

# PALESTINE OPEN 2023



## KICKBOXING

## INTERNATIONAL CUP

10 - 15 July 2023

BIRZEIT UNIVERSITY  
RAMALLAH PALESTINE

Disciplines:  
K1 Style  
Kick Light



## بطولة فلسطين الدولية 2023

جامعة بيرزيت  
رام الله - فلسطين



PALESTINE OPEN 2023  
WAKO INTERNATIONAL KICKBOXING CUP  
RING SPORTS: K1 RULES  
TATAMI SPORTS: KICK LIGHT



# WELCOME TO PALESTINE

We are very happy to welcome you to the Palestine Kickboxing International Cup in Palestine.

The land of Palestine is rich in ancient history and rich in authentic traditions of hospitality. The Palestinian people welcome all of you to Palestine Open and invite you to visit this holy land and share with you all the belief in the values of freedom, justice and respect for Human Rights, and We and the World Nations are partners in achieving a just peace that ends the occupation and achieves security and stability for all nations in our region.

I invite all national kickboxing federations to participate in this international event and visit Palestine to discover the bright face of culture and heritage of the Palestinian people.

**L.G JEBREIL ALRAJJOUB**

CHAIRMAN OF PALESTINE OLYMPIC COMMITTEE





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Dear Presidents,

Dear Friends,



I take pleasure in welcoming you to the first Palestine Open 2023.

I am sure the Kickboxing Federation of Palestine will do a great job in hosting this Kickboxing International Cup in Palestine.

We must always strive to improve our federations and WAKO itself by continually evolving and always being reflective of our environments and where we want to get to. This is critical for the continued development of Wako in all the continents.

Teamwork is what will make this happen. Teamwork is our ability to work together as the WAKO Family, toward a common aligned vision. With the ability to direct individual accomplishments toward organizational objectives.

I look forward to seeing you your athletes and your entourage at Palestine Open 2023. We must always remember, Win with Integrity, Loose with Dignity.

**Roy Baker**

**WAKO President**



Dear Wako friends,

It gives me great pleasure and honor to invite you and your national teams to participate in Palestine Open 2023, which will be held from 10 to 15 July 2023. In the city of Jenin in Palestine. We invite all WAKO athletes, trainers, officials and fans to visit Palestine.

You can be sure that it will be organized at a very high level. Palestine is a very friendly country with many natural beauties and historical and religious places.

This international tournament will be organized under the auspices of the Palestinian Olympic Committee and the Higher Council for Youth and Sports. I can promise from our side that we will do our best and ensure high quality in the event facilities, so that everyone can show their knowledge under ideal competition conditions.

I look forward to meeting you all, and I promise you personally and your members an enjoyable and memorable experience in Palestine, one we can all be proud of. The information details below are for each event administrator, if you have a query about any area. I look forward to seeing you all in Palestine.

**Samir Athamna**

**PRESIDENT**  
**PALESTINIAN FEDERATION OF KICKBOXING**



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## GENERAL INFORMATION

<b>Organizer &amp; Promoter</b>	<b>PALESTINE OLYMPIC COMMITTEE</b> Alram, Jerusalem Palestine E-mail: <a href="mailto:info@poc.ps">info@poc.ps</a> <a href="http://www.poc.ps">www.poc.ps</a> <b>PALESTINIAN FEDERATION OF KICKBOXING</b> Person in Charge: Chairman of Technical committee <b>Mr. Nizar Taleb</b> , Vice President of Palestinian Federation of Kickboxing Official E-mail: <a href="mailto:pfk@poc.ps">pfk@poc.ps</a> Phone Numbers: +1 832 277 2442 +970 594377 370 <a href="http://www.palestinekickboxing.com">www.palestinekickboxing.com</a>
<b>Sanctioned</b>	<b>WAKO (IF) WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS</b> E-mail: <a href="mailto:administration@wako.sport">administration@wako.sport</a> <a href="http://www.wako.sport">www.wako.sport</a>
<b>Accommodation</b>	All participants will stay in <b>Dedicated Hotels in Ramallah</b> City, Palestine Caesar hotel – Ramallah <a href="https://www.caesar-hotel.ps">https://www.caesar-hotel.ps</a>
<b>Venue</b>	<b>Birzeit University</b> Ramallah Palestine <a href="https://www.birzeit.edu/">https://www.birzeit.edu/</a>
<b>Transfers</b>	All transfers from the entry point to the Hotel and vice versa will be handled by Organizer and free of charge.
<b>Visa Guidelines</b>	You don't need a visa to enter Palestine, as a tourist. As for the Arab delegations entering from Jordan Border, all participants information should be sent to the organizer 60 days prior to arrival for the required approvals to be done.
<b>Registration</b>	All registrations must be made online through <b>Rsportz</b> and <b>Sportdata</b> . Note that, the eligibility of participation in Palestine Open is reserved for the national federations and approved members in Wako IF. Clubs who wish to participate from all over the world, please contact your national federation in your country. Call the organizer for assistant if needed.
<b>Participation Fee</b>	<b>The Entry fee</b> for each competitor is \$50 only.
<b>Payments</b>	Cash: Dollars or Euros on arrival or Bank Transfer ISLAMIC ARAB BANK – RAMALLAH PALESTINIAN FEDERATION OF KICKBOXING ACCOUNT NUMBER: 12016303 IBAN NO FOR DOLLAR TRANSFER: PS51A1SB120220110112016303001 IBAN NO FOR EURO TRANSFER: PS77A1SB120520110112016303001



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## PPROVISIONAL PROGRAM

DATE	TIME	SCHEDULE
MONDAY 10 <sup>TH</sup> JULY	ALL DAY	ARRIVAL OF DELEGATIONS
	10:00 – 17:00	WIEGHT IN REGISRATIONS AND MEDICAL CONTROL
	17:00 – 19:00	ORGANIZING COMMITTEE MEETING
TUESDAY 11 <sup>TH</sup> JULY	ALL DAY	ARRIVAL OF DELEGATIONS
	10:00 – 17:00	WIEGHT IN REGISTRATIONS AND MEDICAL CONTROL
	15:00 – 17:00	REFEREES SEMINARS (Ring & Tatami)
	19:00	OFFICIAL DRAW
WEDNESRAY 12 <sup>TH</sup> JULY	10:00 – 10:30	PRESS CONFERENCE
	11:00 – 18:00	AND TATAMI QAULIFICATIONS RING
	19:00	OPENING CEREMONY
THURESDAY 13 <sup>TH</sup> JULY	7:00 – 8:00	WEIGHT IN – RING SPORTS
	10:00	RING AND TATMI FINALS
	15:00	MEDAL CEREMONY
FRIDAY 14 <sup>TH</sup> JULY	10:00 – 20:00	ALL DELEGATIONS – TOUR SIGHT SEEING
SATURDAY 15 <sup>TH</sup> JULY	11:00	DEPARTURE OF ALL DELEGATIONS



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## Weight Categories and Disciplines

### **RING SPORTS:**

#### **K1**

##### **Seniors: 2003-1983 (19-41)**

Male: 51kg, 54kg, 57kg, 60kg, 63.5kg, 67kg, 71kg, 75kg, 81kg, 86kg, 91kg, +91kg

Female: 48kg, 52kg, 56kg, 60kg, 65kg, 70kg, +70kg

##### **Older Juniors: 2005-2006 (17-18)**

Male: 51kg, 54kg, 57kg, 60kg, 63.5kg, 67kg, 71kg, 75kg, 81kg, 86kg, 91kg, +91kg

Female: 48kg, 52kg, 56kg, 60kg, 65kg, 70kg, +70kg

##### **Younger Juniors: 2007-2008 (15-16)**

Male: 42kg, 45kg, 48kg, 51kg, 57kg, 60kg, 63.5kg, 67kg, 71kg, 75kg, 81kg, +81kg

Female: 36kg, 40kg, 44kg, 48kg, 52kg, 56kg, 60kg, +60kg

### **Tatami Sports: KICK LIGHT**

##### **Older Cadets: 2008-2010 (13-15)**

Male: 32kg, 37kg, 42kg, 47kg, 52kg, 57kg, 63kg, 69kg, +69kg

Female: 32kg, 37kg, 42kg, 46kg, 50kg, 55kg, 60kg, 65kg, +65kg





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## Accommodation and Transportations

All competitors and guests must stay in Ramallah City dedicated Hotels to participate in the Palestine Open 2023. The Hotels will host the accommodation and breakfast only for the duration of the tournament. Hotel reservations must be made via the Palestinian Federation of Kickboxing 45 days prior arrival.

Hotel	Single room	Double room	Triple room
Caesar hotel	100 usd	120 usd	150 usd

Please make your reservations and transfers:

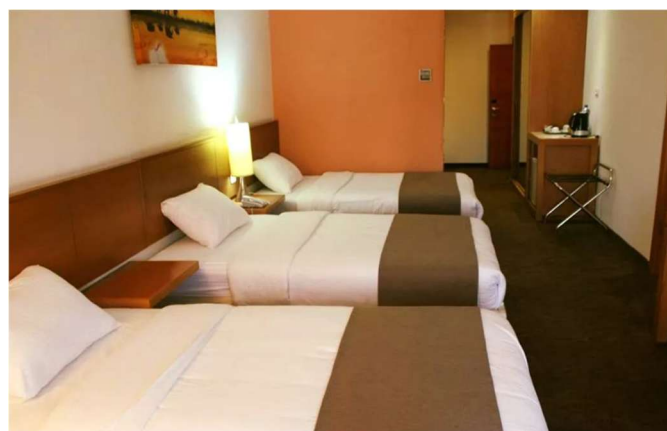
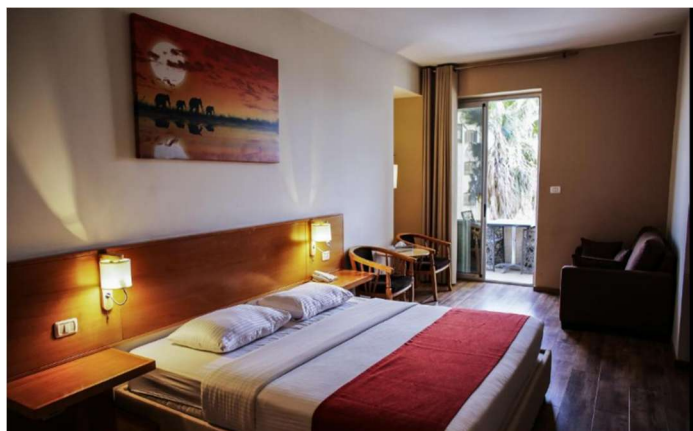
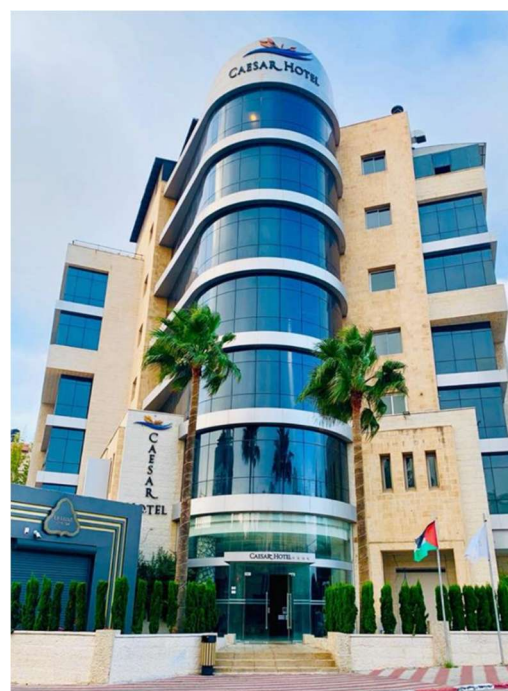
Email: [pfk@poc.ps](mailto:pfk@poc.ps)

Phone: [+1 832 277 2442](tel:+18322772442)

The Hotel will provide breakfast only.

Transfer to Venue: Round Trip: Free of charge offered by organizer.

Holly Visits: Packages and Fees shall be communicated to delegations later.





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## Registration - Terms and conditions

### Online registration:

[www.wako.rsportz.com](http://www.wako.rsportz.com)

Registration on Sport data will close on 01<sup>st</sup> July 2023

Note that, the eligibility of participation in Palestine open is reserved for the national federations and their approved members/ clubs.

### Website:

[www.palestinekickboxing.com](http://www.palestinekickboxing.com)

### Payment:

Cash: Dollars or Euros on arrival or Bank Transfer

ISLAMIC ARAB BANK – RAMALLAH

PALESTINIAN FEDERATION OF KICKBOXING

ACCOUNT NUMBER: 12016303

IBAN NO FOR DOLLAR TRANSFER: PS51A1SB120220110112016303001

IBAN NO FOR EURO TRANSFER: PS77A1SB120520110112016303001

### Entry Fees

Each entry: \$50

### Kickboxing Equipment allowed

Wako rules of equipment must be followed.





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## Sport Hall

### BIRZEIT UNIVERSITY SPORTS HALL

Over a century, what began as a small girls' school in Birzeit town has become the most prestigious Palestinian university, transforming Palestinian higher education through its impact on community awareness, culture and resistance.



Birzeit University has been a thorn in the side of the occupation, insisting on playing its role of enlightenment and creating a multicultural Palestinian society on the campus grounds.





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## HOLLY VISITS

\*ALL VISITS SHALL BE COORDINATED BY THE ORGANIZER AND MUST BE WITH ACCREDITED TOURIST COMPANIES.

### **Bethlehem** , "House of Bread"

Bethlehem; is a city in the central West Bank, Palestine, about 10 km (6.2 miles) south of Jerusalem. Its population is approximately 25,000, and it is the capital of the Bethlehem Governorate. The important holy site of Rachel's Tomb is at the northern entrance of Bethlehem.

### **Church and Grotto of the Nativity**

The first thing that comes to mind when thinking of Bethlehem is the Church of the Nativity. This church, which is beautifully decorated, is famous for being home to the Grotto of the Nativity, said to be the place where Mary gave birth to Jesus – though even the rest of the church is interesting to visit.

The church was built upon orders of Constantine's mother Helena in 339 AD. Destroyed and rebuilt several times, the church is quite large and airy, with some beautiful mosaics – some discovered after renovation works in 1934.

The grotto is quite small. There are a few steps to get to it. Once inside, you will see that there is a 14-point star, which marks the place where Mary gave birth to Jesus; and the manger where Jesus was placed. The Grotto of the Nativity is regularly packed with people chanting or praying – for religious people this is a highly spiritual experience. For Atheists like me, it's an interesting historical place to visit.







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TIP: There are normally lines to get to the actual grotto – so make sure to visit first thing in the morning. The church is inevitably more crowded during Christmas time.

TIP: Make sure to also visit St. Catherine's Church, which is right next to the Church of the Nativity.

The Church and Grotto of the Nativity are much better visited on a guided tour: you really need a guide to help you through the crowds and to make sense of what you are seeing. Read above for the recommended tours.

#### Chapel of the Milk Grotto

Significantly less visited (we were the only ones there when we went) than the Church of the Nativity, this lovely chapel was built in the 19th century around the Grotto where the Holy Family stayed to preserve baby Jesus from Herod's massacre of the innocents. According to legend, some drops of milk fell from the Virgin Mary and turned the rock inside the grotto completely white. Nowadays, this is a place of worship especially for couples looking to conceive a child.

#### Shepherd's Field

Another place to visit in Bethlehem for Christians is Shepherd's Field – thought to be the place where the angels announced the birth of Jesus to the shepherds. It's located a bit outside the center of Bethlehem, in a beautiful, quiet park where you will find a Greek Orthodox church and a catholic one built to remind the structure of the tent where the shepherds would spend the night. Below this, there is a grotto with a small chapel.





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**Jericho** is a Palestinian city in the West Bank. It is located in the Jordan Valley, with the Jordan River to the east and Jerusalem to the west.

Commonly known as “the oldest city in the world,” Jericho is an important historical, cultural, and political center located northwest of the Dead Sea.

The surroundings of Jericho are gorgeous though – lots of hiking trails, and a couple of monasteries which include the Monastery of Temptation, said to be the place where Jesus spent 40 days and nights praying and fasting while he was being tempted by Satan. The monastery can be reached via cable car and from there you can get incredible views of the Dead Sea and of Jericho.

Baptismal Site on the Jordan River

This is the site where, according to Christian tradition, Jesus was baptized. Marking the border between the West Bank and Jordan, this is a very important place for Christians, who go there on pilgrimages and immerse themselves in the water to be baptized. You will find several fountains of water – you’ll see many people refilling their bottles, which they often take home to offer to their friends and relatives who were unable to travel.



**Ramallah** is a must when you visit Palestine. This the biggest and most cosmopolitan (as well as chaotic) city in Palestine. It’s a fun place to spend a few hours, usually the starting point of guided tours of the West Bank. The most interesting place to visit is Arafat Mausoleum and Museum, where you will be able to learn a bit more about the history of Palestine.

On the grounds of his final battle, connected to his main office and last command headquarters, stands the **Yasser Arafat Museum**. Overlooking his temporary mausoleum in Al-Muqata’a, the Museum bears witness to the legendary farewell of Palestinians amid the inspirational symbols and profound, eternal memories of the space – a museum of the Palestinian contemporary national memory.







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## Jerusalem

The Holy City of Jerusalem is perhaps the most significant, and almost certainly the best-known religious city on Earth. In no other single place can you find such a concentration of sites sacred to not just one, but three major world religions: Christianity, Judaism, and Islam. This compact ancient city, surrounded by a wall more than 450 years ago.

By tradition this, the holiest place for Catholic and Orthodox Christians marks the site of Jesus' crucifixion, burial, and Resurrection. It was completed in A.D. 335, its basilica having been constructed on the foundations of an ancient Roman temple to Venus (Aphrodite). The actual sepulcher is inside the Edicule, a two-room chapel underneath the church's rotunda. There are separate prayer times for the various denominations.







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The Via Dolorosa is the road Jesus walked from the place of Pontius Pilate's sentencing to Golgotha (the location of the crucifixion) and is the most sacred Christian byway in the world. Of the 14 stations, which Christians have been walking for more than a thousand years, the most famous is the Praetorium, where Jesus took up the cross and the Church of the Holy Sepulcher.

Those walking the Via Dolorosa—which means “way of sorrows”—symbolically relive the moments of Christ's Passion.



**Jerusalem's al-Aqsa Mosque** is the third-holiest site in Islam, drawing tens of thousands of pilgrims from across Palestine and the wider Muslim world each year.

Spanning 14 hectares, the mosque includes the golden-domed Dome of the Rock, arguably one of Jerusalem's most recognizable landmarks, as well as the ancient al-Qibli Mosque, both of which are considered sacred.

The huge site, also known as Haram al-Sharif, or "noble sanctuary," in Arabic, traditionally had 15 gates, which allowed worshippers to pour into its grounds from the surrounding Old City of Jerusalem.

[How To Visit Palestine: 21 Incredibly Useful Things To Know \(myadventuresacrosstheworld.com\)](https://myadventuresacrosstheworld.com)