

EUROPEAN SHITO RYU KARATE FEDERATION



BULLETIN N° 3

10th Shito Ryu Karate & Kobudo Bo Championships

CHILDREN, CADETS, JUNIORS & SENIORS

17th – 19th May 2024 (Saturday, Sunday),

Clermont Ferrand Sports Hall Regensburg, Germany



Dear Shito Ryu Karate friends,

At the beginning of my speech, I want to thank the Romanian Karate Federation for the brilliant management of the organization of the 9th ESHRKF Championships. Participation at the Championships in terms of participating countries was greater than before the pandemic, 21 countries and 450 competitors took part in 596 starts. It was a pleasure to watch the individual performances of the competitors, whether in kata, kumite or kobudo bo competitions. It can be seen that kobudo bo competitions tend to grow, while the introduction of this discipline has enriched our competitions.

Our goal must be to try to improve the quality of our Championships, whether in terms of sports or organization of competition, so that we are an attractive part for our members for their activities on the sports path of karate.

With all my heart I wish all the participants and to Germany organizers lot of sporting success and happiness.

Thank you for coming to Regensburg, Germany.

Peter BAĐURA
President of ESHRKF

10th ESHRKF CHAMPIONSHIPS ORGANIZING COMMITTEE:

**Chairmen of Championships OC:
Mr. Ivo HAAG and Mrs. Nina ULRICH**



- Mobile Phone: +4915152496829
- Email: ivo.haag@jump-o-mania.de

Dear Karate friends,

It is a great honour for us to organize our 10th Shito ryu & Kobudo Bo Championships.

Also, it is our privilege to be the Chairmen of the Organizing Committee for these Championships and we are confident that this edition will be a very successful one.

We are sure that the countries that are already part of the ESHRKF will honour the 10th edition of our Championships with numerous competitors, and that we will also attract new members.

The last edition of our European Championships has shown us the very good level of proficiency in Shito Ryu Karate and a very high number of participants.

I wish to everyone good luck and many results at the 2024 edition of the ESHRKF Championships!

Thank you.

**Ivo HAAG, Nina ULRICH
Chairmen of Championships OC**



REGENSBURG - SHORT PRESENTATION

Regensburg (from Latin *Castra Regina*; also Latin *Ratisbona* or *Ratispona*, Czech *Řezno*) is located in eastern Bavaria and is the capital of the Upper Palatinate administrative district with the seat of the Upper Palatinate government. It is an independent city and the seat of the district administrator of the district of the same name. It is one of the three Bavarian regional centers. Regensburg has 157.000 inhabitants making it the fourth largest city in Bavaria after Munich, Nuremberg and Augsburg.

The city is the episcopal see of the diocese of Regensburg, which was established in 739. The city has Roman roots; the *Castra Regina* legionary camp was built here from around 175. It became an imperial city in the Middle Ages and was the seat of the Perpetual Reichstag of the Holy Roman Empire until 1806.

Because of the city's unique status as "the only authentically preserved large medieval city in Germany" the Old Town Regensburg with *Stadtamhof* was inscribed as a UNESCO World Heritage Site on July 13th, 2006. Since July 2021, the Danube Limes has been on the UNESCO World Heritage List. Along the Danube there are numerous testimonies from Roman times. In Regensburg the Danube was the immediate border of the Roman Empire.

UNESCO World Heritage and Sightseeing

What began as a Roman army camp 2000 years ago developed into the "Manhattan of the Middle Ages". Long-distance trade on the Danube washed immense wealth into the city. The "skyscrapers of the Middle Ages" were built, one after the other. The city flourished and became a "megacity". Regensburg was the center of Europe for almost 150 years, when the Perpetual Diet was held here in the 17th century. Emperors and kings, envoys and ministers went in



and out of the Imperial Hall every day. Today you can experience the best-preserved medieval city in Germany with over 1000 monuments.

St. Peter's Cathedral - the Cathedral of Light

Regensburg's St. Peter's Cathedral is one of the most significant achievements of Gothic architecture in Bavaria. With its towers visible from afar, the cathedral is the center of the UNESCO World Heritage city of Regensburg. The colorful stained glass windows from the 13th/14th centuries are impressive. The cloister, once the burial place of Regensburg citizens and canons, is primarily characterized by the Gothic ribbed vault from the 15th century. The All Saints' Chapel, built in the mid-12th century by upper Italian builders, evokes memories of Ravenna. Regensburg Cathedral is the only Gothic cathedral in Bavaria.



Regensburg Cathedral, named after St. Peter, is one of the most important cathedrals in Germany, along with Cologne Cathedral. With its impressive towers, the Gothic building not only shapes the silhouette of the World Heritage city of Regensburg - the cathedral is the focal point of the medieval old town. As soon as you enter it, you not only feel its majesty, you immediately notice the colorful stained glass windows from the 13th and 14th centuries that light up the nave. Regensburg Cathedral possesses the most extensive, still preserved, medieval stained glass collection in the German-speaking world. They consist of tens of thousands of colored glasses, which are assembled in a mosaic-like manner.

Stone Bridge - Wonder of the Middle Ages

Next to Regensburg Cathedral, the Stone Bridge is Regensburg's most important landmark. With the start of construction in 1135, the Stone Bridge is considered a masterpiece of medieval architecture and is the oldest preserved bridge in Germany. When visiting Regensburg, it is not to be missed.

For almost 800 years, until 1935, it remained the only bridge that served as a reliable crossing of the Danube in Regensburg and the surrounding area. In stone round arches, the impressive structure spans the river for about 300 meters. The bridge itself stands on sixteen foundation feet on which the barrel vaults of the actual bridge structure rest. As the entrance to the city, the bridge was originally guarded by three towers. Still preserved is the bridge tower on the city side, which offers an excellent view over the city.

Old town hall

Even from afar, it catches the eye of onlookers: the imposing tower of the Old Town Hall. Here, in a central location, a building was erected that occupies the first place among the secular buildings in Regens-



burg. The Old Town Hall was built when Regensburg was elevated to the status of a Free Imperial City in 1245.

The oldest part is the 55-meter-high tower. Around 1320/1330, the Reichssaal building was erected with the Reich Hall, which was originally intended as a dance hall. The building had its heyday from 1663, when the Perpetual Diet met exclusively in Regensburg in the Old City Hall for almost 150 years. For centuries, not only did the heart of the Free Imperial City of Regensburg beat here, the Reichstag Hall is considered the forerunner of the German parliaments, the European Union and even the UN. Probably the Old Town Hall in Regensburg was the most important building in Europe at that time. Here you can literally feel the past until today. Legendary are the festivals that were celebrated here.



A special feature has also been preserved in the basement of the Old Town Hall. The "Fragstatt" with the torture tools is preserved in the original and can be visited with guided tours.

Walhalla

The Walhalla is a memorial on the Bräuberg in Markt Donauauf, Bavaria. It was built between 1830 and 1842 by King Ludwig I of Bavaria by the architect Leo von Klenze. Ancient temple buildings served as the design model for the classicist architectural monument, which is dedicated to important personalities of "German tongue".



Maidult

The Regensburger Dult is a traditional fair in the Regensburg district of Stadtamhof. The Dult takes place twice a year, as a spring and autumn dult. In 2024 it takes place 9th May until 26th of May. It's like a smaller version of the famous Oktoberfest.



See also: <https://tourismus.regensburg.de/>

USEFUL INFORMATION

Emergency call numbers:

112 is a single emergency call (general / ambulance / fire) number used in Germany, and it is accessible free of charge from all public telephone networks.

110 is for direct emergency police call

Time Zone:

Central European Summer Time, from March to October, UTC +2 (EET)

Weather in May:

Avg. Temperature °C (°F): 14,4°C (57.9°F),

Precipitation / Rainfall mm (in): avg. 87 mm,

Humidity: average relative humidity in Regensburg is 69%.

Electricity power:

The plugs are in accordance with the European system of round pins. 230/50Hz

Nearby Hospital:

Krankenhaus Barmherzige Brüder

Address: Prüfeninger Straße 86

Postal Code: 93049 Regensburg

Phone: +49 (0) 941 369 3501

notfallzentrum@barmherzige-regensburg.de

www.barmherzige-regensburg.de/notfallzentrum

International Airports:

- 107 km: **Airport Nürnberg, Nürnberg, Germany (NUE)**
<https://www.airport-nuernberg.de/>
- 117 km: **Munich Airport, Munich, Germany (MUC)**
<https://www.munich-airport.de/>

Currency

The National Currency of Germany is Euro (EUR)

Transportation, Taxi services

Airport Transfer: **airportLiner Flughafentransfer** **+49 (0) 941 22220**
<https://www.airportliner.com/>

Taxi: **Taxi Regensburg e.G.** **+49 (0) 941 52052**
<https://taxi-regensburg.com/>

Taxi Baumann **+49 (0) 171 3314017**
<http://www.taxi-broker.de/>

Railway station:

Regensburg Hbf.

<https://www.bahnhof.de/regensburg-hbf>

[Cheap Train Tickets | Timetables for Germany & Europe - Deutsche Bahn](#)

Public transport:

RVV Regensburger Verkehrsverbund

[RVV - Ihr Regensburger Verkehrsverbund](#)

ACCOMMODATION

Here you find our recommendations:

Premium class

Eurostars Parkhotel Maximilian Maximilianstraße 28, 93047 Regensburg



**Hotel Held, Irl 11, 93055
9401 942-0
<https://www.hotel-held.de/>**

Regensburg Tel. +49 (0)

Standard and Budget class

**Ibis Styles Regensburg, Bambergerstrase 28, 93059 Regensburg,
Tel. +49 (0) 941 81010, www.all.accor.com (close to the sporting hall)**

**Holiday Inn Express Regensburg, Friedrich-Niedermayer-Str. 1, 93049 Regensburg
Tel. +49 (0) 941 607170, <https://www.ihg.com/holidayinnexpress/hotels/us/en/regensburg>**

**Hansa Apart-Hotel, Friedenstraße 7, 93051 Regensburg
Tel. +49 (0) 941 9929-0, <https://www.hansa-apart-hotel.de/hotel-in-regensburg.html>**

**Best Western Premier Novina Hotel, Ziegetsdorfer Str. 111, 93051 Regensburg
Tel. +49 (0) 941 463930, <https://www.bestwestern.de/hotels/Regensburg/Best-Western-Premier-Novina-Hotel-Regensburg>**

**Ibis budget Regensburg, Junkersstr.1, 93055 Regensburg
Tel. +49 (0) 941 789541 <https://ibis.accor.com/deutschland/index.de.shtml>**

Holiday Apartments Stöckl

www.ferienwohnung-nittendorf.de



features are the quiet location despite good transport links to the motorway and train. An electric car charging station with solar energy is available. As a well-located starting point for many activities, we look forward to welcoming you!

The owner is a physiotherapist and can treat the athletes if necessary.

Approx. Hotels Rates

ALL PRICES ARE PER PERSON, BED & BREAKFAST and include VAT

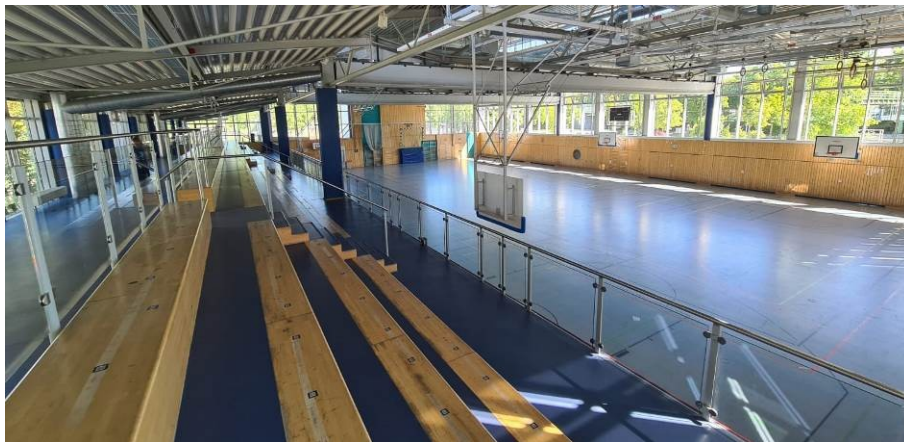
HOTELNAME	CATEGORY	SINGLE	DOUBLE/TWIN	Distance to sports hall
Eurostars Parkhotel Maximilian	4 STARS	€ 120	€ 145	5 km
Ibis Styles Regensburg	3 STARS	€ 79	€ 89	1,9 km
Holiday Inn Express Regensburg	3 STARS	€ 89	€ 89	2,8 km
Hansa Apart-Hotel	4 STARS	€ 79	€ 99	4,5 km
Best Western Premier Novina	4 STARS	€ 95	€ 118	2 km
Hotel Held	4 STARS	€ 105	€ 157	13 km
Ibis Budget Regensburg	1 STAR	€ 39	€ 51	12 km

Prices may change upon availability!

Find more accommodation options here:

https://tourismus.regensburg.de/fileadmin/user_upload/08_Prospekte_Downloads/Unterkunftsverzeichnis_2023.pdf

SPORTS HALL REGENSBURG



Clemont-Ferrand Sports Hall

Address: Clemont-Ferrand-Allee 23
93049 Regensburg, Germany

Directions

By car:

A3 from direction Nuernberg

At motorway interchange Regensburg change to A 93 (direction Weiden/Hof). Leave the motorway **A93 at junction Regensburg-West**. Turn left at the traffic lights. You will see the sports hall on the left-hand side, turn left.

A93 from direction Munich

Leave the motorway **A93 at junction Regensburg-West**. Turn left at the traffic lights. You will see the sports hall on the left-hand side, turn left.

By public transport:

RVV bus lines 6 and 11, bus stop Boessnerstraße

Insurance:

It is recommended that all participants must purchase their own medical insurance and personal trip insurance. The competition organizers are taking no liability for these matters. The competitors participate on their own risk, the Chief of the delegation have to sign the enclosed terms of responsibility sheet and return it by March 31st 2024.

Participants: Full and provisional ESHRKF members Federations and Groups. Non-member, Federations, Groups and Individuals wishing to participate in the Championships they will have to contact the organizers to arrange the terms of their participation. Non-members, however, must come from countries that do not have a ESHRKF registered member. You can find the member countries of the WSSH RF at: [Home | ESHKRF.org](http://Home|ESHKRF.org)

Registration: At the internet page www.sutazekarate.sk you can register your team composition, competitors, Referees & Judges, VIP and Officials. ESHRKF members Federation can register a maximum of 4 competitors for each age (cadet, junior, U21, +18) and weight categories. For the categories of children and masters (+35, +45 +55) 4 competitors are permitted for registration. Member federation can register one team to each team competitions. Provisional and non-member federations can register maximum 2 competitors for each Championships category. **Registration ends on 9.May 2024**

Entry fees: fees are divided into two groups. Federations that have paid annual membership fees have a different fee price than those that have not paid annual membership fees.

ESHKRF members will pay the following entry fees		ESHKRF non-members will pay the following entry fees
Male & Female senior Kumite team	members 65 €	provisional & non-members 75€
Male & Female junior & cadet Kumite team	members 55€	provisional & non-members 65€
Male & Female senior Kata team	members 55 €	provisional & non-members 65€
Male & Female cadet & children Kata team	members 45 €	provisional & non-members 55€
Each Senior & U21 individual entry, Kata, Kumite, Kobudo Bo	members 35 € + 20€ next.	provis. & non-members 45€ +20€ next.
Each Children, Cadet & Junior individual entry	members 30 € + 20€ next.	provis. & non-members 40€ + 20€ next.
Annual Coach license	members 30€	provisional & non-members 40€

System: WSSH RF Rules for Kata and Kumite competition will be applied.

Full repechage for two third places will be implemented. In the case of time shortage, Kumite bouts can be cut shorter, about 30 seconds. This modification can be applied in Kumite, at the age categories from 10 years to 17years and +35 to +55 years.

Referees:

with National, Style & International qualification are welcome. Participating Referees should attend pre-Championships briefing and present their Karate passport with the confirmation of an approved license. After briefing, the Referees must pass the theoretical examination regarding the WSSH RF competition rules. At the briefing, the Referee commission will appoint the following: Match area Controller, Appeal jury, deploy Referees and Judges to Tatami. Regular ESHKRF Federations, Groups have obligation to present minimum two (2) and maximum eight (8) Referees for the Championship, Federations or Groups, who will not present Referees will be penalized by fine of 100€.

CHAMPIONSHIPS CATEGORIES & DISCIPLINES

<i>Gender</i>	<i>Ages categories</i>	<i>Weight categories</i>	<i>Disciplines</i>	<i>Duration of Bout</i>
Boys & Girls	Kata 5 – 7 Kumite 6-7	-20, +20kg	Kata Kumite	Kumite 1 minute
Boys & Girls	8 - 9	-27, - 32, +32kg	Kata up to 6.kyu Kata advanced Kumite no kyu dif- ferences	Kumite 1 minute
Boys	10 - 11	-30, -36, - 43, +43kg	Kata up to 6.kyu Kata advanced Kumite no kyu dif- ferences	Kumite 1,5 minutes
Girls	10 - 11	-37, -45, +45kg	Kata up to 6.kyu Kata advanced Kumite no kyu dif- ferences	Kumite 1,5 minutes
Boys	12 - 13	-38, -44, -50, +50kg	Kata up to 6.kyu Kata advanced Kumite no kyu dif- ferences	Kumite 1,5 minutes
Girls	12 - 13	-42, -48, +48kg	Kata up to 6.kyu Kata advanced Kumite no kyu dif- ferences	Kumite 1,5 minutes
Cadet Boys	14 - 15	-55, -60, -67, +67kg	Kata up to 6.kyu Kata advanced Kumite no kyu dif- ferences	Kumite 2 minutes
Cadet Girls	14 - 15	-48, - 55, +55kg	Kata 0 – 6.kyu Kata up 6 kyu Kumite no kyu dif- ferences	Kumite 2 minutes
Junior Boys	16 - 17	- 59, -65, - 72, +72kg	Kata, Kumite Kata up to 4.kyu	Kumite 2 minutes
Junior Girls	16 - 17	- 50, -58, +58kg	Kata, Kumite Kata up to 4.kyu	2 minutes
Senior M&F	+ 35	Open	Kata, Kumite Kata up to 4.kyu	2 minutes
Senior M&F	+ 45	Open	Kata, Kumite Kata up to 4.kyu	Kumite 2 minutes
Senior M&F	+ 55	Open	Kata, Kumite Kata up to 4.kyu	Kumite 2 minutes
Senior M & F	+16		Kata Kata up to 4.kyu	
Senior Male	+ 18	-65, -72, -80, +80kg, Open	Kumite	2 minutes
U21 Male	18 - 20	-65, -72, -80, +80kg	Kata, Kumite Kata up to 4.kyu	Kumite 2 minutes
Senior Fem.	+ 18	-53, -60, +60kg, Open	Kumite	2 minutes

U21 Female	18 - 20	-53, -60, +60kg	Kata, Kumite Kata up to 4.kyu	Kumite 2 minutes
Child. M&F	9 – 12		Team Kata	Medal bout for Bunkai 5 minutes time allowed
Cadet M & F	13 - 15		Team Kata	Medal bout for Bunkai 5 minutes time allowed
Senior M & F	+ 16		Team Kata	Medal bout for Bunkai 5 minutes time allowed
Cadet M & F	12 - 14	Open	Team Kumite	Male & Female bout 2 minutest
Junior M & F	15 -17	Open	Team Kumite	Male & Female bout 2 minutes
Senior M & F	+ 18	Open	Team Kumite	Male bout 2 minutes Female bout 2 minutes
Children 1 M & F	5 – 8		Kobudo - Bo	
Children 2 M & F	9 – 12		Kobudo - Bo	
Cadet M & F	13 - 15		Kobudo - Bo	
Junior M & F	16 - 17		Kobudo - Bo	
Senior +18 +35, +45, +55 M & F	18-35 35-45 45-55 55-75		Kobudo - Bo	

CHAMPIONSHIPS PROVISIONAL SCHEDULE

Friday 17th May, 2024

Time	Activities	Place
08.30–12.00,13.00-16.00	ESHRKF Referee course	Ibis Styles Regensburg
16.10 - 17.20	ESHRKF Referee briefing	Ibis Styles Regensburg
17.30 – 18.15	ESHRKF Coach briefing	Ibis Styles Regensburg
18.30 – 21.00	ESHRKF General assembly	Ibis Styles Regensburg
17.30 – 21.00	ESHRKF Registration of delegation	Clemont-Ferrand Sports Hall

Saturday, 18th May, 2024

Time	Activities	Place
08.30 – 12.00	Eliminations, Repechages & Finals M&F all Children & Juniors & U21 Individuals & Teams, Kata & Kobudo Bo categories.	Clemont-Ferrand Sports Hall
12.00 – 12.30	Opening ceremony & Medal awards	SH
12.00 – 12.30	Lunch break for Referees & Judges	SH
12.30 – 15.30	Elimination, Repechage & Finals Kumite all Children Individuals & Teams categories	SH
15.30 – 18.30	Eliminations, Repechages & Finals M&F Kumite Individuals & Teams Juniors categories	SH
18.30	Eliminations, Repechages & Finals M&F Kumite Individuals U21 categories	SH

WEIGHT IN:

- 09.00 – 09.30 / boys & girls 5 – 7, 8 - 9
- 09.30 – 10.00 / boys & girls 10-11
- 10.00 – 10.30 / boys & girls 12-13
- 10.30 – 11.00 / boys & girls 16-17
- 11.00 – 11.30 / boys & girls U21

Sunday 19th May, 2024

Time	Activities	Place
09.00 – 12.00	Eliminations, Repechages & Final all Individuals & Teams M&F Kata seniors & cadets categories. Kobudo – Bo seniors and cadets category	Clemont-Ferrand Sports Hall
12.00 – 12.30	Lunch break	SH
12.30 – 17.30	Eliminations, Repechages and Final Individuals and Teams cadets categories M&F Kumite Eliminations, Repechages & bouts for 3. place Individuals & Teams Kumite seniors categories.	SH
17.30 – 19.00	Finals of Kata & Kobudo Bo & Kumite Individuals and Kata & Kumite teams seniors +18 events	SH
19.00	Medal Awards & Closing ceremony	SH

WEIGHT IN:

- 08.30–10.00 / male & female cadet
- 10.00–11.30 / male & female senior + 18

NOTES:

During the registration of the participating teams on 17th May 2024, for all Kumite competitors there will be possibility for weighing.

IMPORTANT:

1. All competitors must be present at the Sport Hall with a minimum of one (1) hour before the start of their competition category.
2. At the opening ceremony all participating teams should be present with at least 10 competitors
3. Competitors which will compete in categories UP to 6.kyu and Up to 4.kyu before line up and starting the competition category will have to confirm their technical grade by presenting their Karate Passport. The assistant of match are controller will check technical grade, whether they meet the conditions for participation in the given category.
4. After the end of the registration period May 9.2024, we will publish the list of competitors & weighing registration Timetable, this will take place on Friday, May 17. 2024, will start from 17.30 in the Sports hall.
5. Time table of the Championships will be available for viewing on the website www.sutazekarate.sk after the end of competitors registration has been completed in Friday, May 17. 2024

TERMS OF RESPONSIBILITY

Participating Federations and Groups should fill, sign and send back before 31st March, 2024. By signing this document, We confirm participation in the Championships

I, _____ the undersigned, as a Chief of delegation of my Federation, Group, duly enrolled to participate in the 10th ESHRKF Shito Ryu Karate & Kobudo Bo Championships, which will be held in Regensburg, Germany from the 17th to 19th of May, 2024, with full knowledge of the Statutes, the Rules and the Norms of EUROPEAN SHITO RYU KARATE FEDERATION, pledge myself to faithfully accomplish the regulations of this entity mentioned above. And I take any and all administrative, civil and criminal responsibilities of whatever happens to our athletes, coaches and other members of our delegations participating in this Championship, before, during and after the competition, such as physical injuries, personal expenses, or monetary debts and casual material damages to the hotels, the venue, means of transportation etc.

Furthermore, I exempt from any legal, civil or criminal responsibilities the organizer of the Championships, the ESHRKF, its directors, as well as any person, company, or entity related to the event (sponsors, public, and private entities).

I authorize the organizers of the event to use images, photos and names of our competitors and other members of our delegation (since it is considered necessary) for the sport activities and publications of karate, related to the event without any monetary compensation.

Federation, Group:	
Surname, First name:	
Passport number & expiry date:	
Position in Federation, Group	
Address:	
Mobile Phone Number:	
Telephone Number:	
<p>Fill in, stamp, sign and sent to: European Shito Ryu Karate Federation M.R.Štefánika 47 94002 Nové Zámky Slovakia MobilePhone: ++421903737551 Email: eshrkf@gmail.com</p> <p style="text-align: right;">_____ Stamp & Signature</p>	