMALE	(21) MALE (22) FEMALE
40+	(23) MALE (24) FEMALE	(25) MALE (26) FEMALE

### DAN GRADES

AGE	KATA	JIYU KUMTE
10-12	(27) MALE (28) FEMALE	(29) MALE (30) FEMALE
13-14	(31) MALE (32) FEMALE	(33) MALE (34) FEMALE
15-17	(35) MALE (36) FEMALE	(37) MALE (38) FEMALE
18-21	(39) MALE (40) FEMALE	(41) MALE (42) FEMALE
22-39	(43) MALE (44) FEMALE	(45) MALE (46) FEMALE
40+	(47) MALE (48) FEMALE	(49) MALE (50) FEMALE

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### TEAMS – ALL GRADES

AGE	KATA	JIYU KUMTE
10-12	(51) MALE (52) FEMALE	(53) MALE (54) FEMALE
13-14	(55) MALE (56) FEMALE	(57) MALE (58) FEMALE
15-17	(59) MALE (60) FEMALE	(61) MALE (62) FEMALE
18-21	(63) MALE (64) FEMALE	(65) MALE (66) FEMALE
22-39	(67) MALE (68) FEMALE	(69) MALE (70) FEMALE
40+	(71) MALE (72) FEMALE	(73) MALE (74) FEMALE

**STUDENTS MUST ENTER THEIR OWN AGE CATEGORY**

**ENTRY INTO MULTIPLE AGE CATEGORIES WILL NOT BE ACCEPTED**

### Seminar

The training seminars and the referee/judging seminar will be conducted by Abe Sensei, 9<sup>th</sup> Dan and assisted by the JSKA Shihankai.

### Championship

The tournament will be run over 5 tatamis using JSKA Official Rules

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### **Referee Wear**

All referees must wear the official JSKA attire:

Grey trousers

Dark blue jacket

Short-sleeved white shirt

JSKA tie

Personal whistle

Ties may be purchased on the day by those who require them

### **Competitor Wear**

All competitors must wear a clean, white karate suit with the ankle and wrist bones clearly visible and belt of rank.

Gum shields and white hand mitts (maximum 1.5cm thickness) are compulsory

Groin guards for males and chest guards for females are strongly advised

**\*Note to all Scottish competitors - Only members of the Official JSKA Scotland Team may wear a 'Team' badge. All other competitors may wear a plain Saltire or club badge.**

### **Arbitration**

Abe Shihan will be the Technical Director for this Championships

Each delegation may send the maximum referees, judges and table officials

### **Awards**

Awards will be given to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placings

There will be no joint third.

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### **Registration**

The final day for registration is **Friday 8<sup>th</sup> May 2015**

### **Important**

All competitors must ensure they have adequate insurance, the event organiser and the associations (JSKA Japan/JSKA Scotland) are not responsible for any injury that may occur during the seminars, tournament or during your stay in Scotland

### **CHAMPIONSHIP RULES**

The tournament will be regulated by JSKA Official rules

#### **Kata Individual – Kyu Grades**

Eliminations to final 4 (Heian Shodan to Tekki Shodan) - Flag system

Final 4 (Jiyu Kata – competitor's choice) – Points system

#### **Kata Individual – Dan Grades**

Eliminations to final 8 (Heian Shodan to Tekki Shodan) – Flag system

Eliminations to final 4 (Bassai Dai, Kanku Dai, Jiion, Empi) – Points system

Final 4 (Jiyu Kata – competitor's choice) – Points system

#### **Kata Team – All Grades**

Elimination to final – Points system

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### **Kumite Individual – Juniors (up to age 17)**

Jiyu Kumite – Eliminations to finals (Shobu Ippon, 2 minutes)

### **Kumite Individual – Seniors (age 18+)**

Jiyu Kumite eliminations to final 4 (Shobu Ippon, 2 minutes)

Jiyu Kumite finals (Shobu Nihon, 3 minutes)

### **Kumite Team – All Grades**

Jiyu Kumite eliminations to finals (Shobu Ippon, 2 minutes)

## **TECHNICAL CLARIFICATION**

### **KATA**

- Both competitors will perform the kata simultaneously and a winner will be determined by the referee's show of flags
- Changes to the basic Shotokan kata are not allowed
- Unnatural breathing will be penalised

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### MEDICAL MATTERS

Officially appointed doctors and medical staff will be present to administer first aid  
The doctors retain the right to decide whether or not an injured competitor may continue competing or whether they should withdraw from the event

Each competitor must arrange their own healthcare and insurance and are responsible for their own healthcare

The event organisers, staff, JSKA Japan and JSKA Scotland will not accept any responsibility for injury, illness, loss of personal effects or any situation out-with their control.

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### CHAMPIONSHIPS FORM A PARTICIPATION DELEGATIONS

COUNTRY: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

#### NUMBER OF PARTICIPANTS

KARATE-KA: \_\_\_\_\_

REFEREES: \_\_\_\_\_

FAMILY/SPECTATORS: \_\_\_\_\_

TOTAL: \_\_\_\_\_

#### CONTACTS

HEAD OF DELEGATION: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_

MOBILE NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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### CHAMPIONSHIPS FORM B DETAILS OF TRAVEL

COUNTRY: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

#### ARRIVAL INFORMATION

##### PLANE

ARRIVAL DATE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

AIRPORT: \_\_\_\_\_

FLIGHT NUMBER: \_\_\_\_\_

AIRLINE: \_\_\_\_\_

##### OTHER TRANSPORT

ARRIVAL DATE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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### CHAMPIONSHIPS FORM C LIST OF KARATE-KA

COUNTRY: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

	NAME/SURNAME	DATE OF BIRTH	GRADE	PASSPORT NUMBER
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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### CHAMPIONSHIPS FORM D REFEREES AND JUDGES

COUNTRY: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

	NAME/SURNAME	DATE OF BIRTH	GRADE	PASSPORT NUMBER
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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### CHAMPIONSHIPS FORM E FAMILY/SPECATORS

COUNTRY: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

	NAME/SURNAME	DATE OF BIRTH	PASSPORT NUMBER
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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## 2<sup>ND</sup> JSKA EUROPEAN CHAMPIONSHIPS

### CHAMPIONSHIPS FORM F REQUIRED PACKAGES

COUNTRY: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

NAME/SURNAME	SEMINAR / CHAMPIONSHIP	SPECATOR (D/E/F)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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Website: [www.jskascotland.co.uk](http://www.jskascotland.co.uk)





## 2<sup>ND</sup> JSKA EUROPEAN CHAMPIONSHIPS

### INDIVIDUAL KATA REGISTRATION FORM

COUNTRY: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

	NAME/SURNAME	DATE OF BIRTH	GRADE	CATEGORY
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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Tel: +44 (0) 1360771498

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Website: [www.jskascotland.co.uk](http://www.jskascotland.co.uk)



## 2<sup>ND</sup> JSKA EUROPEAN CHAMPIONSHIPS

### INDIVIDUAL JIYU KUMITE REGISTRATION FORM

COUNTRY: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

	NAME/SURNAME	DATE OF BIRTH	GRADE	CATEGORY
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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Website: [www.jskascotland.co.uk](http://www.jskascotland.co.uk)



## 2<sup>ND</sup> JSKA EUROPEAN CHAMPIONSHIPS

### TEAM KATA REGISTRATION FORM

COUNTRY: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

	NAME/SURNAME	DATE OF BIRTH	GRADE	CATEGORY
1				
2				
3				

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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## 2<sup>ND</sup> JSKA EUROPEAN CHAMPIONSHIPS

### TEAM KUMITE REGISTRATION FORM

COUNTRY: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

	NAME/SURNAME	DATE OF BIRTH	GRADE	CATEGORY
1				
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SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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