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Ayuntamiento  
de Llanera



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OVIEDO



TŌKAIDO



# Open Kumite & Kata de Karate

19 de julio 2014

Polideportivo Municipal de Lugo de Llanera

Con la participación de miembros  
del equipo nacional de karate

Organiza.





## **II OPEN INTERREGIONAL DE KUMITE Y KATAS**

Dear friend,

I am pleased to invite you, on behalf of IOSTK (International Organization of Sport and Traditional Karate) and C.D. Arenas, to participate in the *II Kumite & Kata Inter Regional Open*. The event will take place in Asturias (Spain) on July 19<sup>th</sup> of 2014.

This high level tournament will be honored with the presence of several competitors from the Spanish National Team, being part of their preparation for the World Championships to be celebrated in Bremen, later on this year.

Every Federation, Club or competitor interested in this tournament is welcomed to participate in it.

Looking forward to seeing you and your competitors and sharing this exciting event with you.

Best regards,

Angel Arenas



### Categories:

A1 : Junior Kumite Male (16-17 years), under 68 kg.

A2 : Junior Kumite Male (16-17 years), over 68 kg.

A3 : Junior Kumite Female (16-17 years), under 55 kg

A4 : Junior Kumite Female (16-17 years), over 55 kg.

B1 : Junior Kata Male (16-17 years)

B2 : Junior Kata Female (16-17 years)

C1 : Senior Kumite Male (+18 years), under 68 kg.

C2 : Senior Kumite Male (+18 years), under 78 kg.

C3 : Senior Kumite Male (+18 years), over 78 kg.

C4 : Senior Kumite Female (+18 years), under 55 kg.

C4 : Senior Kumite Female (+18 years), under 65 kg.

C5 : Senior Kumite Female (+18 years), over 65 kg.

D1 : Senior Kata Male (18-34 years)

D2 : Senior Kata Female (18-34 years)

D3 : Veteran Kata Mixed Gender (35-45 years)

D4 : Veteran Kata Mixed Gender (over 45 years)

### [Link to the Registration Form](http://www.angelarenas.pro/inscripcion-2o-open-iostream-kumite-kata/)

<http://www.angelarenas.pro/inscripcion-2o-open-iostream-kumite-kata/>

**Date:**

Saturday, 19<sup>th</sup> of July of 2014

**Place:**

Sports Center “Polideportivo de Lugo de Llanera” in Lugo de Llanera, Asturias

**Temptative Competition Schedule:**

09:30 h. Weighing (in the Sports Center)

09:30 h. Junior Kata Male and Female

10:30 h. Junior Kumite Male and Female

11:30 h. Veteran Kata Male and Female

12:00 h. Senior Kumite Male and Female

13:00 h. Finals

**Competition Regulations:**

Kumite: RFEK rules

Kata Junior and Senior: RFEK rules

Kata Veterans: Free Kata in all rounds

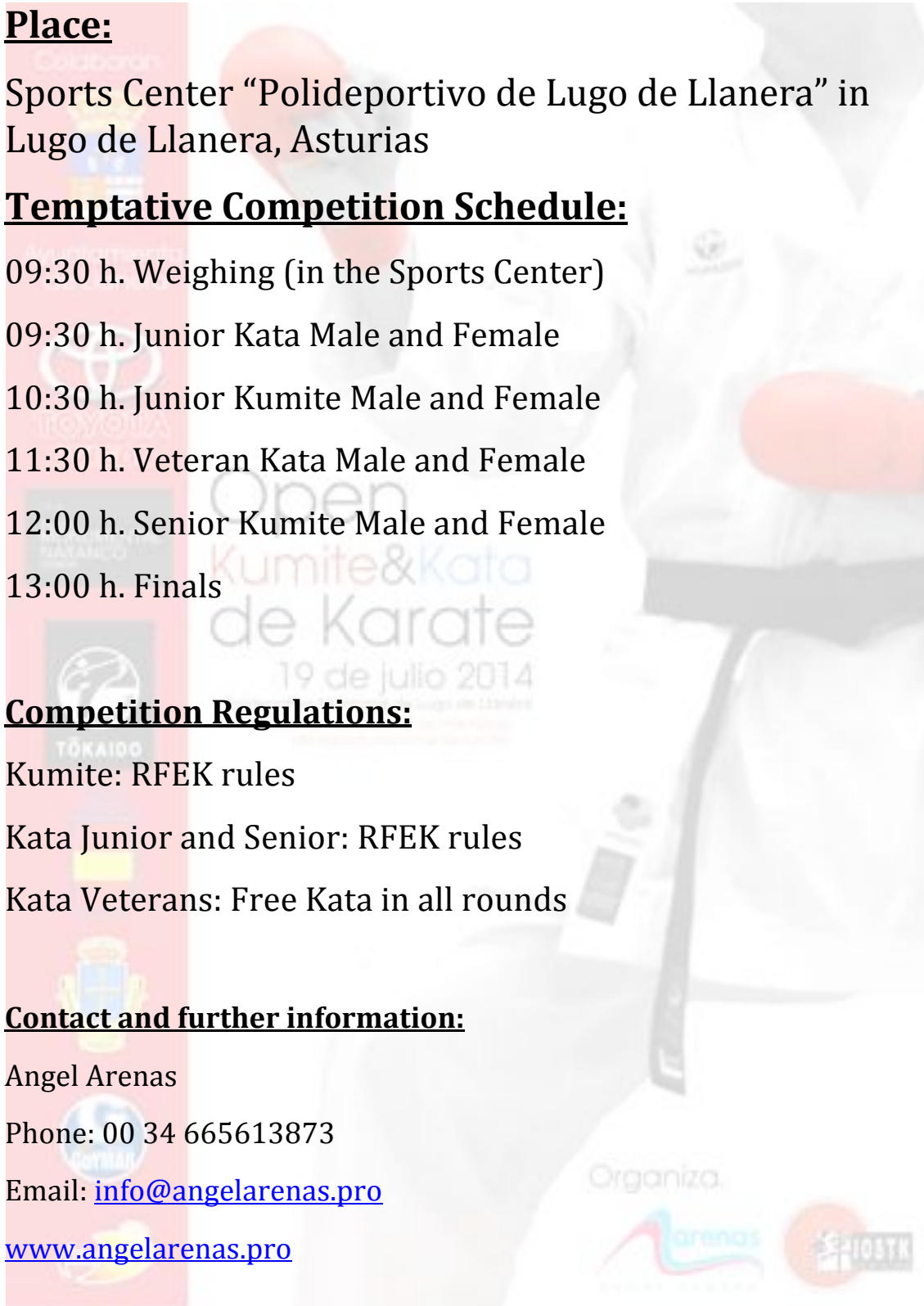
**Contact and further information:**

Angel Arenas

Phone: 00 34 665613873

Email: [info@angelarenas.pro](mailto:info@angelarenas.pro)

[www.angelarenas.pro](http://www.angelarenas.pro)



## **Accommodation:**

We have made an agreement with a travel agency to help you to organize all your travel needs to attend the II Kumite & Kata Inter Regional Open in Oviedo (Spain). Whatever you need, plane, train, bus tickets, hotel accomodation, travel insurance... they can arrange everything for you.

If you are interested, please, fill in your personal data, send an e-mail to [mivlaje@1000tentaciones.com](mailto:mivlaje@1000tentaciones.com) and they will send you the best proposal.

### **Request travel information Open**

#### **Official Hotel:**

- **[HOTEL SILKEN MONUMENTAL NARANCO\\*\\*\\*\\*](#)**

*Full board accommodation 54 euro day/pax in double room*

#### **Alternative Hotels:**

- **[HOTEL FUENTE LA PLATA \\*\\*](#)**

 Full board accommodation 35 euro day/pax in double room

Close to the official hotel (500m – 6 minutes walk)

- **[OVIDA](#)**

**<http://www.ovidia.es>** (Youth Hostel for low Budget )

Full board accommodation 22 euro day/pax in double room

## **How to get to Oviedo**

If you are travelling BY AIRPLANE:

- [AIRPORT OF ASTURIAS \(OVD\)](#): placed 50 km North-West of Oviedo  
We suggest the connection via Madrid for it is more flexible. You can also find direct flight connections to and from Barcelona (BCN) or Palma de Mallorca (PMI), plus international budget flights to and from London-Stansted (STD) and Paris-Orly (ORY).
- *To and from the airport:*
  - A taxi ride to Oviedo would be 50-60 euro.
  - [Car rental](#): though, you might not need a car to get around.
  - [Shuttle Bus](#): departing every hour, costs 8 euro

If you are travelling BY CAR:

- *From the East: A-8 / E-70 through Basque Country and Cantabria, after Villaviciosa take A-64, which at the end merges onto A-66 (North) near Oviedo*
- *From the South: eventually you will drive along A-66 near Leon, where you can take AP-66 (toll approx. 12€) or the beautiful N-630 national road, up and down the mountains. Both roads merge onto A-66 (South)*
- *From the West: A-8/E-70 (W) through Galicia connecting to A-66 (North)*

If you are travelling BY BUS:

- [ALSA](#) is the main company in the north of Spain. [International routes](#) link Oviedo daily with Paris, Brussels and Geneve.
- You can find other information in [Oviedo Bus Station](#) and the local bus company [TUA](#).

If you are travelling BY TRAIN:

- There are trains from Madrid, Barcelona and other cities. Please, find more information in the Spanish National Railway Network [RENFE](#).

If you have not thought to come BY FERRY:

- Oviedo has not harbour, but there are [international ferry](#) lines to Gijon (30 km North) and Santander (190 km East). This could be an interesting option if you are planning to bring your car/van and spend some days in Asturias.

## **Tourist Information**

### **Oviedo**

#### **Tourism Office**

Address: Plaza de la Constitución, 4 (33009) Oviedo

Telephone: (0034) 984 08 60 60

E-Mail: [turismo-oviedo@ayto-oviedo.es](mailto:turismo-oviedo@ayto-oviedo.es)

<http://www.turismoviedo.es/>

### **Principado de Asturias**

<http://www.principadodeasturias.com>

#### **Infoasturias**

<http://www.whereisasturias.com/>

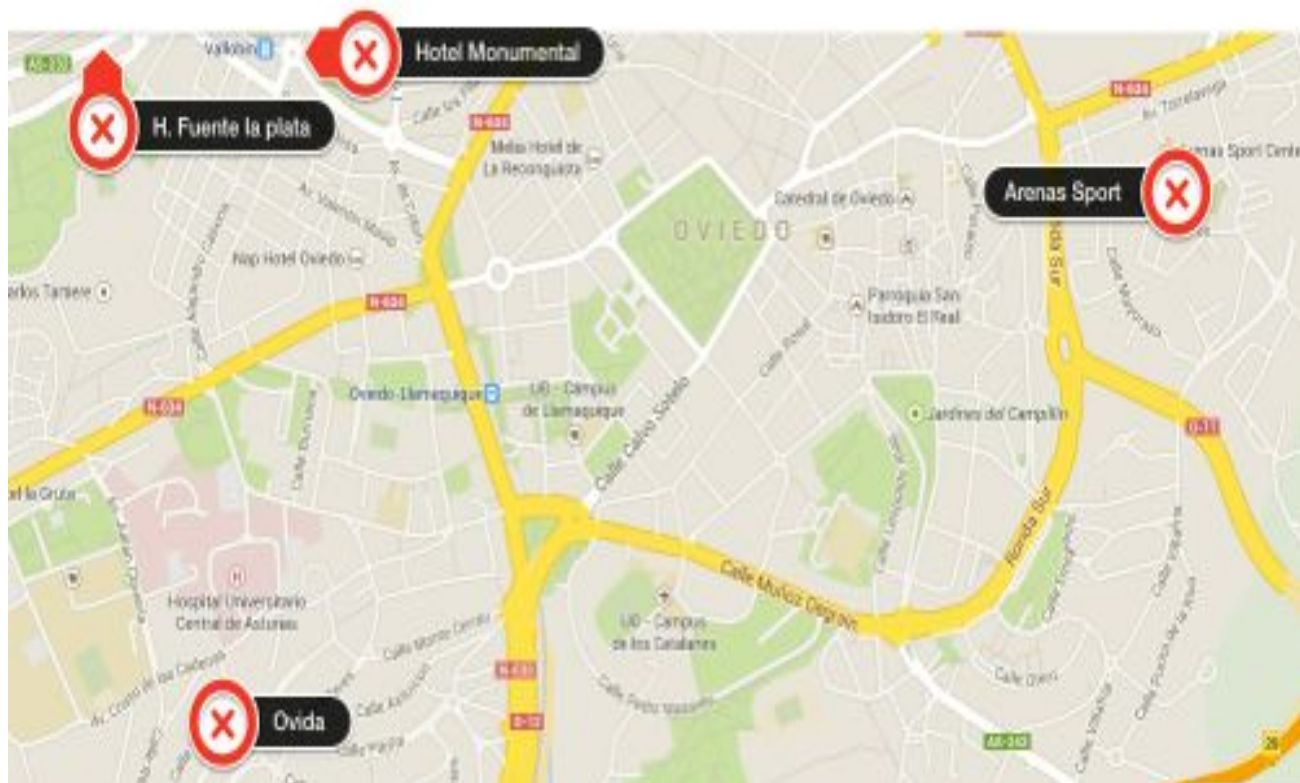
<http://www.holidaysasturias.com/>

#### **Picos de Europa**

**THIS IS ASTURIAS (check these videos)**

- [Asturias, Force of Nature](#)
- [Asturias Landscapes](#)
- [Asturias, a fairy tail](#)

## [A quick look to Oviedo](#)



<https://www.google.es/maps/place/Arenas+Sport+Center/@43.3660551,-5.8580992,14z/data=!4m2!3m1!1s0x0:0xf2a4f81ffcc88b90>

