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BHUTAN OLYMPIC COMMITTEE



8TH CADET, JUNIOR, U-21 & SENIOR SOUTH ASIAN KARATE CHAMPIONSHIP & A K F REFEREE SEMINAR 2024

FROM 13TH TO 20TH JULY, 2024 AT THIMPHU (BHUTAN)



MESSAGE FROM THE WKF PRESIDENT



THE PRESIDENT
WORLD KARATE FEDERATION

FOREWORD – SOUTH ASIAN KARATE CHAMPIONSHIPS

The 2024 South Asian Karate Championships, slated to take place from July 13 to 20, 2024, in Thimphu, Bhutan, promises to be a showcase of the remarkable talent and dedication prevalent in the South Asian karate community. As we prepare to witness the spirited competition unfold, we recognize the athletes representing the six South Asian member countries, such as Bangladesh, Bhutan, India, Nepal, Pakistan, and Sri Lanka since their commitment to the sport serves as a testament to the growing strength and popularity of karate in the region.



I extend my heartfelt gratitude to the Bhutan Karate Federation, under the leadership of President Dawa Lham, and the South Asian Karate Federation and its President, Bharat Sharma for hosting this significant event and for their contribution to the development of Karate. Their unwavering dedication and meticulous planning have laid the foundation for what promises to be a memorable and successful championship.

Regional championships such as this are the lifeblood of the sport, providing a platform for athletes to showcase their skills, gain invaluable experience, and showcase the values of our sport. They play a vital role in the ongoing development and advancement of karate within the continental federations.

I extend my best wishes to all participants for a successful and memorable championship. May the spirit of karate guide you on your journey towards excellence. Best of luck to all the participants and organisers and a big “Oss” to all of you Karate fans.

Antonio Espinós
President
World Karate Federation

HQ Office: Calle Princesa 25, 3º 1 - 28008 Madrid – Spain, Tel. +34 91 535 96 32, e-mail: wkf@wkf.net

www.wkf.net



MESSAGE FROM THE AKF PRESIDENT



On behalf of the Asian Karate Federation, I extend my warmest greetings and heartfelt congratulations to all stakeholders of the South Asian Karate Federation (SAKF) as you prepare to participate in the 8th South Asian Karate Championship in Thimphu, Bhutan from 18 to 19 July, 2024.

I would like to express my deepest appreciation to Mr. Bharat Sharma, President of the SAKF, for his leadership and unwavering commitment to the development of karate in the region. His vision and dedication have been instrumental in bringing together the karate communities in the region.

To the National Federations, I commend your dedication and commitment to the development of karate in your respective countries. Your support and participation in this championship demonstrate the strength and unity of the karate community in South Asia.

To the athletes, I applaud your hard work, perseverance, and passion for the sport. Your dedication to training and your pursuit of excellence are truly inspiring. As you step onto the tatami in Thimphu, I encourage you to compete with the utmost respect, sportsmanship, and fair play. Remember that you are not only representing your countries but also serving as ambassadors of karate and its values.

To the Bhutan Karate Association, I extend my deepest appreciation for your efforts in hosting this prestigious event. Your commitment to organizing the first official international karate championship in Bhutan is a significant milestone for the sport in the region. I am confident that your dedication and hard work will ensure a successful and memorable tournament for all participants.

The Asian Karate Federation stands in solidarity with all of you and extends its full support to ensure the success of this championship. Finally, I wish everyone a very successful Championship.

A blue ink handwritten signature, likely of the President, Major General Nasser Al Razooqi.

Major General Nasser Al Razooqi

President, Asian Karate Federation



MESSAGE FROM THE SAKF PRESIDENT



BHARAT SHARMA - BLACK BELT – 8TH DAN (WKF)
PRESIDENT – SOUTH ASIAN KARATE DO FEDERATION (SAKF)
EXECUTIVE COUNCIL MEMBER – ASIAN KARATE FEDERATION (AKF)
2nd VICE PRESIDENT – COMMONWEALTH KARATE FEDERATION (CKF)
PRESIDENT – KARATE INDIA ORGANISATION (KIO)



GREETINGS MESSAGE

Dear SAKF Karate Players, Coaches, Referees, members of NF Delegates and Members of OC.

Through this greeting message, I would like to congratulate you for being a part of this AKF affiliated SAKF South Asian Karate Championship 2024 scheduled to be held at Thimphu, Bhutan from 14 to 19 July, 2024 for Cadet, Junior, U21 and Seniors categories of players.

This official event of SAKF is going to be an important platform for all the players of the region to showcase their Karate skills and to evaluate their Karate expertise for which all were under vigorous training for the last many months.

I am sure by following the true discipline of our most respected art of Karate and WKF rules, all delegates from India, Nepal, Bhutan, Sri Lanka, Bangladesh and Pakistan will contribute their best to make this event a grand success and memorable.

By congratulating President of Bhutan Karate Association Ms. Dawa Lham for hosting this important official Karate event very first time in the history of Bhutan at the most beautiful place Thimphu, I strongly believe that the Bhutan Karate Association being the host will provide the best of the hospitality and arrangements so that everyone after the completion of the event returns home with sweet and unforgettable memories.

At the end my message will be incomplete without giving thanks to the visionary President of Asian Karate Federation Major General Nasser Alrazooqi for his kind support, guidance and blessing for the betterment and upliftment of Karate sports.

Wishing all a great and successful event.

With best wishes

Yours in Karate Do

Bharat Sharma

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



ORGANISER'S FOREWORDS

Forewords from The President of BKA

Dear Participants, Referees and Distinguished Guests,

It gives me immense pleasure to extend a warm welcome to all the participants from our member countries on behalf of the Bhutan Karate Association. We are dedicated to ensuring that your stay with us is as wonderful and memorable as possible.

Bhutan is honored to be hosting the prestigious 8th South Asian Karate Championship 2024 for the first time.



The Championship will provide an opportunity to identify elite players who have the potential to excel in the Asian and World Championships.

The championship will serve as a platform for our athletes to showcase their talent and inspire others to join the sport. Furthermore, this event will enable the athletes to interact with each other and gain valuable insights about the sport. We strongly believe that such interactions will motivate and inspire our youth to dedicate their time to the sport, thereby deterring them from engaging in antisocial activities.

We are confident that this championship will strengthen the bond between the South Asian member countries with a shared objective for SAKF.

Once again welcome you all to the land of Gross National Happiness, where tranquility and pristine environments await you.

We are looking forward to have you all with us.

Best wishes

Dawa Lham

President

Bhutan Karate Association



GENERAL RULES & REGULATIONS

- Participation in the Championship and the referee course is only for the members of the World Karate Federation (WKF), Asian Karate Federation (AKF) and South Asian Karate Federation (SAKF).
- The South Asian Karate Championship 2024 will be conducted in accordance with the latest rules of World Karate Federation (WKF) on knock out basis.
- Affiliates member can only register ONE (1) team for the Team Event and Individual events.
- 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 World Karate Federation (WKF) / Asian Karate Federation (AKF) Approved safety equipment will be allowed during the championship.
- Last date for the submission of entry will be 15th June 2024 via SPORTDATA, kindly use the links sent to your official Email IDs to register your athletes, officials, and referees separately.
- Please note that to prevent Age Fraud, actual & authentic Date of Birth should be registered online and every athlete must carry the valid age proof during the course of the registration and championship.



PROTECTIVE EQUIPMENT

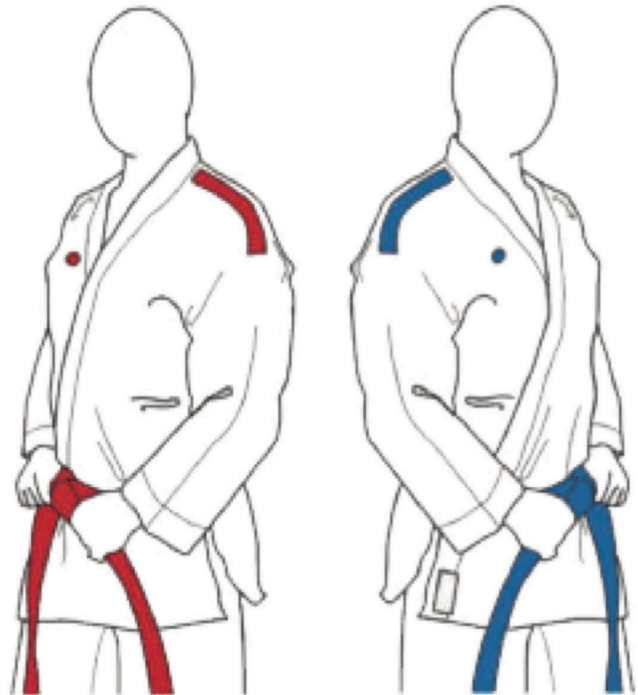
Competitors **MUST** bring their own **World Karate Federation (WKF) / Asian Karate Federation (AKF) Approved equipment** [mitts, shin guard, gloves, belt, chest protector (female), gum shield (compulsory), body protector & face masks are compulsory for cadets] etc.

The following protective equipment is required for all competitors:

- WKF/AKF approved red & blue Gloves/Mitts.
- WKF/AKF approved red & blue Shin and Instep Protectors.
- Mouth Guard
- Groin Protector (All Male competitors).
- WKF/AKF Approved Chest Protector (All Female competitors)
- WKF/AKF approved Body Armor

OFFICIAL KARATEGI:

World Karate Federation (WKF) / Asian Karate Federation (AKF) Approved Kumite and Kata karategis with the brand name embroidered on the shoulders in **RED** or **BLUE** are **MANDATORY** in the Championship 2024.



CHAMPIONSHIP CATEGORY

CADET (14 TO 15 YEARS)

S. NO	MALE EVENT CATEGORIES	S. NO.	FEMALE EVENT CATEGORIES
1.	Male KATA	1.	Female KATA
2.	Male Kumite -45 KG	2.	Female Kumite -42 KG
3.	Male Kumite -52 KG	3.	Female Kumite -47 KG
4.	Male Kumite -57 KG	4.	Female Kumite -54 KG
5.	Male Kumite -63 KG	5.	Female Kumite -61 KG
6.	Male Kumite -70 KG	6.	Female Kumite +61 KG
7.	Male Kumite +70 KG		

JUNIOR (16 TO 17 YEARS)

S. NO	MALE EVENT CATEGORIES	S. NO.	FEMALE EVENT CATEGORIES
1.	Male KATA	1.	Female KATA
2.	Male Kumite -50 KG	2.	Female Kumite -42 KG
3.	Male Kumite -55 KG	3.	Female Kumite -48 KG
4.	Male Kumite -61 KG	4.	Female Kumite -53 KG
5.	Male Kumite -68 KG	5.	Female Kumite -59 KG
6.	Male Kumite -76 KG	6.	Female Kumite -66 KG
7.	Male Kumite +76 KG	7.	Female Kumite +66 KG

UNDER - 21 (18 TO 20 YEARS)

S. NO	MALE EVENT CATEGORIES	S. NO.	FEMALE EVENT CATEGORIES
1.	Male KATA	1.	Female KATA
2.	Male Kumite -50 KG	2.	Female Kumite -45 KG
3.	Male Kumite -55 KG	3.	Female Kumite -50 KG
4.	Male Kumite -60 KG	4.	Female Kumite -55 KG
5.	Male Kumite -67 KG	5.	Female Kumite -61 KG
6.	Male Kumite -75 KG	6.	Female Kumite -68 KG
7.	Male Kumite -84 KG	7.	Female Kumite +68 KG
8.	Male Kumite +84 KG		

SENIOR (KATA +16 years old & KUMITE + 18 years old)

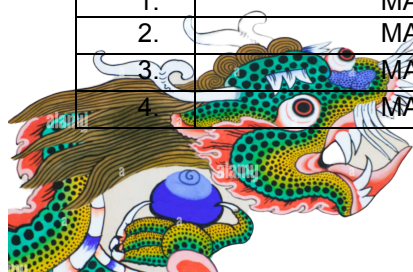
S. NO	MALE EVENT CATEGORIES	S. NO.	FEMALE EVENT CATEGORIES
1.	Male KATA	1.	Female KATA
2.	Male Kumite -50 KG	2.	Female Kumite -45 KG
3.	Male Kumite -55 KG	3.	Female Kumite -50 KG
4.	Male Kumite -60 KG	4.	Female Kumite -55 KG
5.	Male Kumite -67 KG	5.	Female Kumite -61 KG
6.	Male Kumite -75 KG	6.	Female Kumite -68 KG
7.	Male Kumite -84 KG	7.	Female Kumite +68 KG
8.	Male Kumite +84 KG		

JUNIOR TEAM KATA (14 TO 17 YEARS)

S. NO	MALE EVENT CATEGORIES	S. NO.	FEMALE EVENT CATEGORIES
1.	MALE TEAM KATA	1.	FEMALE TEAM KATA
2.	MALE TEAM KATA	2.	FEMALE TEAM KATA
3.	MALE TEAM KATA	3.	FEMALE TEAM KATA
4.	MALE TEAM KATA	4.	FEMALE TEAM KATA

SENIOR TEAM KATA (+16 YEARS)

S. NO	MALE EVENT CATEGORIES	S. NO.	FEMALE EVENT CATEGORIES
1.	MALE TEAM KATA	1.	FEMALE TEAM KATA
2.	MALE TEAM KATA	2.	FEMALE TEAM KATA
3.	MALE TEAM KATA	3.	FEMALE TEAM KATA
4.	MALE TEAM KATA	4.	FEMALE TEAM KATA



COMPETITION DATE & VENUE



Date	:	13 th to 20 th July 2024
Venue	:	YDF (Youth Development Fund) Hall
Seating Capacity	:	1000
Distance from Hotels	:	2km

Training Venue: YDF (Youth Development Fund).

Referee Seminar will be held on 15th, 16th & 17th July 2024

SAKF Congress will be held on 17th July 2024

Competition will be held from 18th to 19th July 2024.

REGISTRATION

Deadline of the registration of player's & officials will be 15th of June 2024 via [SPORTDATA](https://www.sportdata.org/karate/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=8208#a_eventhead)

Link:

https://www.sportdata.org/karate/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=8208#a_eventhead

CONTACT DETAILS

BHUTAN KARATE ASSOCIATION

Address : PO Box 1164 Thimphu, Bhutan
Telephone: +975 2337475
E-mail : karatebhu@gmail.com

President: Bhutan Karate Association
Mrs. Dawa Lham

General Co-coordinator: Bhutan Karate Association
Mr. Tshering Dorji,
Contact No/WhatsApp: +97577746241
E-mail ID: phajo1995@gmail.com



VISA INFORMATION

Who Needs a Bhutan Visa?

All visitors require a visa before traveling to [Bhutan](#) (except those from India, Bangladesh, for whom the relevant processes and fees are outlined separately below).

Visa Fee

This is a **non-refundable** government fee of **US\$40 (Nu.5000/-)** per person for one time, regardless of your nationality or length of stay.

Sustainable Development Fee (SDF)

What is SDF ?

The [Sustainable Development Fee](#) (SDF) is a key component of Bhutan's unique "**High Value, Low Volume**" tourism policy. It's a daily levy paid by all visitors on a tourist visa and plays a crucial role in supporting the country's sustainable development goals.

How much is the SDF ?

From 1 September 2023 till 31 August 2027, the SDF is **USD 100 per night for adults** from all countries except for India. Children aged between 6 years and who have not yet turned 12 are eligible to pay **USD 50 per night**. Children who have not yet turned 6 years old do not have to pay any SDF.

The SDF for Indian nationals (showing a valid Indian passport or Voter ID card) is **Nu. 1,200** (or the equivalent amount in Indian rupees) per person, per night. Nevertheless, all participants and officials of the 8th South Asian Karate Championship are exempt from the SDF upon government approval from Bhutan. However, individuals from countries other than India and Bangladesh are required to apply for a visa.

The deadline for submitting participant applications, along with the official visa form and a copy of the passport, is May 30th, 2023. For Indian nationals, either a passport or a voter card is acceptable.

PLEASE SEND THE BELOW INFORMATION REGARDING VISA.

- A digital copy of your passport.
- The passport must be valid for six months from the intended date of departure from Bhutan.
- A recent digital passport size photograph.
- Valid travel insurance for the duration of the trip.

CONTACT

If you have any questions or concerns, please feel free to contact

Name	:	Mr. Tshering Dorji
Address	:	Changlimithang National Stadium
Email	:	phajo1995@gmail.com
Mobile	:	+975 - 77746241



ACCOMMODATION

The Bhutan Karate Association will provide accommodations, meals, and transportation for President, GS, and Referee & Judges from 14th to 20th July, and AKF officials from 13th to 16th July.

The athletes and coaches have to manage their lodging & meals, Bhutan Karate Association will provide transportation. BKA will provide lunch and refreshments for the two-day matches (18th and 19th).

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

FROM THE AIRPORT

Paro International Airport: The nearest and closest airport is Paro International Airport. Its located 54 km away from the Capital it will take approximately 1 hour 30-minute drive. The [Druk Air](#) and Tashi Air ([Bhutan Airline](#)) are the two Airline which connects through several other international airports

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.

1. **Official Hotel** : **Tara Phendeyling**
Address : **Olakha ,Thimphu**
Website : www.taraphendyling.com
2. **Hotel** : **White Tara**
Address : **Olakha**
Website : www.hotelwhitetara.com

OFFICIAL HOTELS RATES (BB)

HOTEL NAME	SINGLE	DOUBLE
Tara Phendeyling	\$39+Taxes	\$58+taxes
White Tara	\$15+taxes	\$30+taxes



HOTEL INFORMATION WITH PICTURES

TARA PHENDEYLIN

Tara Phendeyling, Hotel is strategically located just 2km away from Thimphu City. Tara is the name of goddess Jetsun Dema, the mother of liberation and Phendeyling defines happiness as a place with friendly service. Our hotel is designed in a contemporary

Bhutanese style with all modern amenities to bring comfort and value for money. We do not only endeavor to meet our guest expectation but try exceeding those expectations. We are a property that aims to provide one of the finest facilities and service in the country to our guests, providing with high quality standard rooms, food and beverage divisions and spa facilities. We have well trained motivated and enthusiastic employees to make your stay memorable with us



HOTEL WHITE TARA

Hotel White Tara, a three star luxury hotel located at Olakha, on the way toward main town Thimphu, the capital of Bhutan, with a magnificent overview of Capital City along the express way. The hotel consists of four suite rooms nine deluxe rooms' twelve standard rooms and a family apartment. All exquisitely build and designed with all amenities to enhance comfort. Our Service are unparalleled with a personal touch to make your experience as a homely as it could ever get!



PROGRAM

13th July (Saturday)

Arrival of AKF Officials

14th July (Sunday)

Arrival of Referee and Delegates

15th July (Monday)

Time	Event	Venue
10:00 - 11:00	Referee Commission Meeting	BOC Conference Hall
12:00 – 15:00	Referee Exams Registration & Payment Renewal Referee Registration & Payment	BOC Conference Hall
15:00 – 17:00	Coach Exam Registration & Payment Coach License Convert & Payment	BOC Conference Hall

16th July (Tuesday) *Arrival of Team.*

8:00 – 10:30	Referee Kumite & Kata Seminar	BOC Conference Hall
10:30- 12:00	Kumite & Kata Theory Exam	BOC Conference Hall
12:00 – 13:00	Lunch	
13:00 – 15:00	Kumite Practical Exam	BOC Conference Hall
15:00 – 17:00	Kata Video Practical	BOC Conference Hall

17th July (Wednesday)

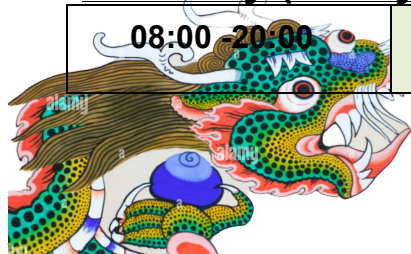
8:00 – 9:30	Coach Briefing (All Registered Coach & Coach Exam Candidates must attend)	BOC Conference Hall
9:30 – 11:00	Coach License Exam renewal referee theory exam	BOC Conference Hall
11:00 – 12:00	Referee Exam Result & SAKF Congress	BOC Conference Hall
12:00-13:00	Lunch break	
13:00-15:00	Referee Briefing (All Referees must attend)	
15:00 onwards	Player Registration, weighing, managers Meeting	HQ HOTEL

18th (Thursday)

08:00 -20:00	Championship/opening ceremony	YDF
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19th July (Friday)

08:00 -20:00	Championship/Medal ceremony and closing	YDF
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* This schedule is tentative and subject to change ** In case of any changes in schedule Team Manager/ Coaches will be informed in through WhatsApp. *** The Final SCHEDULE OF THE CHAMPIONSHIP WILL BE CALCULATED DURING THE REGISTRATION

FEES

REFEREE - COACHES - PLAYER



Indistinctly Kata or Kumite	\$ 300 USD
Both Kata & Kumite	\$400 USD
Referee License Renewal Fee Indistinctly Kata or Kumite, (every four (4) years)	\$100 USD
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
Athlete Entry Fees	\$ 20 USD
NOTE: REFEREES/COACHES COURSE/SEMINAR WILL BE CHARGES \$-100 USD	

FOLLOWING CONDITION WILL BE APPLIED.

- The registration of qualified referee for officiating in the Asian championships will be free of charge when done online within the stipulated date for the referee course registration.
- For late registration of referees and coaches a surcharge of USD 200 will be applied.
- Will not accept old and damaged \$USD bills.





ENTRY FORM A

ADDRESS	
COUNTRY	
NAME OF THE FEDERATION	
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 (U-21 -MALE)		
COMPETITORS (U-21 -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 Bhutan Karate Association on or before 15th June 2024 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 Thimphu, Bhutan on 18th & 19th July 2024, 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 Bhutan Karate Association, 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 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	
E-mail	

