

# **4th Open European Kung-Fu (Kuoshu) Cup**

第四屆歐洲功夫/國術公開賽

# **1st Youth European Kung-Fu (Kuoshu) Cup**

第一屆歐洲少年功夫/國術公開賽

## **General Announcement**

**Date:** 29<sup>th</sup> September – 5<sup>th</sup> October 2010

Kraków, Poland

- International Kuoshu Referee Training
- 4<sup>th</sup> Open European Kung-Fu Kuoshu Cup
- 1<sup>st</sup> Youth European Kung-Fu Kuoshu Cup

**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place: trophy and certificate**  
each competitor will receive a certificate

**Juniors Categories:**  
each competitor will receive a medal

## **3 Team Trophies**

Advanced Divisions Only  
Federation/Country in forms  
Federation/Country in fights  
Best All Around Federation/Country

## **The Best Competitor - male and female:**

The Best Junior competitor: forms, fighting  
The Best Adult competitor: forms, fighting

## Regulation

1. Date: September 29th – October 5th 2010
2. Location: Cracow, Poland  
  
Sports and Recreation Center “Kolna”  
  
The competition will take place in a Sport - Recreational Center called “Kolna” in Cracow. “Kolna” is within an easy reach of excellent communication links, is located 15 min from the Balice Airport and directly on the A4 Highway. In spite of this the area is quiet, picturesque and at the same time close to Krakow’s Old Town (20min). All this makes this center an ideal place for sports competitions and events. There are modern sport facilities such as sport hall, swimming pool, gym, fitness center, spa, three star hotel, restaurant and two cafes at this center.
3. Main Organizers: Polish Kuoshu Federation  
  
Malopolska Wushu Federation  
  
Sports Club Choy Lee Fut
4. Co-Organizers: Cracow City Council
5. Under Auspices of: The World Kuoshu Federation
5. Honorable Patronage: President of the City of Cracow - prof. Jacek Majchrowski
6. Competition Dates: 1<sup>st</sup> 2<sup>nd</sup>, 3<sup>rd</sup> October
7. Opening Ceremony: 2<sup>nd</sup> October
8. Dates of International Kuoshu Referee Training:  
  
29<sup>th</sup>-30<sup>th</sup> September
9. Dates of Sightseeing: 4th October  
  
Tour of Cracow and Wieliczka Salt Mine, cruises along Wisła River around Cracow from Royal Castle Wawel to “Kolna”
10. Competition Venue: Kraków, Poland  
  
Sports and Recreation Center “Kolna”
11. Participation: All Kung-Fu Kuoshu organizations (federations, associations, clubs and schools) are invited to the 4<sup>th</sup> Open European Kung-Fu Kuoshu Cup and 1<sup>st</sup> Youth European Kung-Fu Kuoshu Cup.

## 12. Awards:

### Individual Awards:

#### **4<sup>th</sup> Open European Kung-Fu/Kuoshu Cup**

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place: trophy and certificate  
each competitor will receive a certificate

#### **1<sup>st</sup> Youth European Kung-Fu/Kuoshu Cup**

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place: trophy and certificate  
each competitor will receive a certificate

Juniors Categories Only:

each competitor will receive a medal

### Team Awards:

#### **3 Team Trophies**

##### **Advanced Divisions Only**

- Federation/Country in forms
- Federation/Country in fights
- Best All Around Federation/Country

## 13. Entry:

First of the entry: **by 30<sup>th</sup>, June 2010** (via e-mail or even online entry system with will operate from 22th June)

**Preliminary registration** are accepted from 15<sup>th</sup> June to 30<sup>th</sup> June 2010 by e-mail with proof of paying the registration fee enclosed.

Deadline of the entry: **by 30<sup>th</sup>, August 2010** (via e-mail or even a new online entry system with will operate from 22 June)

The deadline for paying a registration fee on the account is **15<sup>th</sup> July, 2010**. If one fails to attend the Festival, one will not be reimbursed the cost of entrance fee.

## 14. Entrance and Registration Fee:

Package A: 180 € per person (junior), 190 € per person (senior)

Including accommodations (3 nights) and food (lunch Oct 1<sup>st</sup> to breakfast Oct 4<sup>th</sup>, meals will consist of a choice from a cold-Swedish-style table 3 meals a day, choice of dishes including 4 options with 1 vegetarian) from 1<sup>st</sup> to 4<sup>rd</sup> October, registration fee

**Package B: 325 € per person (junior), 335 € per person (senior)**

Including accommodations (4 nights) and food (lunch Oct 1<sup>st</sup> to breakfast Oct 5<sup>th</sup>, meals will consist of a choice from a cold-Swedish-style table 3 meals a day, choice of dishes including 4 options with 1 vegetarian) from 1<sup>st</sup> to 5<sup>th</sup> October, Sightseeing, registration fee

**Length of stay in Kolna Hotel** is possible from 28<sup>th</sup> September to 5<sup>th</sup> October 2010. Cost is **50 € per person per day** including accommodation in Hotel Kolna and 3 meals a day.

Any other expenses shall be responsibility of each delegation or individual.

**Registration fee are to be sent to:**

Polish Kuoshu Federation  
30103 Krakow, ul. Włóczków 18/5 Poland  
Bank name: Nordea  
Bank account number: 88 1440 1127 0000 0000 1141 5091  
IBAN: PL 88 1440 1127 0000 0000 1141 5091

The deadline for paying **entrance and registration fee** per person on the account is **15<sup>th</sup> July, 2010**. If one fails to attend the Festival, one will not be reimbursed the cost of entrance fee.

All participating teams are required to pay for their own round trip international travelling expenses.

15. Participation Fee:

**Participation fees:**

**4<sup>th</sup> Open European Kung-Fu/Kuoshu Cup**

- Registration fee adults: 40 €
- Each category for adults: 20 €

**1<sup>st</sup> Youth European Kung-Fu/Kuoshu Cup**

- Registration fee youth : 30 €
- Each category for youth: 15 €

The deadline for paying **a participation fee** per person on the account is **30<sup>th</sup> August, 2010**.

**Other fee:**

- Banquet ticket: 30 €
- We also offer all teams the transportation service from and to Kraków Balice Airport. Transportation service from and to Kraków Balice Airport: 15 € per person
- Special offer for participants: 2 days Wellness service (swimming pool, sauna, massage): 25 € per person

**Participation fee are to be sent to:**

MUKS Choy Lee Fut

31523 Krakow, ul. Kasprowicza 10/5 Poland

Bank name: Bank Millennium

Bank account number: 29 1160 2202 0000 0001 4582 8918

IBAN: PL 29 1160 2202 0000 0001 4582 8918

**16. Registration:**

Participating delegations should complete the registration procedures before **1<sup>th</sup> October 2010 , 02:00p.m.** (GMT + 01:00)

Participating delegations should complete the weigh-in, lot-drawing and preliminary contest afterward procedures at 4:00p.m., **1<sup>th</sup> October 2010.**

Participating delegations should put clearly in the official entry form arrival time and flight number, so as to have people meet the delegations at the airport and transfer them to the hotel.

**17. Transportation and Accommodation:**

During the period of Competition (29<sup>th</sup> September to 5<sup>th</sup> October) the Organizing Committee will be responsible for the of participations' accommodations and food. The costs of accommodations and food for the dates other than those stated should be at their own expense.

**18. Competition Rules:**

Advance Competitions Levels are defined as follows:

o **BEGINNER** - Years of training are < 2 years

o **INTERMEDIATE** - Years of training are > 2 years and < 4 years

o **ADVANCED** - Years of training are > 4 years

o Years of training are based on the total years of external and internal training combined.

Competitor Age is based on the age at the time of competition. To compete in adults division 4<sup>th</sup> Open European Kung-Fu Kuoshu Cup in Lei Tai or Shuai Jiao events the competitor must be a minimum of 18 years of age. To compete in Lei Tai, the competitor must be less than 41 years of age at the time of competition."

To compete in adults division 1<sup>st</sup> Youth European Kung-Fu Kuoshu Cup in Light Contact sparring, and forms events the competitor must be a minimum of 7 years of age and must be less than 18 years of age at the time of competition. To compete in Shuai Jiao event the competitor must be a minimum of 11 years of age and must be less than 18 years of age at the time of competition."

- Competitors **MUST** be entered in the same age/experience level for ALL events entered.
- Competitors **MUST** compete with a different form in each event entered.
- All **short weapon** events are limited to single hand straight sword or broadsword. NO EXCEPTIONS
- All **long weapon** events are limited to long staff and spear. NO EXCEPTIONS
- All **Extra short weapon** are limited to double weapons, branch, knife, fan
- All **Extra long weapon** are limited to Kwan Dao (all versions), double head spear
- All **Flexible weapon** are limited to steal whip, 2 sectional staff, 3 sectional staff
- All weapon events, including 2 person sets, are intended for traditional spring steel weapons unless the event name specifically indicates that it is a Wushu event. If in the Chief Judge's opinion the weapon being used does not meet the criteria of a traditional weapon, the Chief Judge will make a 0.05 point deduction to the final score.
- The Tournament Committee Reserves the right to combine categories within the same division.

### **Two-person set**

The same rules apply here as in the barehand/weapon categories. Men and Women will compete in the same category and it is open for every style. The weapons are open.

## Protests in General

Protests must be submitted within 15 minutes, with a fee of 200 € to the Chief Referee!

### Each team is required to bring to following:

- 2 national flags or federation flags (1x2m)
- the copy of all Final Entry Forms
- Waiver of liabilities (one for each team's participant)
- Health certificates of all athletes
- Life insurance certificate

## 19. Attention by participants of Competition:

An athlete participating in the Competition should be a member of National Kuoshu Organization.

Athletes are requester to bring with them effective ID documents for registration and weigh-in.

Athletes are requester to turn in physical examination sheet taken as lately as within 4 weeks prior the competition, a insurance policy and 2 copies of individual photos for accreditation card.

Participating delegations should complete their registration at the specific time.

All participants shall realize that to take part in this Competition is as a way of making friends, cultivating solidarity and harmony, thus permitting neither neglecting martial ethics nor taking any actions or words which may affect the progress of the competition.

Participating athletes shall wear such uniform as can reflect the characteristics of Kung-Fu: Traditional forms and light contact sanda (kung-fu uniform or long pants and t-shirts with federation emblem), Lei Tai (yellow or blue t-shirt and long pants), Shuai Jiao (shuai Jiao top jacket and long pandas).

## 20. Sightseeing details:

4<sup>th</sup> October, **Cost: 95 € per person** (including tickets, transportation, lunch, guide)

Tour of Cracow and Wieliczka Salt Mine, cruises along Wisła River around Cracow from Royal Castle Wawel to "Kolna"

### **Cracow City:**

Benefiting from its geographical location, Cracow, aiming to become a meeting place of many cultures and nations, has successfully claimed its position as a Central European metropolis - a city of culture, art and science. Several universities are located in Cracow and many world-famous representatives of Polish culture reside in the city.

It is impossible to describe or even list all the tourist attractions in Cracow, but each tourist will discover his own "magical" Cracow. While some will follow the footsteps of Nicholas Copernicus, others will be interested in sites linked with John Paul II. Some will be fascinated by the worldwide unique underground corridors of the Wieliczka salt mine, others will wander round the Kazimierz Jewish district and many will stand enchanted in front of the Veit Stoss altar.

Tradition entwines with modern times nearly everywhere you go, and each stone has its own history. There is a multitude of architectural monuments - estimated at 6,000 buildings and other structures. This is supplemented by approximately 2.5 million artifacts collected and displayed in museums, churches and archives. Thanks to the extraordinary accumulation of cultural wealth, the city was registered as one of the 12 sites on the UNESCO World Heritage List

### **Salt Mine in Wieliczka**

"The historic Salt Mine in Wieliczka is the only mining site in the world functioning continuously since the Middle Ages. Its original excavations (longitudinals, traverses, chambers, lakes, as well as minor and major shafts) are located on nine levels and extend for the total of about 300 kilometers: reaching the depth of 327 meters they illustrate all the stages of mining technology development over time."

A visit to the Mine is an opportunity to taste delicious dishes served in the underground restaurant. Here, they can rest a while, buy souvenirs and have a meal after the hike. The underground restaurant offers a rich menu of traditional dishes of Polish cuisine. Delicacies flavored with Wieliczka salt are a real treat for the palate, and 125 m underground, the taste of the dishes acquires unique intensity. The delicious dinner will be waiting for you in an unusual setting of rock salt.