



FEDERATION  
**2013**  
Championships

SOUTH AFRICA



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# INFO AT A GLANCE

CAPE TOWN'S STELLENBOSCH UNIVERSITY

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6 DAYS ~ 11 TO 16 SEPTEMBER 2013

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## CATEGORIES

14 & 15 ~ CADETS

16 & 17 ~ JUNIORS

18 TO 34 ~ SENIORS

35 TO 44 ~ VETERANS

45 TO 54 ~ MASTERS

55 AND OLDER ~ GRAND MASTERS

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UP TO 60 COUNTRIES

300 OFFICIALS

1000 SPECTATORS

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OFFICIAL'S TRAINING  
MEMBER'S CONGRESS  
PARTICIPANT'S SEMINARS

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## **CONTACT ~ LILIAN KATTAN**

TEL/FAX: +27 (0) 21 9872291

MOBILE: + 27 (72)3 397175

EMAIL: [INFO@GOJU-RYU.CO.ZA](mailto:INFO@GOJU-RYU.CO.ZA)

WEBSITE: [WWW.AGKF.CO.ZA](http://WWW.AGKF.CO.ZA)



# PRELIMINARY PROGRAM

MONDAY: 9 SEPTEMBER	EXECUTIVE MEMBERS ARRIVE
TUESDAY: 10 SEPTEMBER	NATIONAL TEAMS ARRIVE
WEDNESDAY: 11 SEPTEMBER	REGISTRATION AND WEIGH-INS
THURSDAY: 12 SEPTEMBER	OFFICIALS TRAINING EXAMINATIONS & CONGRESS DIVISION DRAWS WELCOME FUNCTION FOR ALL WITH TEAM PRESENTATIONS
FRIDAY: 13 SEPTEMBER	CADETTES, VETERANS, MASTERS
SATURDAY: 14 SEPTEMBER	JUNIORS, SENIORS
SUNDAY: 15 SEPTEMBER	FINALS CLOSING FUNCTION
MONDAY: 16 SEPTEMBER	MASTER'S SEMINAR
TUESDAY: 17 SEPTEMBER	DEPARTURE OR TOURISM



# COMPETITION

KATA ~ INDIVIDUAL AND TEAMS: 10 GOJU RYU TOKUI KATAS AS LISTED IN WKF RULES. KATAS MAY NOT BE REPEATED. SHITE EXECUTION NOT REQUIRED, PERFORM AS PER RYU HA. WKF RULES APPLY.

KUMITE ~ INDIVIDUAL AND TEAMS: WKF RULES APPLY.

IRIKUMI TEAMS: DUE TO APPROVAL BY WGKF CHIEF REFEREE, A TEAM EVENT OF IRIKUMI FOR SENIORS IS BEING CONSIDERED. THIS WILL BE A CUP EVENT AND IS SUBJECT TO ENTRY BY AT LEAST 5 COUNTRIES. TEAMS INTERESTED SHOULD REQUEST DETAILED INFORMATION.

AGES FOR DIVISIONS: AS ON 15 SEPTEMBER 2013.

**TEAMS MAY ENTER TWO COMPETITORS PER DIVISION.**

**ENTRY FORMS WILL BE AVAILABLE IN JANUARY 2013.**

**CLOSING DATE FOR ENTRIES ~ 15 JULY 2013**



# LOCATIONS

FLY TO: CAPE TOWN INTERNATIONAL AIRPORT  
SHUTTLE TRANSPORT TO STELLENBOSCH

HEADQUARTERS HOTEL: STELLENBOSCH  
PROTEA HOTEL  
TECHNOPARK  
[HTTP://WWW.PROTEAHOTELS.COM/  
PROTEA-HOTEL-STEELLENBOSCH.HTML](http://www.proteahotels.com/protea-hotel-stellenbosch.html)

REGISTRATION: STELLENBOSCH UNIVERSITY  
SPORT SCIENCE INSTITUTE  
[HTTP://WWW.SUSPI.CO.ZA](http://www.suspi.co.za)

OFFICIALS TRAINING  
EXAMINATIONS  
CONGRESS: HEADQUARTERS HOTEL

WELCOME FUNCTION: STELLENBOSCH CONSERVATORY

CHAMPIONSHIPS: STELLENBOSCH UNIVERSITY  
SPORT SCIENCE INSTITUTE  
D.F. MALAN HALL  
[HTTP://WWW.SUSPI.CO.ZA](http://www.suspi.co.za)

MASTER'S SEMINAR: STELLENBOSCH UNIVERSITY  
SPORT SCIENCE INSTITUTE

CLOSING FUNCTION: SPIER WINE FARM  
MOYO RESTAURANT  
[HTTP://WWW.SPIER.CO.ZA](http://www.spier.co.za)



# FLIGHTS

MANY INTERNATIONAL FLIGHTS ARE AVAILABLE TO

THREE MAJOR AIRPORTS:

JOHANNESBURG O.R. TAMBO

DURBAN KING SHAKA INTERNATIONAL AIRPORT

CAPE TOWN INTERNATIONAL AIRPORT

COMPARE PRICES, ROUTES AND OPTIONS

[HTTP://WWW.TRAVELSTART.CO.ZA](http://www.travelstart.co.za)

FLIGHTS TO JOHANNESBURG AND DURBAN WILL REQUIRE LOCAL CONNECTION TO CAPE TOWN.

FLIGHT TIME ± 2 HRS.

TRANSPORT BY LAND OR RAIL NOT RECOMMENDED.

**RECOMMENDED ~ FLY DIRECTLY TO CAPE TOWN**

## LOCAL TRANSPORT

TEAMS WILL BE MET AND TRANSPORTED TO ACCOMMODATION IF REQUESTED. ONCE INSIDE THE TOWN OF STELLENBOSCH, SHUTTLE TRANSPORT WILL BE AVAILABLE, BUT ALL VENUES ARE CENTRAL AND CONVENIENT FOR WALKING. PRIVATE VEHICLES CAN BE RENTED FROM VARIOUS PROVIDERS AT DAILY RATES OF APPROXIMATELY 40 EUROS. REFER AGKF WEBSITE FOR OPTIONS.



# ACCOMMODATION

ALL ACCOMMODATION PLACEMENTS INCLUDING  
AIRPORT TRANSFERS PROVIDED BY:



[www.teamsports.co.za](http://www.teamsports.co.za)



DISCOUNTED RATES APPLY TO WGKF TEAMS

CONTACT ANCOIS VAN DEVENTER  
ANCOIS@TEAMSPORTS.CO.ZA  
+27 (21) 9137848

REFER DETAILED DOCUMENT WITH BREAKDOWN OF OPTIONS FROM  
LOW BUDGET SELF CATERING ACCOMMODATION TO 5-STAR LUXURY  
HOTEL SUITES.

TEAMS SHOULD RESERVE ACCOMMODATION WELL IN ADVANCE AS PRICES  
INCREASE ANNUALLY AT THE END OF FEBRUARY.

ARRANGING OWN ACCOMMODATION WITHOUT CONSULTING IS NOT  
ADVISED AS TRANSPORT FROM OUTLYING AREAS MAY BE PROBLEMATIC.

REGULAR DAILY SHUTTLE TRANSPORT BETWEEN ACCOMMODATION  
AND TOURNAMENT VENUE WILL BE PROVIDED FOR TEAMS PLACED VIA  
TEAMSPORTS.





# COSTS ~ BUDGET GUIDELINE

TOURNAMENT ENTRY FEE: 30 EURO PER INDIVIDUAL ENTRY  
100 EURO PER TEAM ENTRY

## BUDGET GUIDELINE:

RETURN FLIGHT TO CAPE TOWN.....	± 1 500 EURO
DAILY AVERAGE SHARED HOTEL & BREAKFAST.....	± 50 EURO
DAILY MEALS, PER MEAL +2 DRINKS IN RESTAURANT.....	± 12 EURO
HALAAL MEALS PROVIDED AT TOURNAMENT.....	± 6 EURO
DAILY TRANSPORT (FREE SHUTTLE OR CAR RENTAL* ).....	± 40 EURO*
MEDICAL/TRAVEL INSURANCE* .....	± 60 EURO
DAILY EXPENSES LIKE LAUNDRY, SOUVENIRS.....	± 20 EURO

SOUTH AFRICA IS CONSIDERED TO BE LESS EXPENSIVE THAN MOST COUNTRIES IN EUROPE, FAR EAST, USA AND OCEANIA.

PLEASE ENQUIRE DIRECTLY FOR SPECIFIC COSTS.

\*MEDICAL/TRAVEL INSURANCE ~ ALL VISITORS MUST ACQUIRE MEDICAL AND TRAVEL INSURANCE.





# SEPTEMBER ~ SPRINGTIME IN STELLENBOSCH

SEPTEMBER HAILS THE START OF SPRING IN SOUTH AFRICA. TEMPERATURES ARE MODERATE DURING DAYTIME AND COOL AT NIGHT, PERFECT FOR COMPETITORS AND SPECTATORS. OCCASIONAL RAINFALL MAY STILL OCCUR.

**STELLENBOSCH IS THE SECOND OLDEST TOWN IN SOUTH AFRICA, OFFERING A DIVERSE RANGE OF HOLIDAY OPTIONS AND PLACES OF INTEREST. PLEASE REVIEW THIS WEBSITE TO HELP PLAN YOUR TRIP:**

**[HTTP://WWW.STELLENBOSCH.TRAVEL](http://www.stellenbosch.travel)**



# LOCAL KNOWLEDGE

VISITORS ARE ADVISED TO PLAN THEIR STAY IN ADVANCE WITH OUR INPUT. ALL COUNTRIES HAVE AREAS TO BE AVOIDED. FOR THOSE WHO WISH TO EXPLORE LOCAL CULTURE AND SOCIAL LIFE, WE RECOMMEND THAT YOU DISCUSS YOUR PLANS WITH OUR INFORMATION HOSTS AT THE EVENT OR DIRECT YOUR ENQUIRIES TO THE BELOW PRIOR TO ARRIVAL:

**[HTTP://WWW.STELLENBOSCH.TRAVEL](http://www.stellenbosch.travel)**

- IT IS CUSTOMARY TO TIP 10% FOR SERVICES AND IN RESTAURANTS.
- TRAVELLERS SHOULD ACQUIRE SOUTH AFRICAN CURRENCY (ZAR) BEFORE OR ON ARRIVAL AS FOREIGN CURRENCY IS NOT ACCEPTED FOR DAILY TRANSACTIONS.
- STELLENBOSCH HAS MANY FREE WIFI ZONES, ENABLING EASY INTERNET ACCESS.
- ENGLISH IS ONE OF THE OFFICIAL LANGUAGES. ALL SIGNAGE AND INFORMATION IS PRESENTED IN ENGLISH AS WELL AS OTHER LOCAL LANGUAGES.
- SMOKING IS NOT ALLOWED IN PUBLIC PLACES. DEMARKATED AREAS FOR SMOKING PROVIDED IN RESTAURANTS.
- PURCHASE OF ALCOHOL IS RESTRICTED TO AGES 18+ AT LICENCED OUTLETS ONLY.
- SHOPPING/BUSINESS HOURS ~ MONDAYS TO SATURDAYS 9H00 TILL 17H00. SUPERMARKETS, RESTAURANTS AND CINEMAS OPEN EVERY DAY WITH EXTENDED HOURS.  
24 HR CONVENIENCE STORES ARE AVAILABLE AT PETROL STATIONS.
- REGULAR TAP WATER IS VERY SAFE AND PLEASANT TO DRINK, BUT BOTTLED IS AVAILABLE EVERYWHERE.

