FRENCH FEDERATION OF KARATE & ILE DE FRANCE COMMITTEE



BULLETIN











EKF PRESIDENT'S WELCOMING



These 13th European Karate Championships for Regions in Paris, Ile de France, are expected to be again a big success after the rather successful experience of a previous edition of this event that also took place in Paris in 2006, and taking as well into account that these Championships have been continuously increasing in size and in quality since then.

The unique opportunity for all European Regions to compete under their own name, flag and personality in an official sport event makes these Karate Regions Championships a rather singular and attractive activity, bringing to the reality historic aspirations that have proved to meet many expectations.

Also, the fact that the organisation of the event will be run by the French Karate Federation is a guarantee of quality and well doing. All European karate will travel to Paris and will have a new opportunity to close ties with the French karate.

This 2015 edition continues counting with the incentive of a new format, with a rather imaginative and successful proposal implemented in 2010 that includes the youth categories from 14 to 17 years.

In the name of the big European Karate family, I want to thank you for your inestimable contribution. Be sure we all will enjoy unforgettable experiences around karate in Paris.

Antonio Espinos President of the European Karate Federation









REGION ILE DE FRANCE PRESIDENT'S WELCOMING



Dear friends,

It is with great pleasure that the "Ile de France Region" will host the 13th EKF Championships for Regions which will take place the 6th to 7th of June 2015 at the "Pierre de Coubertin" gymnasium located in Paris.

The IIe de France Committee is thankful to the European Karate Federation for entrusting it with the organization or this event.

Paris, world famous capital renowned for its culture, architecture and history, will definitely charm you and will unveil its distinctive quintessential neighbourhoods.

Undoubtedly this European Karate gathering will be a great success in a climate of friendship and conviviality, wishing with all our hearts that this event will be another stepping-stone on our way to the Olympics.

The lle de France Region is looking forward to seeing you at this event which will rally our European Regions and thus honour our common practice, Karate.

Sincerely yours,

Philippe BOULET President of the IIe de France Committee









ORGANIZING COMMITTEE: Comité de Karaté d'Ile de France

<u>Address</u>

Comité lle de France de Karaté et Disciplines Associées 39 rue barbès 92120 MONTROUGE Phone : +33 (0)1 49 12 98 68 E-mail: idf@ffkarate.fr

Coordinator – Ms Dina LAURENCE

E-mail: <u>dlaurence@ffkarate.fr</u> Mobile : +33 6 30 81 92 15

General Issues – Ms Dina LAURENCE

E-mail : regions2015@ffkarate.fr Mobile : +33 6 30 81 92 15

Website :

Comité lle de France : <u>www.ffkarate.fr/comiteiledefrance</u> Fédération Française : <u>www.ffkarate.fr</u>

Official Travel Agency – France Sport Group VO2maxvoyages :

E-mail : contact@france-sport.com Phone : +33 (0)8 26 10 31 32

Bank details

Beneficiary : Comité IIe de France FFKADA 39 rue barbès 92120 Montrouge

Bank: Société Générale Address: Montrouge Mairie IBAN: FR76 3000 3032 8300 0504 2290 937 SWIFT: SOGEFRPP









INFORMATION ABOUT PARIS



Paris, capital of France, is situated on the river Seine, in northern France, at the heart of the IIe-de-France region. Paris is one of the world's leading business and cultural centers, and its influences in politics, education, entertainment, media, fashion, science and the arts all contribute to its status as one of the world's major global cities.

Moreover, Paris is one of the most visited cities in the world, as it offers a lot of monuments, museum to see and visit.

Any visit to Paris should include the "Musée du Louvre", famous for some of the finest pieces of art in the world, including the Venus de Milo and the Mona Lisa. Also recommended is the stroll along the banks of the Seine, with a' city.

wonderful views of the' city.

For a slightly higher viewpoint, take the lift to the top of the "Tour Eiffel" for an amazing panorama of the city.

You should also visit the "Cathédrale Notre Dame de Paris" built between the 12th and the 14th centuries. Likewise you cloud go to the "Basilique du Sacré Coeur", a beautiful church located at the summit of the "Butte Montmartre", the highest point in the city. You may also see the "Arc de Triomphe" that stands in the centre of the "Place de l'étoile", at the western end of the Champs Elysees Avenue.

For more information, visit the Paris tourist office website: en.parisinfo.com







Time:





France is in the Central European Time Zone – GMT + 1 hour

Climate:

The climate of Paris is mainly affected by the North Atlantic Current and therefore the city experiences Oceanic Climate. The city is known for sudden shower of rain which occurs all through the year. The weather of Paris is unpredictable and it is advisable to carry your woolen clothes even in summer as the evenings are a bit mild. In June, temperature is usually situated between 13°C and 23°C.

Language:

France's official language is French.

Currency:

The French currency is Euro. Currency can be exchange at the airport, in Post offices, in banks, as well as in the many exchange offices in the city. The banks are generally open from 9am to 5pm, or 6pm, from Monday to Friday, sometimes from Tuesday to Saturday.

Communications:

To call France from abroad, dial the international code 00 followed by 33 for France, then the number without the first 0. Example for a Paris number: 00 33 1 40 00 00 00. To call from France to another country, dial the international code 00, the code of the country, then the number without the first 0.

Medical services:

No vaccinations are required in order to visit France

Police	17
Samu (accidents)	15
SOS Médecins (doctors)	01 47 07 77 77
SOS Dentaire (dentists)	01 43 37 51 00









CHAMPIONSHIPS VENUE



The Championships will take place in Pierre-de-Coubertin stadium, Paris, from 6^{th} to 7^{th} of June 2015. Capacity of the stadium is about 4000 spectators. It is situated in the 16^{th} district, 8 kilometers far from the city center.

Stade Pierre de Coubertin 82, avenue Georges-Lafont 75016 Paris Tel: 01 45 27 79 12 Fax: 01 45 27 50 52

Public transportation : Metro 9, Bus189, Bus 175, Bus 289, Bus 62, Bus 72

ENTRANCE TICKETS

Price of entrance tickets: **10€/day** Tickets can be purchased online through the official website: **www.ffkarate.fr**

The opening date for the sale of tickets will be the **16th of March 2015** Entry tickets for spectators will also be on sale at the stadium (subject to availability). It is however recommended to buy it online.

MEALS AT THE STADIUM

It will be possible to have lunch in the <u>Stadium</u> for the price of **16€/meal**.

Please fill in the registration form page 20 and send it back one week before the event.









Mercure Paris Porte de St Cloud 37 place René Clair 92100 BOULOGNE BILLANCOURT FRANCE

THE HOTELS

Accommodation Rates (per night per person including breakfast and taxes): Free shuttles (in the morning & in the evening) will be organized between "Pierre de Coubertin" Sport Hall and accommodation that are not within walking distance below:

CAT	HOTELS	DISTANCE TO ARENA	PRICE/NIGHT/PERSON (B&B + taxes)				
	HEADQUARTER						
4*	Mercure Porte de St Cloud	100 m	Single	272,00€			
			Twin	155,00 €			
	WITHIN WALKING DISTANCE						
4*	Radisson Blu	350 m	Single	150,00€			
			Twin	95,00€			
3*	IBIS Val de Seine	2 km	Single	110,00€			
			Twin	65,00€			
3*	Lagrange City Rives de Seine	2 km	Single	102,00€			
	(Residence)		Twin	64,00€			
	FREE SHUTTLE TO THE STA	DIUM					
3*	IBIS Porte d'Orléans	6 km	Single	100,00€			
			Twin	62,00€			
			Triple	49,00€			
3*	IBIS Porte d'Italie	6 km	Single	100,00€			
			Twin	62,00€			
			Triple	49,00€			
2*	B&B Châtillon	4 km	Single	77,00€			
			Twin	49,00€			
			Triple	47,00€			
2*	B&B Malakoff	4 km	Single	77,00€			
			Twin	49,00€			
			Triple	47,00€			

Please refer to pages 18 & 19 for the booking forms.









- SPORT VENUE
- HOTEL B&B MALAKOFF
- HOTEL B&B CHATILLON
- HOTEL IBIS PORTE ORLEANS
- HOTEL IBIS PORTE ITALIE
- HOTEL IBIS VAL DE SEINE
- RESIDENCE LAGRANGE CITY
- HOTEL RADISSON BLU
- HOTEL MERCURE BOULOGNE



AIRPORT / STATION TRANSFERS

A person from the organization will welcome you on your arrival and will accompany you to the bus/car for your transfer to your accommodation.

We can as well organize your transfer back to the airport by bus/car from your accommodation on departure day.

Round Trip (Arrival and Departure): 40,00 € per person (from 1 to 16 persons) 700.00 € per group of 17 personnes or more





BOOKING CONDITIONS AND PAYMENT

In order to **pre-book** an hotel for the European Karate Championships for Regions 2015, please fill up the form here enclosed, before the <u>31st March</u>, and send it back to <u>contact@france-sport.com</u>.

Pay attention during the championship period, Paris also hosts the Tennis French Open (located less than one km away from the Stadium), please book your rooms as soon as possible. We won't be able to guarantee availability and price after the deadline.

The booking will only be confirmed officially after the reception of: Down-payment of 40% of the total amount of your stay

- Signed and stamped order form











The balance, with bank transfer fees at your charge, will have to be paid not later than a week before your arrival. In case of a late booking, after April 30th, the booking will be only confirmed after the payment of the total amount of the stay.

CANCELLATION:

You have the possibility to modify the number of people or the duration of your stay:

- Until April 30th without any penalties.
- From May 1st to May 15th, 50% of the cancellation will be due.
- From May 16th till the beginning of the event, 100% of the cancellation will be due

PENALTIES

In case you of late booking, you will support an extra charge of:

- 5% of the stated prices between May 1st and May 7th (if availability)
 10% of the stated prices from May 8th (if availability)

France Sport by Vo2maxvoyages - BANK REFERENCES

Agency: CIC BONNASSE LYONNAISE DE BANQUE / BLB **GRANDES ENTREPRISES** Bank code: 10096 Branch code: 18102 Account number: 0005 3966 101 Key RIB: 69

CONTACT France Sport Group VO2maxvoyages : contact@france-sport.com









VISA REQUIREMENTS

Nationals of the member states of EU and EEA: Austria, Belgium, Bulgaria, Cyprus, Czech Republic, Denmark, Estonia, Finland, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, The Netherlands and United Kingdom are free to enter France. The required travel document for entry is a national ID card or passport.

The bases for their stay in France are regulated by the Citizen of European Union Act.

The holders of passports of the following countries do not need a visa to enter France for stays of no more than three months in a 6 months period: Andorra, Croatia, Israel, Monaco, San Marino and Switzerland.

The following countries require a visa even for a period of less than 90 days: Albania, Armenia, Azerbaijan, Belarus, Bosnia & Herzegovina, Georgia, FYR of Macedonia, Moldova, Montenegro, Russia, Serbia, Turkmenistan, Turkey and Ukraine.

For those countries, it is needed the entry visas which can be obtained from any French consular authority. The French Karate Federation has already informed the Ministry of Foreign Affairs on this matter.

http://www.diplomatie.gouv.fr/fr/france_829/venir-france_4062/entrerfrance_4063/comment-solliciter-un-visa-entree-court-sejour-sur-passeportordinaire_45952.html









GENERAL INFORMATION

COMPETITION CATEGORIES

Participation fees/team

Male Kumite Team: 250 € Female Kumite Team: 190 € Male Kata Team: 150 € Female Kata Team: 150 €

AGE CLAUSE

In accordance with EKF rules, on the first day of competition, competitors must be: Kumite senior: +18 years old Kata senior: +16 years old Kumite Cadet and Junior: from 14 to 17 years old Kata Cadet and Junior: from 14 to 17 years old Note! Senior Kata competitors CANNOT participate in Cadet and Junior Team Kata competition

INSURANCE

It is compulsory that all participants and members of delegations to have their own medical and personal trip insurance. Comité lle de France de Karate and European Karate Federations assume no liability or responsibility for the lack of insurance from participants and members of delegations.

PRESS ACCREDITATION

Press accreditations can only be given to professional journalists working for a media and having proof of their credentials. A link for online request of press accreditations will be communicated in due course.

MEDIA TV

The EKF has all rights related with the European Karate Championships. Only EKF accredited media can broadcast photos and videos.

NUMBER OF TEAMS PER COUNTRY AND CATEGORY

The teams registered shall be from the list of regions approved by EKF Executive Committee for each EKF country member.

Participation of more than one team per region and category will not be allowed.









NUMBER OF PERTICIPATING REGIONS PER COUNTRY

		1	
ALBANIA	1	ITALY	4
ANDORRA	1	KOSOVO	1
ARMENIA	1	LATVIA	1
AUSTRIA	2	LITHUANIA	1
AZERBAIJAN	1	LUXEMBURG	1
BELARUS	1	MALTA	1
BELGIUM	2	MONACO	1
BOSNIA & HERZEGOVINA	2	NETHERLANDS	3
BULGARIA	1	NORWAY	2
CROATIA	2	POLAND	2
CYPRUS	1	PORTUGAL	1
CZECH REPUBLIC	2	ROMANIA	1
DENMARK	2	RUSSIA	4
ENGLAND	3	SAN MARINO	1
ESTONIA	1	SCOTLAND	1
FINLAND	2	SLOVAKIA	2
FRANCE	4	SLOVENIA	1
FYR Of Macedonia	1	SPAIN	4
GEORGIA	1	SWEDEN	2
GERMANY	4	SWITZERLAND	2
GREECE	2	TURKEY	3
HUNGARY	2	UKRAINE	1
ICELAND	1	WALES	1
IRELAND	1	SERBIA	3
ISRAEL	1	MONTENEGRO	2

Condition: the participation is limited to 1 team per region and category, except for the Host National Federation, which will agree with the EKF on its participation figures.

REGISTRATION

All Regions must register online through their National Federation. The National Federations will receive communication from the EKF HQ with the details for online registration in due course.

The Registration will take place in the Stadium on

Friday 5th of June, from 12:00 to 18:00.

Each delegation must present, during the registration, a signed insurance form.

Address : Stade Pierre de Coubertin – 82 avenue Georges Lafont – 75016 Paris

IMPORTANT

For all the countries, all athletes who take part for a Region will have to show an official document during the registration in order to prove that they are residents in that Region.









TEAM MALE KUMITE CADET AND JUNIOR

- 7 competitors are registered (4 junior and 3 cadet)
- 5 are competing (3 junior and 2 cadet)
- Order to be followed: Junior-Cadet-Junior-Cadet-Junior
- Only registrations that include at least 3 junior and 2 cadet athletes will be accepted
- In the first bout all teams have to present full teams
- Lower limit to continue in the competition will be 2 junior and 1 cadet athletes
- Ages to be are the official ones in WKF

TEAM FEMALE KUMITE CADET AND JUNIOR

- 5 competitors are registered (3 junior and 2 cadet)
- ✤ 3 are competing (2 junior and 1 cadet)
- Order to be followed: Junior-Cadet-Junior
- Only registrations that include at least 2 junior and 1 cadet athletes will be accepted
- In the first bout all teams have to present full teams
- Lower limit to continue in the competition will be 1 junior and 1 cadet athletes
- Ages to be are the official ones in WKF

TEAM KATA CADET AND JUNIOR (MALE & FEMALE)

- Same general rules and conditions as in the EKF cadet and juniors championships
- From 14 to 17 years old
- Bunkai in bouts for medals

TEAM KATA SENIOR (MALE & FEMALE)

- Kata senior : +16 years old
- Senior Kata competitors cannot participate in Cadet and Junior Team Kata competition
- Bunkai in bouts for medals

SENIORS 18 YEARS & OVER KUMITE TEAM MALE AND FEMALE

- Each Male Kumite Team must consist of
- ✤ 5 athletes and plus 2 substitutes if possible
- Each Female Kumite Team must consist of
- ✤ 3 athletes and plus 1 substitute if possible
- Official WKF Rules will be applied









PROGRAMME

All events will take place in the Stade Pierre de Coubertin – 82 avenue Georges Lafont – 75016 Paris

EVENT'S PROGRAMME – Friday 5 th of June 2015			
12:00 – 18:00 Registration of Delegations			
19:30 – 20:30Referees and Judges Briefing			
20:00 Coaches and Delegates meeting and draw			

Competition schedule Senior/Cadet/Junior Schedule			
Saturday	6 th of June 2015 – Stade Pierre de Coubertin		
9:00 - 11:00	Kata Male / Female (cad/jun) & Senior Eliminations / Repechages / Bronze		
11:00 – 13:00	Kumite Male (Senior) Eliminations		
13:00 – 15:00	Kumite Male (cad/jun) Eliminations		
15:00 – 16:00	Kumite Female (Senior) Eliminations		
16:00 – 17:00	Kumite Female (cad/jun) Eliminations		
Starting at 17:00	Kumite Repechages / Bronze all categories		
Sunday	7 th of June 2015 – Stade Pierre de Coubertin		
10:00 - 10:30	Presentation of Finalists		
10:30 – 10:55	Final Kata Female & Male Cad/Jun		
10:55 – 11:20	Final Kata Female & Male Senior		
11:20 – 11:40	Medal Ceremonies		
11:40 – 12:20	Finals Kumite Female & Male Cad/Jun		
12:20 – 12:35	Medal Ceremonies		
12:35 – 13:30	Finals Kumite Female & Male Senior		
13:30 – 13:45	Medal Ceremonies		
Starting at 13:45	Closing Ceremony		









EKF REFEREE COURSE (in the stadium)

The referee course will take place in the Stade Pierre de Coubertin – 82 avenue Georges Lafont – 75016 Paris

Day 1 – Thursday 4 th of June 2015				
13:00 – 15:00	Registration and Payment for candidates			
15:00 – 17:00 Registration for Kata & Kumite				
18:00 – 19:30	Kumite Theory Course			
19:30 – 20:00	Kata Theory course (Only kata candidates)			

Day 2 – Friday 5 th of June 2015				
09:00 - 10:00	Kata & Kumite theory examination			
10:30 – 12:00	Kata practical training with competitors on 2 tatami (only kata candidates)			
13:30 – 16:30	Kata practical examination with Karate-Gi on 2 Tatami (The candidates have to show two kata, technical questions)			
17:00 – 19:00	Kumite practical training with competitors on 2 Tatami			
19:30 – 20:30	Referees and Judges briefing and tatami deployments			

Day 3 – Saturday 6 th of June 2015				
09:00 - 11:00	Kata examination on 2 tatami (the same examination			
	kata group)			
11:00 – 18:00	Kumite examination on 3 or 4 tatami Referees debriefing after the championships			

Day 4 – Sunday 7 th of June 2015			
13:00 – 14:00	Results and presentation of diplomas		









EKF APPROVED ITEMS

The use of the WKF Face Mask is compulsory for Kumite Cadet Categories (male & female).

The use of the WKF Body Protector is compulsory for all age categories, this is, Kumite Cadet, Junior and Senior Categories (male & female). It can be purchased from the distributors of the WKF approved companies, whose details can be found at WKF website for Homologated Items <u>http://wkf.net/karateprotections/index.html</u>.

TRADEMARK	MAIN OFFICE
Steres	SPORTS MASTERS AUSTRALIA P/L 105-111 Jardine st Fairy Meadow 2519 NSW AUSTRALIA Phone: +612-4283+363 Fax: +612-42855512 e-mail: <u>sales/@isports-master.com</u>
PRIDE	PRIDE 410 Park Avenue, 15th Floor New York, NY 10022, USA E-mail: <u>info@prideuc.com</u>
WACOKU	WACOKU No. 168-13, CHYUAN-SHING, Lii. SHIN-HUAH, TAINAN TAIWAN. R.O.C. Talf: 886-6-59821133 / Fax: 886-6-5970840 e-mail: twitower@ms43hinet.net
BESTSPORT	BEST SPORT Led. Zalionaya, 18-23. Gunisvik 238300 Kaliningradsky Region RUSSIA Phones: 007 9114672969 / 007 911 4997553 Fax: 007 08439 23337 e-mail: <u>best_sport@mail.rs</u>

EKF APPROVED ITEMS

WKF APPROVED Trademarks for sports items will also be permitted.







BOOKING FORM – ACCOMMODATION

BOOKING FORM Please return it before the 28th February 2015					
E.E. KARATÉWE et disciplines associées					
erois	crpmies associee	5		de Coubertin Hall & 7th, 2015	
GENERAL INFO	RMATION				
CONTACT					
REGION / CLUB			COUNTRY		
NAME			1st NAME		
PHONE NUMBER			MOBILE NUMBER		
FAX			EMAIL		
NB OF PEOPLE TRAVEL	ING				
NB OF ATHLETES			NB OF ATHLETES		
PARTI - ACC	COMMODATIO Plass choose				
HOTEL					
GROUP 1	Nb of rooms Check	-In Check-Out	GROUP 2	Nb of rooms Check-In Check-Out	
SINGLE ROOM			SINGLE ROOM		
TWIN ROOM			TWIN ROOM		
TRIPLE ROOM			TRIPLE ROOM		
PART III - TR	AVEL DETAILS	6			
ARRIVAL	GROU	P1		GROUP 2	
NUMBER OF PEOPLE			NUMBER OF PEOPLE		
ARRIVAL DATE			ARRIVAL DATE		
ARRIVAL TIME			ARRIVAL TIME		
PLIGHT NUMBER			FLIGHT NUMBER		
PARIS airport/station			PARIS airport/station		
CITY OF DEPARTURE			CITY OF DEPARTURE		
DEPARTURE	GROU	P1		GROUP 2	
NB OF PEOPLE			NB OF PEOPLE		
DEPARTURE DATE			DEPARTURE DATE		
DEPARTURE TIME			DEPARTURE TIME		
FLIGHT NUMBER			PLIGHT NUMBER		
PARIS airport/station			PARIS airport/station		
DESTINATION			DESTINATION		
ADDITIONAL COMMENTS Please let us know about any relevant pieces of information as far as your trip and stay are concerned.					
Please return this form by e-mail before the 28th February 2015					
THE REAL PROPERTY AND A DECIMAL OF A DECIMAL	Ŀ	mail: contact@ Tel: + 33 (0)	e Sport france-sport.com 8 26 10 31 32)4 30 30 60 60	F. F. CARATÉ	









ROOMING LIST

TYPE ROOM S/D/T/A*	OF	PERSON 1 Name/Functio n	PERSON 2 Name/Functio n	PERSON 3 Name/Functio n	CHECK IN DD/MM/YY	CHECK OUT DD/MM/YY

*single/double/twin/triple/apartment

Please send an email to <u>contact@france-sport.com</u> to receive the electronic version of the booking form and rooming list form.









€

MEALS BOOKING FOR

REGION:		
NATION:		
CONTACT Name:		
Telephone:	Mobile:	
E-mail:		
The Region IIe de France will organize Pierre de Coubertin stadium. <u>The price</u>		ant to eat in the
DAY OF MEALS:	NUMBER OF PERSONS:	TOTAL:
Saturday 6th June Sunday 7th June	x16 x16	€ €

x16

The deadline to finalize the booking will be on May 29th, 2015.

TOTAL:

CONTACT DETAILS TO SEND BACK THE REGISTERING FORM

Bank details

Beneficiary : Comité lle de France FFKADA 39 rue barbès 92120 Montrouge

Bank: Société Générale Address: Montrouge Mairie IBAN: FR76 3000 3032 8300 0504 2290 937 SWIFT: SOGEFRPP

Please, report "meals booking (followed by the name of your country)" in your order of payment.









TERMS OF RESPONSIBILITY

To be filled, signed and sent back before 30 of May 2015

Ι, _

The undersigned, as the Chief of Delegation of my country, duly enrolled to participate in the 13th European Karate Championships for Regions, which will be held in Paris, France, from the 6th to 7th of June 2015, with fully knowledge of the Statutes, the Rules and the Norms of the EUROPEAN KARATE FEDERATION, Pledge myself to faithfully accomplish 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 etc.

Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the Championships, the EKF and the Region IIe de France Committee, 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 (since it is considered necessary) for the sport activities and publications of karate, related to the event, without monetary compensation.

Country/Nation:	
First name / Surname:	
Passport number:	& Expiry date:
Position in the Federation:	
Address:	
Phone:	
Email:	

Fill in, stamp, sign and send to: regions2015@ffkarate.fr

Signature

