

5th



# CARIBBEAN KARATE CHAMPIONSHIP

DOMINICAN REPUBLIC



**AUGUST 12 to 18**  
**COJPD - Santo Domingo**

**YOUTH & SENIOR**



Bulletin #3, V Caribbean Championship Karate Cadets – Youth and Seniors.  
To be held from 12 to 18 August – 2019, in Santo Domingo, Dominican Republic.

## **V CHAMPIONSHIP OF THE CARIBBEAN OF KARATE 2019.**

**CADETS – YOUTH AND MAJOR.**

### **NEWSLETTER3**

#### **Official Invitation.**

National federations members of the Caribbean karate federation.

Affective greetings.

The Caribbean Karate Federation, we are sending bulletin3 with the final details for their participation in the V Championship of the Caribbean **Karate Cadets – Youth and Majors**. To be held from 12 to 18 August – 2019, in Santo Domingo, Dominican Republic.

Place of Competence:

Sports Pavilion of the Club Mauricio Báez-Sector Villa Juana National District.

For the on-line registrations of the athletes will be notified the link to use.

We look forward to the participation of all Caribbean karate organized in our federations.

We're all more together!

**José Luis Ramirez Ing.**  
President CKF.

**William Millerson**  
Executive Director

# **V Campeonato de Karate del Caribe**



## **Santo Domingo 2019**

### **BULLETIN. #3**

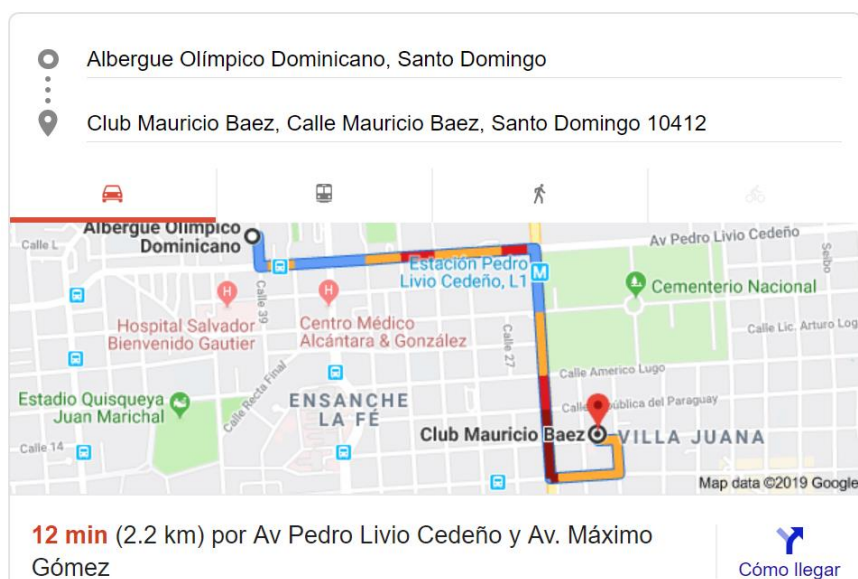
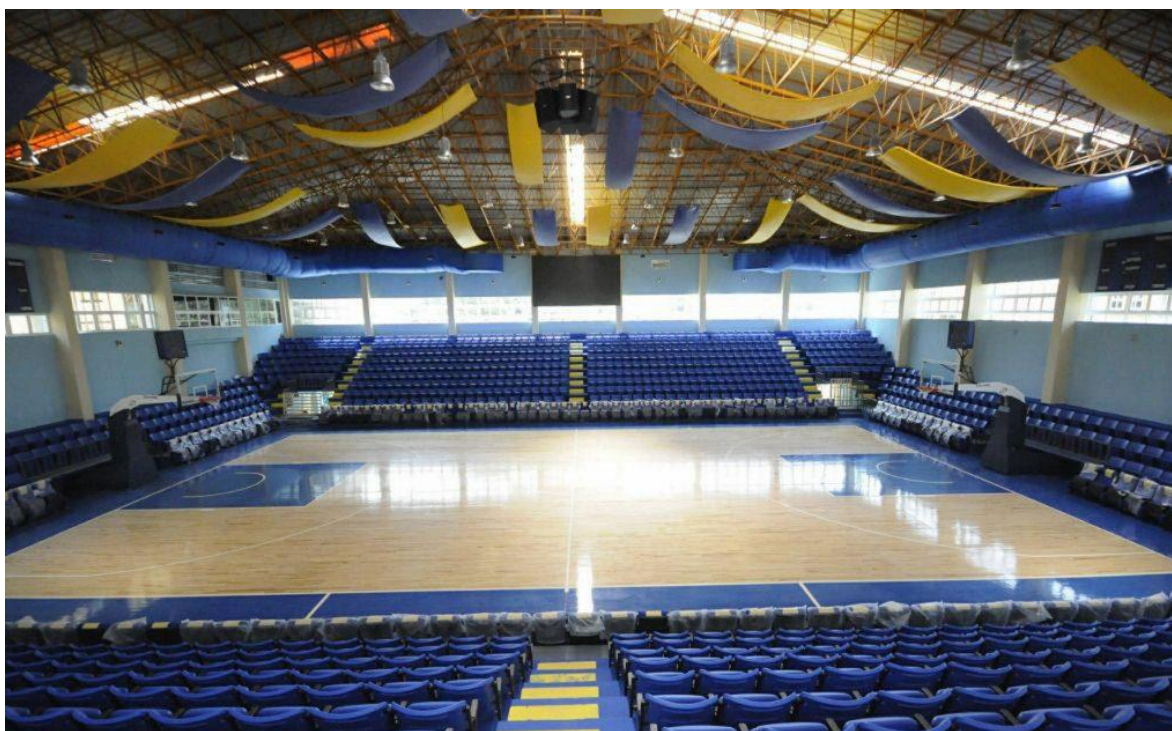
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The **Caribbean Karate Federation** (CKF) and the Dominican **Karate Federation** (FEDOKARATE) invite all affiliated federations to participate in the V CAMPEONATO DE **KARATE DELCARIBE**, to be held in the city of Santo Domingo, Dominican Republic from August 12 to 18, 2019.

## LUGAR

The event will be held at the facilities of Club Mauricio Báez Del Sector De Villa Juana Santo Domingo 35 minutes from Las Americas International Airport (SDQ).



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## COMITÉ ORGANIZADOR

You will be informed in the following newsletter.

## REGLAMENTO

WKF regulations will apply.

## PARTICIPANTES

All registered athletes will be able to participate in a timely manner with the endorsement of their respective National Federations.

Mode	Age	category Weight	
		F	M
KUMITE INDIVIDUAL	12 - 13 años	-42 kg	-40 kg
		-47 kg	-45 kg
		+47 kg	-50 kg
			-55 kg
			+55 kg
	14 - 15 años	-47 kg	-52 kg
		-54 kg	-57 kg
		+54 kg	-63 kg
			-70 kg
			+70 kg
	16 - 17 años	-48 kg	-55 kg
		-53 kg	-61 kg
		-59 kg	-68 kg
		+59 kg	-76 kg
			+76 kg
	18 years and more	-50 kg	-60 kg
		-55 kg	-67 kg
		-61 kg	-75 kg
		-68 kg	-84 kg
		+68 kg	+84 kg
KUMITE TEAM	18 años y mas	Women's Teams	Men's teams
KATA INDIVIDUAL	12 - 13 años	Female	Male
	14 - 15 años	Female	Male
	16 - 17 años	Female	Male
	18 años y mas	Female	Male
KATA EQUIPOS	16 años y mas	Equipos Femeninos	Equipos Masculino

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## INSCRIPCIONES

They will be received ONLY through the online forms in the links below.

Registration by athlete: <https://forms.gle/kRMEuQj2yVCCmHCh7>

Register of Federations: <https://forms.gle/cRWTZ4FgQw9uZkpx8>

- **REGISTRATION LIMIT:**

2 per category.

- **REGISTRATION DATES:**

Limit August 7 from date.

- **REGISTRATION FEE:**

- USD\$ 50.00
- The Value of registrations must be canceled in cash, in US dollars, by the respective delegate prior to entry to the event briefing.
- Entries received after the deadline will have an additional cost.

## AWARDS

1st, 2nd and two thirds places with medals will be awarded.

## TECHNICAL CONGRESSAL AND SWEEPSTAKES

It will take place on Wednesday 15 at 18:00.

## INFORMATIVE MEETING

The event briefing will be held in the meeting room of the High-Performance Center.

For this meeting, the presence of all delegates and coaches who are registered on the respective sheets is requested, as are all the judges convened.

## RESPONSABILIDAD DE ACCIDENTES

The organizing committee of the event is not responsible for accidents that may occur during the event, which is why all athletes must have health insurance and/or accident in force, ORIGINAL documents that must be presented at the time of the respective accreditations.

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## TRANSPORTATION AND ACCOMMODATING

Each delegation will be responsible for covering travel, accommodation, feeding cats. Internal transportation during your stay in the Dominican Republic, the transfer from the airport to the place of lodging will be the responsibility of the Organizing Committee.

## PROGRAMMING ACTIVITIES

Day	Time	Activity	Place
Monday 12-ago	All day	Home Arrival of delegations	Olympic Hostel
Tuesday 13 – ago	9:00 - 18:00	Registro y acreditaciones de delegaciones	Olympic Hostel
	9:00 - 12:00	Enrollment of arbitration course Kumite and Kata	Olympic Hostel
	14:00 - 20:00	Kata arbitration course	Olympic Hostel
Wednesday 14-ago	9:00 - 18:00	Registro y acreditaciones de delegaciones	Olympic Hostel
	9:00 - 12:00	Refrescamiento para coach	Olympic Hostel
	14:00 - 19:00	Arbitration course kumite	Olympic Hostel
	20:00	Welcome dinner	Olympic Hostel
Thursday 15-ago	8:00 - 11:00	Weighing all categories	Olympic Hostel
	10:00	Delivery of results of courses of referees	Olympic Hostel
	10:00 - 11:00	Executive Committee Meeting with Organizing Committee	Olympic Hostel
	11:00 - 12:00	CKF Congress	Olympic Hostel
	11:00 - 12:00	Technical Congress	Olympic Hostel
Sunday 18-ago	All day	Departure from delegations	

## COMPETITION PROGRAMMING

Day	Time	Activity	Place
Thursday 15-ago	2:00 P.M.	<b>Kata individual Masc. and Fem.</b> 12 - 13 years, 14 - 15 years, 16 – 17 years. <b>Kata Teams</b> 14 – 17 years female. <b>Kata Teams</b> 14 – 17 years male.  Women's individual Kumite 12 – 13 years. - 42kgs., -47kgs. +47kgs. Men's individual Kumite 12 – 13years. -40kgs., -45kgs., -50kgs. -55kgs, +55kgs.	Club Mauricio Báez
Friday 16-ago	9:00 A.M.	Kumite Individual Women 14 – 15 years. -47kgs., -54kgs., +54kgs.	Club Mauricio Báez
	10:00 A.M.	Kumite Single Male 14 – 15 years. -52kgs., -57kgs., -63kgs. -70kgs., +70kgs.	
	11: 00 A.M.	Women's individual Kumite 16 -17. -48kgs., -53kgs., -59kgs. +59kgs.	
	2:00 P.M.	Kumite Single Male 16 – 17 years. -55kgs., -61kgs., -68kgs., -76kgs., +76kgs.	
	5:00 P.M.	Inauguration and Award Ceremony.	Club Mauricio Báez
Saturday 17-ago	9:00 A.M.	Category 18 years and older Kata Individual men Female individual kata	Club Mauricio Báez
	10:30 A.M.	Kata women's teams Kata men's teams	
	11:30 A.M.	Female Individual Kumite -50kgs., -55kgs., - 61kgs.-68kgs., +68kgs.	
	2:00 P.M.	Male Individual Kumite -60kgs., -67kgs., -75kgs., -84kgs., +84kgs.	
	3:30 P.M.	Kumite women's team Kumite men's team	



Economic aspects	
Concept	Value
Annual membership fee by country	USD\$ 100.00
Registration of competitors	USD\$ 50.00
Coach course	USD\$ 50.00
Enrollment in the Kata/Kumite seminar	USD\$ 100.00
Protests	USD\$ 100.00

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## Lodging.



Receive a great greeting from the **Dominican Federation of Karate** responsible for hosting the various delegations that will attend the Fifth Caribbean Championship of **Karate Cadets, Youth and De Mayors** from August 12 to 18, 2019. You will be staying at the high-performance center of the Dominican Republic, which costs **\$40.00** per person that includes full food. Facilities have Wi-Fi Internet (100 mega), air conditioning in all common areas and rooms, hot water, swimming pool, contrast tubs (hot and cold), gym, laundry room, games and recreation room, cafeteria, sports center and lounges meetings.

For reservations: contact:  
Dominican Karate Federation,  
Pedro Silverio, Phones 809-565-0435 and 809-204-7519.  
Email [petersilverio@gmail.com](mailto:petersilverio@gmail.com)

**José Luis Ramírez**  
President CKF.

**Ing. William Millerson**  
Executive Director

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## El tiempo/ Time

DO. 11/08	LU. 12/08	MA. 13/08	MI. 14/08	JU. 15/08	VI. 16/08	SÁ. 17/08	DO. 18/08
							
30° /23°	31° /24°	31° /24°	31° /24°	31° /24°	32° /24°	32° /24°	31° /24°
Tormentas	Buena cuota de nubosidad	Algún chubasco o tormenta	Tormentas	Nubes dando paso al sol	Parcialmente soleado	Tormentas	Algún chubasco o tormenta
Media histórica 31°/23°	Media histórica 31°/23°	Media histórica 31°/23°	Media histórica 31°/23°	Media histórica 31°/23°	Media histórica 31°/23°	Media histórica 31°/23°	Media histórica 31°/23°

# Gastronomy of the Dominican Republic

Dominican food is the result of the interesting mixture of Spanish, Taínos and African products. This has led to a wide variety of "Creole dishes", i.e. a meal of European origin developed in America to which African influences are added.

In the country, each region has more own dishes than others. However, most meals tend in common to use specific ingredients quite often. White rice, beans, beans, coconut, cassava, chili pepper, sweet potato, banana, avocado or guineo can be found as the most common ingredients, among many others.

One thing you should know about Dominican customs is that both breakfast and food are strong dishes, while dinners tend to be lighter.

Below you will find some of the typical Dominican foods and drinks:

Meals include:



- The sancocho: Derived from the Spanish stew, this dish varies depending on the region you visit. In essence it is a broth in which a selection of meats and vegetables are introduced. It can be served with rice, avocado, hot sauce or salad.



- The mangú: Aimed mainly for breakfast, it is a green banana puree and that can be accompanied by many elements. It is very common to be served in hotels for breakfast.



- The casabe: It can be tasted in restaurants serving Creole cuisine and is the substitute for bread. It is a cake made from cassava flour, following the recipe of the ancient Taínos and contains a high content of vegetable fiber and very little fat.

- Rice: It is the basic ingredient of a large number of Creole dishes. In addition to working as an accompaniment in most of the stews of the island, stand out the locrio, which is cooked with fish, meat and seafood; the Moor, cooked with legumes and vegetables; the thicker, thicker spade, and made with veal, chicken and fish but all stewed, which gives it density. Finally, the chofan, the Chinese rice that has gained popularity among Dominicans.

- Tostones: It is another characteristic dish. They are strips of green banana that are fried crushed in oil, giving the impression of chips. It is very common in the daily cuisine of any Dominican family and usual accompaniment in most restaurants.

- The stewed goat: It is one of the most common dishes throughout the Dominican Republic, as well as fish cooked with coconut, a very common stew especially in coastal areas.

- Lobster: Dominican Republic offers very varied dishes where lobster is one of the main ingredients, as they abound in the coastal area.



- Sweet beans: One of the most typical desserts in the Dominican Republic and reserved especially for the Easter season are sweet beans, a dish composed of bean cream with milk, raisins and sugar. Also noteworthy is coconut sweets, sweet milk with orange or majaretes, a light cream made with striped corn cobs, coconut

milk, vanilla, sugar and cinnamon powder.