



7th South Asian Karate CHAMPIONSHIP & (Cadet, Junior, U21 & Senior) AKF REFEREE SEMINAR-2023

28th Nov. - 3rd Dec.

Kathmandu, Nepal



Organized by
South Asian Karate Federation (SAKF)

Hosted by
Nepal Karate Federation (NKF)

Approved By
Asian Karate Federation (AKF)

Recognized by
World Karate Federation (WKF)





WORLD KARATE FEDERATION

MESSAGE FROM THE WKF PRESIDENT

2023 SOUTH ASIAN KARATE CHAMPIONSHIPS



One of the many showcases of the tremendous progress of Karate lies in the greater relevance of our regional championships around the world. Asia and the Asian Karate Federation have been a reference in the growing importance of these events, and later this year the Karate world will be able to attest this at the 2023 South Asian Karate Federation Championships to be held in Nepal.

A hub of the development of Karate in its area of influence, the South Asian Karate Federation Championships will represent the perfect opportunity not only to demonstrate the improvement of major Karate events in the region but also to witness the impressive level of athletes in the participating countries.

For this reason, I take the opportunity to thank the Nepal Karate Federation and its president Yubaraj Lama Thing for hosting the event.

Moreover, the 2023 South Asian Karate Federation Championships are set to be a memorable event as the future of the South Asian Karate Federation will be devised in Nepal, with the election of the new configuration of the organisation. My gratitude goes to interim president Bharat Sharma for his efforts to lead the SA Karate Federation as well as all its members for establishing a hard-working and successful organisation within the structure of the Asian Karate Federation, under the leadership of AKF president Major General Nasser Alrazooqi.

I wish all the best to the newly appointed president of the SAKF, and all our support in their quest to continue the progress of the sport in the region. Also, the Best of luck to all the participants and organisers and a big "Oss" to all of you Karate fans.

Antonio Espinós

WKF President

MESSAGE FROM THE AKF PRESIDENT



I extend my warmest greetings to all participants, officials, and karate enthusiasts from the South Asia region.

This Championship serves as an ideal platform for the South Asian karate athletes to showcase their skills and provides invaluable exposure for referees and judges. The South Asian region has a rich history of martial arts, and it is heartening to witness the continued growth and excellence in our karate practitioners.

As we gather for another edition of this prestigious championship, we celebrate the talent, dedication, and unity within our region. It is a testament to the commitment of athletes and the unwavering support of coaches, officials, and volunteers.

I would like to extend my heartfelt appreciation to the Nepal Karate Federation for their efforts and determination in organizing this event. Your dedication to the promotion of karate and athlete development is truly commendable.

To the athletes, compete with honour and integrity, upholding the spirit of fair play. Victory is defined not only by medals but also by the values you exhibit.

To the coaches and officials, your guidance and impartiality are vital. Carry out your duties with professionalism.

To spectators and fans, your support motivates our athletes. Witness the remarkable displays of skill and determination, and celebrate the unity that makes our sport special.

I wish all participants the best of luck, and may this championship be a memorable experience.

With warmest regards

Major General Nasser Al Razooqi
AKF President



BHARAT SHARMA - BLACK BELT – 8TH DAN

INTERIM PRESIDENT – **SOUTH ASIAN KARATE DO FEDERATION**

EXECUTIVE COUNCIL MEMBER – **ASIAN KARATE FEDERATION (AKF)**

VICE PRESIDENT – **COMMONWEALTH KARATE FEDERATION (CKF)**

GB MEMBER & DIRECTOR OF INTERNATIONAL RELATIONS & COORDINATION – **KARATE INDIA ORGANISATION (KIO)**



GREETINGS MESSAGE

I extend my heartiest best wishes and warm welcome to all the participants of 7th South Asian Karate Do Federation Karate Championship which will be held at Kathmandu, Nepal in December, 2023.

I strongly believe that this championship will be proved an important platform to showcase the talent of young Karate players of South Asian countries by providing them an international level of experience and exposure.

Through this message, I would like to extend my thanks and heartfelt gratitude to Nepal Karate Federation for the hosting of this prestigious event. My best wishes to the organising committee and management of the federation under the leadership of NKF President Mr. Yubraj Lama Thing for a great and successful championship with unforgettable memories.

My sincere gratitude to the WKF President Mr. Antonio Espinos and AKF President Major General Nasser Al Razooqi for giving their valuable guidance, patronage and blessings time to time for the betterment of Karate sport in our south Asian region.

Hope everyone will enjoy the visit of Nepal and return back home with memorable hospitality provided by the Nepal Karate Federation.

With warm regards,

Bharat Sharma

Interim President

South Asian Karate Do Federation

ADDRESS: 31, DDA COMMUNITY CENTRE, B BLOCK JANAK PURI, NEW DELHI -110058 (INDIA)
PHONE: +91-11- 41444599, MOBILE: +91 9811144599, EMAIL: sunbharat@yahoo.com



"Karate for World Peace"
Karate For Health, Karate For Nation
Ministry of Youth & Sports
National Sports Council
नेपाल कराते महासंघ
NEPAL KARATE FEDERATION
Affiliated: World karate federation, Asian Karate federation
Recognized by Nepal Olympic Committee
Registered by National Sports Council



Message from the NKF President for the

Dear Participants, Referees and Distinguished Guests,

It is with immense pleasure and honor that I, Yubaraj Lama Thing, President of the Nepal Karate Federation, extend a warm and heartfelt welcome to all of you to the 7th South Asian Karate Championship, Referee Seminar, and SAKF Congress.

Nepal takes great pride in hosting this prestigious event, which brings together karate enthusiasts, practitioners, and experts from across South Asia. As we gather here, in the heart of the Himalayas, we not only celebrate the spirit of karate but also strengthen the bonds of friendship and collaboration that transcend borders.

Our beautiful nation, known for its rich cultural heritage and warm hospitality, eagerly awaits your arrival. I am confident that this championship, seminar, and congress will not only be a platform for intense competition and learning but also a cultural exchange that enriches our shared experiences.

I would like to express my gratitude to the South Asian Karate Federation for entrusting Nepal with this significant event. I also extend my best wishes to all the athletes, referees, and delegates participating. May your journey here be filled with memorable moments, personal growth, and sporting excellence.

Let us come together, not only as competitors but as ambassadors of goodwill, fostering the values of respect, discipline, and sportsmanship that karate embodies. Through this event, let us forge lasting friendships that transcend borders and build a stronger and more united South Asian karate community.

Once again, a heartfelt welcome to Nepal, and may this 7th South Asian Karate Championship, Referee Seminar, and SAKF Congress be a resounding success.

Sincerely,

Yubaraj Lama Thing
President
Nepal Karate Federation



Nepal Olympic Committee



Message from the NOC President

Dear Participants of the 7th South Asian Karate Championship, Referee Seminar, and Congress,

I am delighted to extend my warmest greetings and sincere welcome on behalf of the Nepal Olympic Committee. It is an honor and privilege to welcome all participants of championship scheduled from November 29th to December 3rd. This event will bring together Karate referees, and officials from across South Asia, fostering the spirit of sportsmanship and unity.

The South Asian Karate Championship is not only a showcase of exceptional talent but also a testament to the shared values of discipline, respect, and fair play that are at the heart of Karate. This event provides a unique opportunity for cultural exchange and friendly competition, fostering goodwill among nations.

The Referee Seminar, an integral part of this gathering, will undoubtedly enhance the standard of officiating in Karate, contributing to the growth and development of this sport in our region. We appreciate the dedication of referees and their commitment to upholding the highest standards of fairness.

The Congress, where ideas and experiences are exchanged, is a crucial platform for shaping the future of Karate in South Asia. Your contributions and discussions will play a pivotal role in charting the course for our sport.

Wishing you all an inspiring and successful 7th South Asian Karate Championship, Referee Seminar, and Congress.

Warm regards,

Jeevan Ram Shrestha
President





"स्वास्थ्यका लागि खेलकुद, राष्ट्रका लागि खेलकुद"
राष्ट्रिय खेलकुद परिषद्

प्रधान कार्यालय: त्रिपुरेश्वर, काठमाडौं, नेपाल

National Sports Council

Head Office: Tripureshwor, Kathmandu, Nepal

विभाग/शाखा

Dept./ Sec.

मिति/Date:

पत्र/Ref. No.:

19th September, 2023

"Message from member secretary of National sports council Nepal"



Dear Esteemed Participants,

On behalf of the National Sports Council of Nepal, it is my distinct honor and privilege to extend a hearty welcome to all of you for the 7th South Asian Karate Championship, Referee Seminar, and Congress. This grand gathering of athletes, officials, and enthusiasts from across South Asia is a testament to the unifying power of sports.

It is a celebration of talent, dedication, and the values that sport instills in us - discipline, teamwork, and fair competition, event will not only promote the sport of Karate but also strengthen the bonds of friendship among our nations. I want to express my heartfelt gratitude to the organizers, athletes, referees, and officials who have diligently working to make this event a reality. Your efforts are commendable, and your passion for Karate is an inspiration to us all.

Let this championship, seminar, and congress be a platform where we celebrate excellence, foster international cooperation, and create lasting memories. Wishing you all a successful and unforgettable experience.

Warm regards,

Tanka Lal Ghising
Member Secretary



"स्वास्थ्यका लागि खेलकुद, राष्ट्रका लागि खेलकुद"

राष्ट्रिय खेलकुद परिषद्

प्रधान कार्यालय: त्रिपुरेश्वर, काठमाडौं, नेपाल

National Sports Council

Head Office: Tripureshwor, Kathmandu, Nepal

विभाग/शाखा

Dept./ Sec.

मिति/ Date:

च.नं./Ref. No.: ३९०/०८०

18th Sept., 2023

To,
Nepal Karate Federation
Kathmandu Nepal

Sub: Letter of acceptance.

Dear Sir/Madam,

As per your request letter dated for approval to host 7th South Asian Karate Championship, we would like to inform you that it has been acknowledged and approved in accordance with your proposal for the championship to be held from 30th November till 3rd December 2023.

In this regard, please submit the details of participating team at least one week in advance.

Sincerely Yours,

Chandra Kumar Rai

Chief

Association Coordination Section





ASIAN KARATE FEDERATION

Villa No 97. Algeria street mirdiff, Opp. Mirdiff uptown center, Dubai, United Arab Emirates

18th September 2023

Mr. Yubaraj Lama Thang
President
Nepal Karate Federation

Dear President Thang,

Re: 7th South Asian Karate Federation Championship and, AKF Referee Seminar & Examinations for South Asia, 2023

We hope this letter finds you well. In reference to our online meeting on the 9th September 2023, and your formal request to host the above-mentioned events scheduled for 30th November to 3rd December 2023, we are pleased to inform you that the AKF has granted approval for your request.

The organising of the AKF Referee Seminar & Examination are governed by a policy implemented in January 2023. A copy of the policy is attached to this letter for your reference.

Please contact the undersigned should you required any assistance in the organising of the events.

Please submit a copy of the event bulletin for approval as soon as it is available.

Yours Sincerely

Vincent Chen
AKF CEO

CC:

- AKF President, Major General Nasser Alrazooqi
- Interim SAKF Committee Chairman, Bharat Sharma

AKF EMAILS :

President's Office : akfpresidentoffice@gmail.com
General Secretary's Office : joaocki@hotmail.com
CEO's Office : akf.gmoffice@gmail.com

MOSCOT

Yeti the Snowman



SLOGAN

"KARATE-ONE TEAM ONE DREAM"

REFEREE SEMINAR

Registration for Referee Seminar will be on the 28th November 2023 at the Kathmandu, Nepal.

The 2023 latest WKF Competition rules Referee Seminar will be conducted by the WKF Referee and the President of the AKF-RC Mr. Mansour and Secretary Mr. Michael Huang Chen from 9.30 am to 3.00 pm on the 29th & 30th November 2023 at Kathmandu, Nepal. AKF member countries WKF / AKF / and National referees are allowed to participate in the Seminar.

- * Entry fee for Referee Seminar USD 50 per referee.

20 referees from each national federation are allowed to participate in referee seminar & additional 15 referees can participate from host country.

SOUTH ASIAN KARATE CHAMPIONSHIP

South Asian Karate Championship to be held on the 2nd & 3rd December 2023 at the karate academy hall, international sports complex, satdobato. 13th South Asian Games 2018 was held at this venue and it's equipped with changing rooms, canteen, VIP Lounge and conference hall etc.

Athlete entry fee will be charged \$20 per person & no more registration fee for team event.

No. of players can participate for each weight category from every national federation will be decided by SAKF.

4 officiating referees can participate from each national federation to conduct the championship.

2-3 tatamis will be arranged to conduct the championship.

Competition Rules :

Most current WAKF competition rule will apply.

Regulations

- * Participation in the Championship and the referee course is only for the members of the WKF/AKF and South Asian Karate Federation.
- * The Championship will be conducted as per the current WKF rules.
- * All referees must register before the seminar and pay the fee on the spot at the official hotel.
- * All referees will be issued a certificate of participation
- * Organizing committee/players/officials or any individual will not be held responsible in case of any injury during the course of the championship however, the best possible First Aid will be provided.
- * Only WKF Approved safety equipment will be allowed during the championship
- * Organizing committee will provide complimentary accommodation to the NF President, General Secretary, on the 30th November to 3rd December; and for 4 officiating referees from each Countries on 30th November to 3rd December 2023.
- * Last date for the submission of entry will be 15th November 2023, kindly use the links sent to your official Email ID's to register your athletes, officials, and referees separately.
- * If you need more details or any assistance please contact Dr. Shiva Raj Bhatt email bhatt.shivaraj@gmail.com, nepalkarateofficial@gmail.com whatsapp 00977 9810741877
- * **Information regarding no. of players will be provided in second amendment.**

OTHER INFORMATION

1. Competition Date

Referee Seminar will be held on 28th, 29th & 30th November, SAKF Congress will be held on 1st December and Karate competition will be held from 2nd to 3rd December 2023 at Covered Hall, Tripureshwor, Kathmandu

2. Venue

Competition Venue

Category	Competition Venue	Training Venue
Name	Covered Hall, Tripureshwor Kathmandu	At the competition venue
Distance from the Athletes' Hotel	4.5km	
Seating Capacity	1500	-

3. Registration Deadline

Deadline of the registration of players officials & referees will be 15th nov 2023.

for online team registration:-

- ✦ Sports data for national team registration:

https://www.sportdata.org/karate/set-online/veranstaltung_info_main.php?active_menu=calendar&vernrr=7632

4. Organizer and contact

Nepal Karate Federation

Satdobato, Lalitpur, Nepal

nepalkarateofficial@gmail.com

Ph:- +9779851023901/9851097587

Local Organizing committee

Dr. Shiva Raj Bhatt

General coordinator and Technical Director

bhatt.shivaraj@gmail.com

Mobile/whatsapp: +9779810741877

Referee & Coach Course Fee

****AKF and NKF will only accept new \$USD bills. Old \$USD bills and any damaged bills, mark or writing on the bills will not be accepted****

1.	Referee Course Registration Fees and Conditions	
	Indistinctly Kata or Kumite	\$ 300 USD
	Both Kata & Kumite	\$400 USD
<p>As there is limited capacity for the total number of participants in the referee course, each NF will have to rank its candidates by priority order when submitting / registering their Referees for examination and seminar. SAKF will inform each NF of the number of candidates accepted, following the priority order indicated by the NF. Should this priority order not be given, the SKF will make the decision as to which candidates are accepted.</p> <p>All payment of fees will be on site payment only.</p> <p>If a registered candidate failed to show up on time for onsite registration, the NF shall be fined \$200 USD per person for each absentee.</p>		
2.	Referee License Renewal Fee	\$100 USD
	Indistinctly Kata or Kumite, (every four (4) years)	
3.	Referees Registration Fees for Asian Championships	
<p>The registration of qualified referees for officiating in the Asian Championships will be free of charge when done online within the stipulated date for the referee course registration.</p> <p>For late registration of referees and coaches a surcharge of USD 200 will be applied. NFs must register the referees and coaches online.</p>		
4.	Coach Registration Fees and Conditions	
	AKF Coach License Exam: Kata / Kumite	\$200 USD
	AKF Coach License Exam: Kata & Kumite	\$300 USD
	WKF Coach License Convert to AKF: Kata / Kumite	\$100 USD
	WKF Coach License Convert to AKF: Kata & Kumite	\$150 USD

****AKF and NKF will only accept new \$USD bills. Old \$USD bills and any damaged bills, mark or writing on the bills will not be accepted****

REFEREE & COACH PROGRAM

Time	Event	Venue
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27 November (Monday)

	Arrival of AKF Referee Commission	
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28 November (Tuesday)

10:00 - 11:00	Referee Commission Meeting	Godawari Village Resort
12:00 – 17:00	Referee Exams Registration & Payment Renewal Referee Registration & Payment	Godawari Village Resort
17:20 – 19:00	Coach Exam Registration & Payment Coach License Convert & Payment	Godawari Village Resort

29 November (Wednesday)

09:00 – 11:30	Referee Kumite & Kata Seminar	National Karate Academy, International Sports Complex, Satdpobato
12:00 - 12:55	Lunch	
13:00 – 15:00	Kumite & Kata Theory Exam	National Karate Academy, International Sports Complex, Satdpobato
15:30 – 18:30	Kumite Practical Exam Group-1	National Karate Academy, International Sports Complex, Satdpobato
18:30 – 21:30	Kumite Practical Group – 2	National Karate Academy, International Sports Complex, Satdpobato

30 November (Thursday)

09:00 – 13:00	Kata Video Practical Exam	National Karate Academy, International Sports Complex, Satdpobato
13:00 – 14:00	Lunch Break	
14:00 – 15:30	Coach Briefing (All Registered Coach & Coach Exam Candidates must attend)	National Karate Academy, International Sports Complex, Satdpobato
15:30 – 16:30	Coach License Exam	National Karate Academy,

01 December (Friday)

09:00 – 10:00	Referee Exam Result	Godawari Village Resort
10:00 – 11:30	Renewal Referee Theory Exam	National Karate Academy, International Sports Complex, Satdobato
11:30 – 12:30	Lunch Break	
14:00 – 16:00	Referee Briefing (All Referees must attend)	National Karate Academy, International Sports Complex, Satdobato
2:30 pm	SAKF Congress	HQ Hotel Royal Singe
8.00 onwards	Player Registration, weighing, managers Meeting	HQ Hotel Royal Singe

CHAMPIONSHIP PROGRAM

Date : 2nd December 2023 Saturday

Time	Event	Venue
08.45-20.00	Championship	Covered Hall, Tripureshwor
	Opening Ceremony	Covered Hall, Tripureshwor

Date : 3rd December 2023 Sunday

Time	Event	Venue
07.30-16.00	Championship	Covered Hall, Tripureshwor
	Medal Ceremony and the Closing of the SAKC 2023	



Cadet, Junior, U21 & Senior South Asian Karate Championship 2023

ENTRY FORM A

Must be typed and submit on or before 15th November 2023

E-mail:

Fax No:

COUNTRY

NAME OF THE FEDERATION

ADDRESS

TELEPHONE

FAX

EMAIL

WILL PARTICIPATE (YES/NO)

IF YES, PLEASE SPECIFY THE NUMBER OF:

DELEGATION LEADER

REFEREE COURSE CANDIDATES

OFFICIATING REFEREES

COACHES

OFFICIALS

COMPETITORS (CADET-MALE)

COMPETITORS (CADET-FEMALE)

COMPETITORS (JUNIOR-MALE)

COMPETITORS (JUNIOR-FEMALE)

COMPETITORS (SENIOR -MALE)

COMPETITORS (SENIOR -FEMALE)

OTHERS

TOTAL

Name of the President/Secretary General: _____

Signature & Stamp: _____ Date: _____

TERM OF RESPONSIBILITY

Please fill out this form and send it back to the Nepal Karate do Federation on or before

15TH November 2023 E-mail.

I, _____ the undersigned, as the Chief of Delegation of my country, duly enrolled to participate in the **Cadet, Junior & Senior South Asian Karate Championship**, which will be held in Kathmandu, Nepal on 2nd & 3rd December 2023, with full knowledge of the Statutes, the Rules and the Norms of the SAKF, pledge myself to faithfully follow the regulations of this before mentioned entity, and I take any and all administrative, civil and criminal responsibilities of whatever happens to our athletes, coaches and other members of our delegation 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, departure on time, etc.

Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the Championships, the SAKF and the Nepal Karate do Federation, its members/office bearers, 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 the names of our competitors and other members of our delegation (as considered necessary) for the sport activities and publications of Karate, related to the event, without any monetary compensation.

Dated:

Signature & Seal of NF President/General Secretary:

Country	
Surname, First Name	
Passport No. & Expiry Date	
Credit Card Details & Expiry Date	
Position in the NF	
Address	
Tel	
Fax	
E-mail	



AGE & CATEGORIES

Cadet : Age 14/15

Ind.Kata Male/Female Kumite Female (kg): -40, -47, -54, -61, +61

Kumite Male (kg) :-45, -52, -57, -63, -70, +70

Junior : Age 16/17

Ind.Kata Male/Female Kumite Female (kg) :-40, 48, -53, -59, -66, +66

Kumite Male (kg):-50, -55, -61, -68, -76, +76

Under 21: Age 18-20

Ind. Kata Male/Female

Kumite Female (kg): -40, -45, -50, 55, -61, -68, +68

Kumite Male (kg): -50, -55, -60, -67, -75, -84, +84

Senior Kata Age 16+. Kumite Age 18+

Ind.Kata Male/Female

Kumite Female (kg) : -45, -50, -55, -61, -68, +68

Kumite Male (kg) : -50, -55, -60, -67, -75, -84, +84

Team Kumite Female (Senior) Team Kumite Male (Senior)

Team Kata Junior Age 14-17 Male & Female

Team Kata Senior Age +16

Team Kumite Senior Male 18+

Female 18+

Age will be calculated as on the date of Championship. You will be required to provide proof of your date of birth at the time of registration.

Host Country/City Information

Nepal

Nepal, nestled in the heart of the Himalayas in South Asia, is a land of breathtaking natural beauty and rich cultural heritage. With Mount Everest, the world's highest peak, gracing its northern border, Nepal is a haven for trekkers and mountaineers. The country is known for its diverse landscapes, ranging from lush lowlands in the south to rugged mountains in the north. Nepal is also famous for its ancient temples, including the sacred pilgrimage site of Pashupatinath, and the historic city of Kathmandu, a melting pot of cultures and traditions. Additionally, Nepal holds a special place in the hearts of Buddhists worldwide as the birthplace of Siddhartha Gautama, who became Buddha. Lumbini, located in the western part of the country, is a UNESCO World Heritage Site and a pilgrimage destination where visitors can explore the Maya Devi Temple and the peaceful gardens surrounding it. Despite its small size, Nepal boasts a diverse population with various ethnic groups and languages. This landlocked nation, sandwiched between India and China, offers a unique blend of adventure, spirituality, and historical significance, making it a must-visit destination for travelers seeking both natural beauty and cultural immersion.

Apart from its spiritual significance, Nepal is an adventurer's paradise, with opportunities for trekking, mountaineering, and white-water rafting amidst its awe-inspiring landscapes. The legendary city of Janakpur, linked to the Hindu deity Sita and her marriage to Lord Rama, is steeped in mythological lore and is a cultural gem. Nepal's unique blend of spirituality, adventure, and history makes it an enchanting destination that beckons travelers from around the world.

Kathmandu Valley Geography

Kathmandu, the capital city of Nepal, is located in the central part of the country, nestled in a valley within the Himalayan mountain range. Situated at an altitude of approximately 1,400 meters (4,600 feet) above sea level, Kathmandu Valley is surrounded by rugged hills and snow-capped peaks, providing a stunning natural backdrop to the city. The valley is characterized by a mix of urban and rural landscapes, with densely populated neighborhoods, historical landmarks, and lush greenery. The Bagmati River flows through the valley, adding to its geographical diversity. This area is seismically active due to its proximity to tectonic plate boundaries, making Kathmandu susceptible to earthquakes. Despite this, the city remains a vibrant cultural and economic hub, attracting visitors from around the world to experience its rich history, architecture, and unique blend of traditions.

Climate

In November and December, Kathmandu experiences cool and relatively dry weather. Daytime temperatures range from 10°C to 26°C (50°F to 79°F) in November and 2°C to 20°C (36°F to 68°F) in December, with cooler nights. These months are favorable for cultural exploration and lower-altitude trekking, as skies are clear, and rainfall is minimal. However, trekking in higher-altitude regions may be challenging due to colder temperatures, and warm clothing is essential for outdoor activities during this period.



Tourism

Tourism in Kathmandu, Nepal, is enriched by its status as a treasure trove of cultural and natural wonders. The city, along with the Kathmandu Valley, boasts seven UNESCO World Heritage Sites, including the Durbar Squares of Kathmandu, Patan, and Bhaktapur, which showcase exquisite architecture and historical significance. Pashupatinath Temple, a sacred Hindu pilgrimage site, and Boudhanath Stupa, one of the largest stupas in the world, draw both religious devotees and curious travelers. Beyond its heritage, Kathmandu offers a diverse culinary scene, bustling markets for handicrafts, and opportunities for yoga and meditation retreats. The city's proximity to trekking routes and adventure sports in the Himalayas adds to its appeal, making it a multifaceted destination that caters to a wide range of interests and passions.

Pokhara

Geography

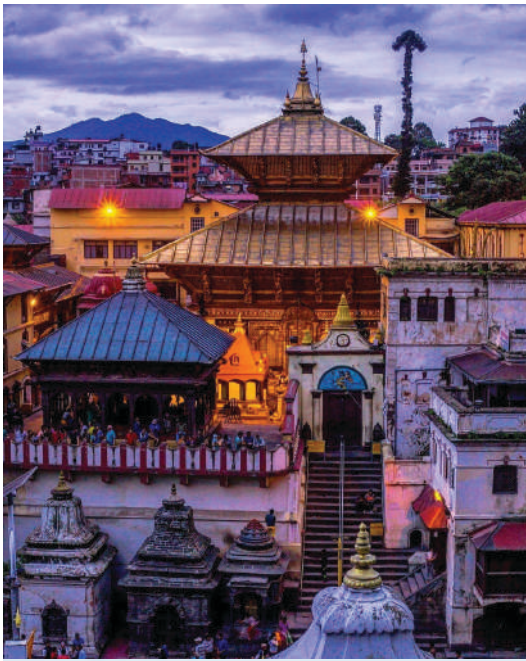
Pokhara, often referred to as the "Gateway to the Annapurna Circuit," is a picturesque city nestled in the Himalayan foothills of Nepal. Known for its stunning natural beauty, the city is set beside the serene Phewa Lake, offering breathtaking reflections of the Annapurna and Machapuchhare mountain ranges. Pokhara is a hub for adventure seekers, offering trekking, paragliding, and boating opportunities, while also being a peaceful retreat with its tranquil lakeside atmosphere. The city is dotted with vibrant markets, diverse dining options, and a thriving arts scene, making it a must-visit destination for those seeking both outdoor adventure and cultural experiences.

Climate

Pokhara, nestled in the lap of the Himalayas, experiences a subtropical highland climate with four distinct seasons. Spring (March to May) brings mild temperatures, clear skies, and blooming flora, making it an excellent time for trekking and sightseeing. Summer (June to August) is the monsoon season, characterized by heavy rainfall and high humidity, which can hinder outdoor activities. Autumn (September to November) is a popular time to visit, offering cool and dry weather, ideal for trekking and exploring. Winter (December to February) brings cooler temperatures, particularly at night, and clear skies, providing crisp and stunning views of the surrounding mountains, though it can be chilly for outdoor activities.

Tourism

Pokhara, often dubbed the "Tourism Capital of Nepal," is a magnet for travelers seeking natural beauty and adventure. Nestled beside the serene Phewa Lake and surrounded by the Annapurna mountain range, it offers breathtaking views and a range of outdoor activities such as trekking, paragliding, and boating. The city also boasts a vibrant arts and culture scene, with a variety of restaurants, markets, and cultural attractions, making it a versatile destination that appeals to both nature enthusiasts and those seeking a taste of Nepalese culture.



7th South Asian Karate Championship 2023

Accommodation

Official Hotel : Royal Singe,
Address : Durbar Marg, Kathmandu
Website: royalsingi.com

Official Hotel for Referee: Godawari Village Resort, Godawari, Lalitpur
Website: www.godavarivillageresort.com

All the internal transportation facilities including airport reception will be arranged by host country free of cost.

From the Airport

The Tribhuvan International Airport is 5.5 km away, which will take Approximately 20 minutes in a taxi.

Airport Reception

Our staff will meet participants at the airport. Please send your travel itinerary well in advance to our Secretariat (below). Our staff will be there to assist and transfer you to the hotel.

Official Hotels Prices (BB)

Hotel	Type	Single Room	Twins Room
Royal Singi HQ Hotel	4 star	\$80+vat	\$90+vat
Godawari village Resort -Referee Hotel	3 star	\$60+vat	\$80+vat
Avataar Kathmandu Hotel (Hotel for team)		\$35+vat	\$40+vat
Hotel Simal (Hotel for team)		\$35+vat	\$40+vat
Hotel Arts (Hotel for team)		\$30+vat	\$40+vat
Hotel Skyline (Hotel for team)		\$30+vat	\$52+vat

Hotel Information

Hotel Royal Singi Hq. Hotel

Hotel Royal Singi is a family venture and is the vision of Mr. Tashi Ghale who previously co-owned and operated two prior properties in the city of Kathmandu before developing this pride of the family. With a long standing reputation within the nation and the industry alike since its inception in 1998, Hotel Royal Singi continues to evolve and make necessary upgrades to all its rooms, amenities and services. Our prime location and well trained service oriented team serve us strong to accommodate and keep our guests happy. A hotel for all travels, business, expedition, transit or leisure- be assured comfort and convenience along with a sense of personalization is an experience you will receive and enjoy while staying at Royal Singi.

With respect of its mythological significance to Tibetan Buddhist, the hotel was named after the celestial animal figure of the Snow Lion and its serving as the national emblem to Tibet. The Snow Lion resides in the East and represents unconditional cheerfulness, a mind free of doubt, clear and precise. The Snow Lion has a youthful, vibrant energy of goodness and a natural sense of delight. Sometimes the throne of a Buddha is depicted with eight Snow Lions representing the eight main Bodhisattva-disciples of Buddha Shakyamuni, the historical Buddha.



Godawari Village Resort Referee Hotel

A heaven of peace and tranquility, Godavari Village Resort is perfect rereat for you and your family. The packages we offer are carefully tailored to your needs. Since we are far from hustle & bustle of the city, transportation facilities include a special services every 1 hour(7:00 am - 7:00pm) everyday.





VISA INFORMATION

Tourism and transit visas are applied for online through the government of Nepal's official website, or through the official website of a third party such as Visagov.com. We can process the visa while you relax and plan what you are going to see in Nepal.

You can also process your visa on arrival at the airport. However, it is less advisable because of the likelihood of long queues or other setbacks that might arise.

All tourist visas for Nepal are called 'On Arrival', as you must present the visa on arrival, where the authorities will verify that all the details are correct. If you are travelling to Nepal for any reason other than tourism or to make stopover or transit at its airports, you must arrange the necessary visa through the Nepalese embassy nearest to your place of residence.

Who needs a visa for Nepal?

All foreigners wishing to travel to Nepal, except Indian nationals, must apply for one of the various types of visa offered by the government of Nepal. There are a few more exemptions, such as officials from China, Brazil, Russia and Thailand who will not need a visa because of an agreement between the countries.

What are the requirements to apply for a visa to Nepal?

If you are applying for a tourist visa, there are some Nepal entry requirements. You will need a passport with an expiry date of more than 6 months from the date of entry into the country. In addition, you will need a recent, passport-size photograph (taken within the year).

You will need to fill in the form online, and present it with your passport and photo to the Nepalese authorities upon arrival. The form can also be filled out from one of the terminals that you will find at Kathmandu International Airport.

The visa is free of charge if any of the following conditions are met:

- ❖ Children under 10 years of age.
- ❖ Be a citizen of SAARC, except for Afghan citizens.
- ❖ To be a holder of a Nepalese non-resident card (NRN).
- ❖ To be a Chinese citizen.

For visas other than tourist visas, you must consult the Nepalese embassy or consulates with regards to the appropriate fee.



7th Cadet, Junior, U21 & Senior **SOUTH ASIAN KARATE CHAMPIONSHIP - 2023**

28th NOVEMBER- 3rd DECEMBER | KATHMANDU, NEPAL

