

XXVII ADULT, XVIII JUNIOR,
IV VETERAN AND II CHILDREN
EUROPEAN
TAEKWON-DO ITF CHAMPIONSHIPS
SOFIA, BULGARIA



GENERAL INFORMATION



www.itfeurope2012.com



PROMOTERS AND ORGANIZERS

PROMOTER - EUROPE ITF TAEKWON – DO FEDERATION (EITF)



www.eitf-taekwondo.org

ORGANIZER – BULGARIAN TAEKWON-DO FEDERATION



www.itfbulgaria.com

The Official Website of European Taekwon-Do ITF Championships 2012

www.itfeurope2012.com

UMPIRE COMMITTEE

President umpire committee - Sen. Mst. Michael Prewett, 8.Dan
Sen. Mst. Gary Miller, 8. Dan
Mr. Emin Durakovič, 7. Dan
Mr. Igor Scheglov, 6. Dan
Mr. Vegiliy Sitnilski, 5. Dan

TOURNAMENT COMMITTEE:

Mr. Ladislav Burian, e-mail: ladislav.burian@exchange4u.cz

IT SERVICES:

Mr. Ivan Rajtr, e-mail: rajtr@rajtr.cz



ABOUT BULGARIA



The history of Bulgaria starts with the forming of the First Bulgarian Empire by Asparukh in 681 AD though previously other Bulgarian rulerships existed, but traditionally history of Bulgaria is beginning with Asparukh and union between Bulgars and Slavs at the lands of today's Bulgaria.

In 632 the Bulgars, originally from Central Asia,^[1] formed under the leadership of Kubrat an independent state that became known as Great Bulgaria. Its territory extended from the lower course of the Danube to the west, the Black Sea and the Azov Sea to the south, the Kuban River to the east, and the Donets River to the north.^[2] Pressure from the Khazars led to the subjugation of Great Bulgaria in the second half of the 7th century. Kubrat's successor, Asparukh, migrated with some of the Bulgar tribes to the lower courses of the rivers Danube, Dniester and Dniepr (known as *Ongal*), and conquered Moesia and Scythia Minor (Dobrudzha) from the Byzantine Empire, expanding his new kingdom further into the Balkan Peninsula.^[3] A peace treaty with Byzantium in 681 and the establishment of the Bulgarian capital of Pliska south of the Danube mark the beginning of the First Bulgarian Empire. (At the same time one of Asparukh's brothers, Kuber, settled

with another Bulgar group in present-day Macedonia.^[4])

Bulgarian culture is formed by traditions of the Bulgars and to some extent Thracians, Slavic language and after Christianisation - by Orthodox Christianity, drawing from both Western European cultural traditions (19th, 20th century) and the Eastern, Byzantine and later in 19th and 20th century Russian culture.

The First and Second Bulgarian Empires formed a cultural centre in Slavic Europe with its literary schools and educators which were a major source for Slavic literature and standardization of written literary Old Slavic language.

In political aspect Bulgaria went through radical changes (kingdom, communism and later republic democracy) and lost independence twice in its history, once by the Kievan Rus' and the Byzantine Empire (1018–1185) and once by the Ottoman Empire (1396 - 1878), which introduced many challenges, esp. after the Liberation in 1878. Bulgarian Kingdom after the Liberation was seeking to restore Bulgarian institutions, give place to Bulgarian science and education (where many new models were adopted like education for women), literature (creation of modern Bulgarian literature), standardization of the Modern Bulgarian literary language, etc. During communism Bulgarian state was seeking to improve the economic situation of small towns and villages, and to reduce social class differences that emerged in the monarchy and were partially received by the social differences during the Ottoman rule, education was made economically accessible to all, but entrepreneurship was forbidden, also freedom of speech, and travel to abroad was difficult due to inner restrictions which made Bulgarians eager to abandon communism. After the events at the end of 1989 and early 1990 in the Eastern Europe Bulgaria changed to democratic republic giving place for political pluralism and freedom of speech, and free market economy. In the early 2000s Bulgaria had a government with PM the former king and son of king Boris III - Simeon Saxe-Coburg-Gotha, but monarchist sentiments didn't show strong enough for recovering monarchism, in fact Saxe-Coburg-Gotha's party formed coalition for the next government with the former communist party BSP, and currently Bulgaria is seeking for some neoliberal reforms that to both improve economy and put Bulgaria on the map of the leading in economic, cultural, educational and political aspect countries.

For more info: <http://www.bulgariatravel.org/en/>



ABOUT SOFIA



Sofia through the Centuries

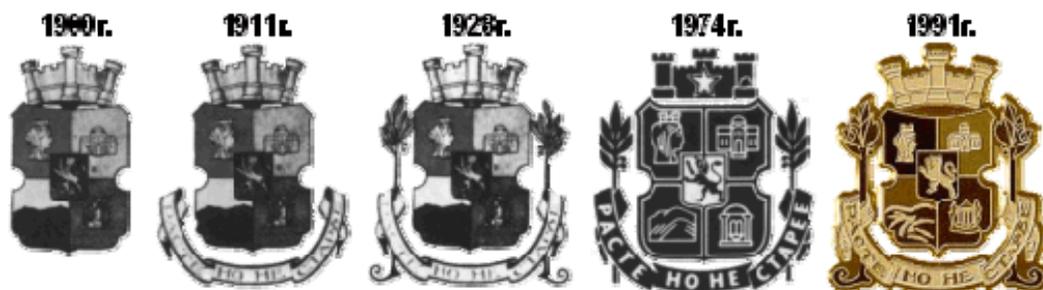
Founded seven thousand years ago, Sofia is the second oldest city in Europe. It has been given several names in the course of history and the remnants of the old cities can still be seen today.

Serdika was the name of the central dwelling of the ancient Thracian tribe known as "Serdi". It bore that name when it became part of the Bulgarian state at the beginning of the ninth century and was soon recognised as one of the most important feudal towns, acquiring the Slavic name Sredets.

Near Sofia lies Boyana church, which is one of the most valuable memorials of Bulgarian and European culture. The church boasts frescoes, acclaimed by specialists as "the best examples of eastern mediaeval art during its twelve century history".

The decline of Sofia during the Ottoman Empire was followed by the rejuvenation after the liberation in 1879, when Sofia was chosen as the capital of Bulgaria at the First National Constituent Assembly. The plans of 1881-1882 were followed by a brisk and straight-forward period of construction.

In 1900 the City Council approved the emblem of Sofia and the motto "It Grows but Does not Age".



During the years of the totalitarian regime (9 September 1944 - 10 November 1989) Sofia became the major national economic, academic and cultural centre. From its years of socialist growth, however, the capital inherited a great deal of problems, which are at present the priorities of the democratically - elected council of Sofia.

In 1992, in honour of the celebration of St. Sofia the Martyr, the Government chose September 17th as the Day of Sofia. The flag of Sofia Municipality was also consecrated on that day.



"ARENA ARMEETS" SPORT HALL



The multifunctional sports hall "Arena Armeec Sofia" is one of the most modern in Europe, designed and constructed in full accordance with international standards.

The main function of the "Arena Armeec Sofia" sports hall is to provide the Bulgarian athletes best conditions for development of sports and sports activities. It meets the requirements of all international sports federations and their standards

for conducting of World and European championships and tournaments in the category of the prestigious "Grand Prix".

The capacity of the sports hall is 12,373 seats, including 206 VIP and 96 specially equipped places for journalists.

The sports hall also offers very good opportunities for a wide range of cultural events: concerts, exhibitions, congresses, symposia, seminars, etc. By using a platform with removable seat rows for holding large concerts, the capacity of the "Arena Armeec Sofia" can be increased to 17,906 seats.

The conference hall which is located on an area of 150 square meters has a capacity of 108 people. Next to the conference hall is located the presscenter.

The outdoor parking has the capacity of 900 seats and the indoor parking has the capacity of 97.

In one of the lobbies of the arena has been arranged an exhibition of works by young artists from the school "John Doe" Sofia. The organizers of this exhibition are the Ministry of Education and Science and the management of "ARENA ARMEEC." Five of the best pictures of the students are exposed to the Government Lodge.

It have been made over 50 amendments to the draft of the hall like locker rooms, bathrooms, new administrative block, control center, etc.



RULES and CONDITIONS

ITF/EITF Tournament Rules and Umpire Rules will be applied to both individual and team competitions: **Pattern, Sparring, Special Technique, Power Breaking, Self-Defense Routine, Power Team Sparring**

The current rules are available for download from the International Taekwon-do Federation website : www.itftkd.org

COMPETITORS:

CHILDREN:

Children must be 11, 12 or 13 years old on the 25th of April 2012, and must be red or black belt holders, in line with the ITF promotion rules.

Competitors must present their ITF Degree card and national passport at the registration.

Each country will be allowed two (2) competitors in each division for the children's competition.

Children's will be divided in male and female divisions. Red and black belts will be in one division for male and one division for female. Sparring will be together (male red and male black belts holders; female red and female black belts holders), patterns will be separately for red and black division.

The degree and age of competitors must be valid on their degree certificates and Passports.

There will be seven height divisions for sparring as follows:
-125 cm, -135 cm, -145 cm, -155 cm, -165, -175 cm. +175 cm.

Head guards will be compulsory for all children's sparring together with existing compulsory protection. Patterns for children's (red belts) will compete in one division, one male and one female division from - Chon Ji to Hwa Rang.

Patterns for children's (black belts) will compete in one division, one male and one female division. Patterns from Chon Ji to Ge – Baek.

There will be no power or special technique for children, there will also be no team event for children. Competitors must be in possession of a Blue and a Red set of approved type of safety equipment. Other colors will not be allowed.

It is the responsibility of participant to have full insurance coverage for all eventualities. The organizer will not be responsible for any injury or loss for participants before, during and after the championships.



JUNIORS:

Only ITF affiliated NGBs and ITF registered black belt holders can participate in the Championship. The degree and age of competitors must be valid on their degree certificates and Passports. Competitors must present their ITF Black Belt Degree card and national passport at the registration.

There are two Juniors divisions:

Juniors (14-15) must be 14-15 years old on the 25th of April 2012, and must be 1st, 2nd, or 3rd degree ITF black belt certificate holders.

Juniors (16-17) must be 16-17 years old on the 25th of April 2012, and must be 1st, 2nd, or 3rd degree ITF black belt certificate holders.

The Juniors age groups of 14-15 and 16-17 are only for Individual and Team Sparring Competitions. In line with ITF promotion rules:

Junior 2nd dan must be minimum of 14 1/2 years old

Juniors 3rd dan must be a minimum of 16 1/2 years old

Maximum of two (2) junior competitors per county are allowed for individual division or category.

Two (2) for Juniors (14-15) and Two (2) for Juniors (16-17)

Categories for all Juniors divisions (14-15 and 16-17):

Male: - 45 kg, - 51 kg, - 57 kg, - 63 kg, - 69 kg, - 75 kg, +75 kg

Female: - 40 kg, - 46 kg, - 52 kg, - 58 kg, - 64 kg, - 70 kg, +70 kg

Special technique:

	Male	Female
Flying high front kick / Twimyo nopi chagi	2,7m	2,2m
Flying high turning kick / Twimyo dollyo chagi	2,4m	2,1m
Flying high back kick / Twimyo bandae dollyo chagi	2,3m	2,0m
Flying high reverse / Twiyo dolmyo chagi 360 °	2,3m	2,0m
Flying long side kick / Twiyo nomo chagi	2,5m x 70cm	1,5m x 70cm

When performing Twimyo nopi chagi and Twimyo dollyo chagi, the competitors should take a run-up and jump on the kicking foot, pulling the other leg to the chest and break the target with the jumping foot while lowering the other leg. (scissor kick)

Self-defense routine must consist of 1 + 3 (male hero) and 1 + 2 (female hero) competitors, not necessarily chosen out of the individual competitors.

Team events: each NGB may register up to ten (10) members in a team event and they can use any combination of these members for each of the disciplines (i.e. members 1 to 5 for patterns and 6 to 10 for sparring or any other combination). Existing ITF rules for adult and junior championships is applied for these Championship.

In the Juniors 14-15 Team Sparring event, the teams must include only competitors 14 or 15 years old.

In the Juniors 16-17 Team Sparring event, the teams must include only competitors 16 or 17 years old.

Competitors must be in possession of a Blue and a Red set of approved type of safety equipment. Other colors will not be allowed.



It is the responsibility of participant to have full insurance coverage for all eventualities. The organizer will not be responsible for any injury or loss for participants before, during and after the championships.

ADULTS:

Only ITF affiliated NGBs and ITF registered black belt holders can participate in the Championship.

The degree and age of competitors must be valid on their degree certificates and Passports.

Competitors must present their ITF Black Belt Degree card and national passport at the registration.

Competitors participating in all ITF Adult Taekwon- Do Championship must be 18-39 years old on the 25th of April 2012, and must be 1st, 2nd, 3rd, 4th, 5th or 6th Dan ITF black belt certificates.

In line with ITF promotion rules:

Adult 4th dan must be a minimum of 19 1/2 years old

Only one (1) adult competitor per country is allowed for individual division or category.

The 5th and 6th degrees will compete in degree for pattern and be able to compete within the existing divisions of sparring, power, special technique and self – defence routine. They will also be eligible to enter the team events, therefore the adult teams will be allowed to perform any pattern up lowest degree in team.

Power breaking test

The amount of plastic power breaking boards for each technique will be set before the Championship on the base of property of boards. Each Individual or Team may select any of 5 techniques as an eliminator.

Maximum points must be scored in order to progress/qualify. More boards may be selected in order to score more points if required. Once an individual or team has qualified, the other 4 techniques will then be allowed. In the case of Team event the same competitor cannot perform more than 1 technique, including the elimination.

Special technique will carry the same format as in Power.

Special technique:

	Male	Female
Flying high front kick / Twimyo nopi chagi	2,8m	2,3m
Flying high turning kick / Twimyo dollyo chagi	2,5m	2,2m
Flying high back kick / Twimyo bandae dollyo chagi	2,4m	2,1m
Flying high reverse / Twiyo dolmyo chagi 360 °	2,4m	2,1m
Flying long side kick / Twiyo nomo chagi	2,5m x 70cm	1,5m x 70cm

When performing Twimyo nopi chagi and Twimyo dollyo chagi, the competitors should take a run-up and jump on the kicking foot, pulling the other leg to the chest and break the target with the jumping foot while lowering the other leg. (scissor kick)



Self-defense routine must consist of 1 + 3 (male hero) and 1 + 2 (female hero) competitors, not necessarily chosen out of the individual competitors.

Team events: each NGB may register up to ten (10) members in a team event and they can use any combination of these members for each of the disciplines (i.e. members 1 to 5 for patterns and 6 to 10 for sparring or any other combination). Existing ITF rules for adult and junior championships is applied for these Championship.

Competitors must be in possession of a Blue and a Red set of approved type of safety equipment. Other colors will not be allowed.

It is the responsibility of participant to have full insurance coverage for all eventualities. The organizer will not be responsible for any injury or loss for participants before, during and after the championships.

VETERANS:

Competitors for the Veteran Championship must be 40 years and above on the 23rd of April 2012.

Competitors must be 40 – 49 years old (Silver Class), 50 – 59 years old (Gold Class) and 60 years and above (platinum Class) on the 25th of April 2012 and be holders 1st, 2nd, 3rd, 4th, 5th or 6th Dan ITF black belt certificates.

For Veteran Competition only each country is allowed to send up to three (3) competitors to the individual sparring according to the weight divisions for the Silver and Gold Class.

Sparring will be organized in 5 weight divisions (excluding Platinum Class). Power breaking will be organized only for Silver and Gold Class. Only one team from each country can enter irrespective of age.

For Veteran self-defence at least 4 techniques for male and at least 3 techniques for female among those mentioned in ITF rules should be performed.

Competitors must be in possession of a Blue and a Red set of approved type of safety equipment. Other colours will not be allowed. It is the responsibility of the participant to have full insurance cover for all eventualities. The organizer will not be responsible for any injury or loss for participants before, during and after the championships

Power Team Sparring

Amended ITF Rules – suggestion

We are using ITF rules with following changes:

Tatami, equipment

Tatami is a blue, 2-3cm thick foamy rubber quadrant 9x9 meters in size, the edges are bound with a unique design used for power in TKD sparring or classic tatami.

The fighters wear white safety foot protectors on their feet, and on their hands wear white 10 ounce gloves with fully closed hand. The fighters wear white head guards on their heads, and on the body, under the dobok, they wear light guard for the ribs approved by the ITF.

Compulsory equipment is a mouth guard and groin guard. Optional equipment is a guard for the lower leg and forearm.

Every team wears a sleeveless jersey in national colors or color of their own choice.



Electronic score system is used. Every umpire gives points electronically, computer cumulates and divides given points and it releases average score for each fighter on the scoreboard. The points are visible for the audience.

The umpires

Umpires are divided into:

- Point scoring umpires
- Center ring umpires and
- the jury

The role of the point scoring umpires is to give points using the electronic score system.

The center ring umpire controls the fight according to ITF rules.

The main umpire of the jury takes care that the tournament is organized according to the rules and monitors that the electronic score system working properly. The main umpire of the jury must now how to use a computer.

The umpires wear dark linen pants and dark polo shirt which have the white letters ITF on the back and ITF logo in the front. They wear black sport slippers with soft sole so they don't damage the tatami.

Composition of the teams

The team consists of 7 adult male fighters, 1 coach and an official representative or manager.

Weight categories are: -64kg, -71kg, -78kg, -85kg and +85kg.

Match structure:

A match is divided into 3 parts. During part 1 fighter's fight in weight categories with the lightest category starting, leading to heaviest category last.

The first half finishes when all categories have fought.

There is a 5-10 minute break between parts of the fight.

During the break pairs are drawn for the second part. A coin is used to determine which team chooses their first fighter, with roles reversed for the next fight.

During second and third parts the team can change 2 fighters from the first part. Fights are in absolute category during second and third parts i.e. regardless to weight.

All fights in part 1 & 2 are 2 minutes in duration.

Fights are 10 minutes in time in part 3. Each coach decides how long his fighter will fight, but it cannot be less than 30 seconds.

The coach must signal the central umpire when they wish to change fighters. The central umpire determines when the change shall take place; the new fighter can't enter into the ring until the previous fighter steps into the red area of the bordering. The teams are lined up at the beginning and end of the team match. With classic ITF bow they first bow to the umpires at the main desk, and then to each other.

The winner isn't declared after each fight, the winning team is declared at the end of the whole match. Changes of fighters between individual fights are flying without any additional ceremony or procedure.



Points

Punch to the head or body is 1 point.

Punch in the jump is 2 points (it is important that the fighter who is performing the punch has both legs of tatami while he is punching).

Punch in jump with turn is 3 points.

Kicks:

Kick to the body is 1 point.

Kick to the head is 2 points.

If kick is made from the turn we add 1 point to basic kick.

If the kick is performed in jump we add 1 extra point.

Kick to the head with 360° turn is 5 points.

Punch and kick can be done with full strength. (Full contact)

Knock down brings additional 5 points on the basic point (e.g. punch to the body, knock down bring 5 points – total of 6 points can be given for the punch to the body that causes the knock down).

Knock out is +10 point. Knock out is when a competitor is knocked to the ground and is not stood in a guarding position by the count of 9, he loses the fight. The knock out brings +10 points for the team whose fighter gave the knock out.

If the team doesn't have one fighter it loses the fight with 10:0.

If the team doesn't appear on the tatami in scheduled time it loses the match with 50:0.

Warnings

Warning is given only for:

- a) intentional breaking of rules in order to gain advantage in a fight
- b) avoiding of fight
- c) breaking of the "two punch" rule, according to which after two punches a kick must be done or the attack will be stopped

If a fighter in short period of time repeats same mistake, central umpire gives 1 point to the opponent.

Disqualification (red card) will be given for severe breaking of TKD rules.

COMPETITOR DRESS CODE:

Only the competitors who wear the Official ITF Dobok manufactured by the Sasung Company will be allowed to access the competition. If the competitors want to have the Country's name on Dobok, they are able to print it on the back under the Tree and the Competitor's Number should be below the belt on the back of the Dobok Jacket. Sponsorship logos may be on the right side of the chest at a recommended size of 10cm by 5cm. National flag may be granted to be stitched to the right sleeve on the side approximately 2cm below the shoulder seam. It will be possible to buy Sasung doboks during the championship.

AWARDS FOR PARTICIPANTS:

All participants will receive a Certificate of Participation signed by the EITF President and President of the Organizing Committee. Finalists of specified divisions and categories will receive the Diplomas and Medals.

CEREMONIES:

For the Opening Ceremonies, the participants can wear the ITF Dobok or the team apparels. Each Country must submit its participants and officials to represent its country during the official parade. The Opening Ceremonies will take place in "ARENA ARMEETS" Sport Hall according to the program of events.



UMPIRES:

The Organizing Committee will pay 7 days/6 night's hotel accommodation for 50 qualified umpires invited personally by the President of the EITF Umpire Committee (no drinks and city & international telephone call included).

Umpires will be required to carry out their duties as scheduled.

Other Umpires wishing to participate maybe used, but must pay for the Hotel accommodation at their own expenses according to the arrangements detailed above.

Umpires must attend all the Umpire Meetings scheduled in the period of the event.

The EITF Umpire Committee will dismiss any Umpires who do not abide by the work schedules or guidelines and such Umpires will have to pay for the hotel accommodation and meals by themselves.

The Umpire's dress code will consist of the Navy blue blazer jacket, White long sleeved shirt, Navy blue trousers, Navy blue necktie, White short socks and White sport shoes as laid down in the Umpire rules.

COACHES:

Only one coach per competitor is allowed to enter the competition area during the matches. He/she must wear only sport suit and gymnastic shoes. The coach is the only person who can make an official protest. Coaches must attend the draw and the coaches meeting.

It is the participant's responsibility to have full insurance coverage for all eventualities. The organizer will not be responsible for any injury or loss for participants before, during, and after the Championship howsoever arising.

Transportation

Countries arriving by plane at Sofia airport, Central railway or Bus station in Sofia should inform the organizer of their schedule including arrival/departure times and flight numbers before 06th of April, 2012 by fax (+359) 73 833 480 or e-mail: bft_itf@abv.bg

Transportation to and from the hotel to Sofia Airport, and from the hotel to "Arena Armeets" Sport Hall and back will be arranged by the organizer. Without the booking, no transportations are available from the organizer; subsequently own means of transportation must be made. Groups arriving by other means must all proceed to the meeting point at the designated time and location set forth by the Organizer.

Visa

Countries requiring a Visa to Bulgaria <http://www.mfa.bg/en/pages/view/85>, should contact the nearest Bulgarian Embassy. <http://www.mfa.bg/en/alphabetical>

The waiting period after applying for visa to Bulgaria will vary according to the countries. For more specific information, please contact the nearest Bulgarian consulate or embassy, or check the Bulgarian Ministry of Foreign Affairs website <http://www.mfa.bg>.

Countries requiring a visa invitation must send the list with the following information:

<http://www.mfa.bg/en/pages/view/96> of all members of delegation to the Organizer, as soon as possible and not later than **16th of March 2012** by e-mail: bft_itf@abv.bg

Application form

On <http://www.itfeurope2012.com> or <http://www.eitf-taekwondo.org> you can download the application software that, after filling in the application, will enable you to send your application automatically from your computer by your E-mail. The photos of all participants (JPG, GIF, BMP, resolution max. 75dpi, size max 45



kB) must be put into the application software. In regards to questions pertaining to the application form software, please contact Mr. Ivan Rajtr - rajtr@rajtr.cz

ACCOMMODATION

DEDEMAN PRINCESS SOFIA HOTEL is the ideal hotel in Sofia for both business and leisure travelers. Our Sofia accommodation offers totally 600 rooms.



Standard Room

All 400 standard rooms of our Sofia accommodation hotel feature direct-dial telephone, mini-bar, electronic door-lock system, room service, working desk, satellite TV, bathroom with bathtub, air conditioning and central heating, hair dryer and smoke-fire detector.

Superior Room

Superior room with french or twin bed, wonderful view to the city from top floors, features air-conditioning and central heating, free of charge wireless internet in room, complimentary coffee and tea making facilities and a bottle of mineral water, minibar, satellite tv, working desk, smoke - fire detector, bathroom with bathtub, hair-dryer, telephone and toiletries.

Connected Room

Some of our Sofia hotel's superior rooms are inter-connecting for familiar groups. The connecting rooms of Hotel Dedeman Sofia Hotel are two superior rooms that can be joined by a door, and are usually preferred by families with children. There a total of 20 connecting rooms in the Dedeman Princess Sofia Hotel.

Junior Suite

With elegant interior designs and inviting jacuzzis, the 13 spacious suites at the Dedeman Princess Sofia suites are preferred by those seek luxury in Sofia.





KEMPINSKI HOTEL ZOGRAFSKI

All major airlines land at Sofia International Airport which is 20 km from Kempinski Hotel Zografski. The drive takes 30 minutes. The central train and bus stations are 10 km away and the drive to the city centre takes only 10 minutes. Request a limousine transfer or shuttle or pick up a taxi to reach our hotel overlooking the buzzing city!



Kempinski Hotel Zografski is a 5-star hotel located in Lozenets, near downtown Sofia, Bulgaria. It is one of the most luxurious hotels in the capital of Bulgaria. It has 442 guest rooms, 10 conference rooms, 4 restaurants, 2 bars and the only Japanese garden in the Balkans.

The hotel was built between 1974 and 1979 to the design of leading Japanese architect Kisho Kurokawa (1934–2007) in the upper-class neighbourhood Lozenets. In his design, Kurokawa implemented architectural details inspired by the Bulgarian National Revival style of Koprivshtitsa and Plovdiv. The 21-storey hotel was built by Bulgarian company Tehnoeksportstroy and the Japanese Mitsubishi.

Until it was acquired by German Bulgarian entrepreneur Ivan Zografski and joined the Kempinski chain in 1997, the hotel was called Vitosha New Otani and was part of that Japanese hotel group.

Kempinski Hotel Zografski's Japanese garden is a large-scale copy of the one at Hotel New Otani Tokyo and features a Japanese-style house and lake.

While the Group's roots are in Germany, its portfolio is now spread throughout Europe, Middle East, Africa and Asia with properties in locations such as Abu Dhabi, Beijing, Berlin, Budapest, the Dead Sea, Istanbul and St Moritz. Rich in tradition, it comprises a fine collection of sumptuous hotels and resorts, from the truly historic to the breathtakingly avant-garde.





Duration of stay	Single room	Double room	Single room after the deadline	Double room after the deadline
7 days/ 6 nights	570 EURO	480 EURO	690 EURO	570 EURO
8 days/ 7 nights	665 EURO	560 EURO	805 EURO	665 EURO
9 days/ 8 nights	760 EURO	640 EURO	920 EURO	760 EURO
Extra day	95 EURO	80 EURO	115 EURO	95 EURO

NOTE: Countries not booking accommodation through the Organizer MUST PAY an accreditation fee of 300 EUR per person to obtain only the ID CARD.

Accommodation includes:

- Championships ID card
- Transportation from hotel to "ARENA ARMMETS" Sport Hall and back
- Transport from Airport to Hotel, on arrival & departure
- Full Board arrangement – breakfast, lunch and dinner /no drinks included/
- Free entrance to the sport hall
- Free entrance to the party on 29th April 2012
- Medical assistance during the competition days /only for competitors/
- Free entry to the Opening and Closing ceremonies.
- Comfortable and high standard double rooms with cable TV
- Swimming pool – no SPA
- Free Wi-Fi



IMPORTANT INFORMATION DEPOSITS, PAYMENTS and DEADLINES

Entry Fee: 100 EUR per competitor
Entry Fee for team competition: 150 EUR per team
EITF annual fee: 400 EUR per NGB

A deposit of EUR 200 per person must be paid on or before 06th of February 2012 and the Final Payments must be made in cash at the meeting point. Without deposit the Organizing committee cannot guarantee the special prices for accommodation packages and the price will be higher – 20 % per person for each accommodation day.

Payments can be done ONLY by bank transfer

1) For bank transfers please use one of the following accounts:

- *If countries submit more than one application form, organizer will apply the LATEST version.*
- *If countries make any changes on the application form on or after the weight in, it will be a penalty of 200 EUR per each change.*

Deadline for submitting all application forms is 06th of April 2012.

Deadline for visa application is 16th of March 2012.

Countries that have changed their application form (not the number of the competitors, but a name of an injured competitor, for example) must send at least one representative with all necessary documents for accreditation on 23rd April 2012 (ITF Black Belt Degree card and copy of the national passport). All changes must be made on the application form on 23rd April 2012.

Accommodation costs (200 EURO per person) should be paid BEFORE or on the deadline of 06th February 2012

Paying by Direct Debit:

Bank Name - "UNITED BULGARIAN BANK"
Branch Blagoevgrad
Account name: Bulgarian Taekwon-Do Federation ITF
IBAN: BG42UBBS75041011342218
S.W.I.F.T. – UBBSBGSF

Please confirm Direct Debit payment by Fax or Email to the Organizing Committee.

e-mail: bft_itf@abv.bg

fax: + 35973833480

Post address: Bulgarian Taekwon-Do Federation ITF

5 Dimitar Talev Str.

Blagoevgrad 2700

BULGARIA



SCHEDULE

Monday 23rd April 2012

09:00 – 19:00 h. – Arrival of Delegations, Registration, Weight In (Hotel "Dedeman")

NOTE: Countries that have changed their application form (not the number of the competitors, but a name of an injured competitor, for example) must send at least one representative with all necessary documents for accreditation on 23rd April 2012 (ITF Black Belt Degree card and copy of the national passport)

Tuesday 24th April 2012

09:00 – 15:00 h. – Arrival of Delegations, Registration, Weight In (Hotel "Dedeman")
 19:00 – 20:00 h. - Umpire meeting (Hotel "Dedeman")
 20:00 h. - Coach meeting and Draw (Hotel "Dedeman")

Wednesday 25th April 2012

10:00 h. - Opening ceremony ("ARENA ARMEETS" Sport Hall)
 12:00 – 15:00 h. - Lunch (at the Hotels)
 15:00 – 19:00 h. - Competition
 19:30 – 20:30 h. - Dinner
 21:00 h. - EITF EB meeting (Hotel "Dedeman")

Thursday 26th April 2012

06:30 – 08:30 h. - Breakfast
 09:00 – 13:00 h. - Competition
 13:00 – 15:00 h. - Lunch ("ARENA ARMEETS" Sport Hall)
 15:00 – 15:30 h. - Awarding ceremony
 15:30 – 19:30 h. - Competition
 20:00 h. - Dinner
 21:00 h. - EITF Congress

Friday 27th April 2012

06:30 – 08:30 h. - Breakfast
 09:00 – 09.30 h. - Awarding ceremony
 09:30 – 13:00 h. - Competition
 13:00 – 15:00 h. - Lunch ("ARENA ARMEETS" Sport Hall)
 15:00 – 15:30 h. - Awarding ceremony
 15:30 – 19:30 h. - Competition
 20:00 h. - Dinner



Saturday 28th April 2012

- 06:30 – 08:30 h. - Breakfast
- 09:00 – 09:30 h. - Awarding ceremony
- 09:30 – 13:00 h. - Competition
- 13:00 – 15:00 h. - Lunch ("ARENA ARMEETS" Sport Hall)
- 15:00 – 15:30 h. - Awarding ceremony
- 15:30 – 19:30 h. - Competition
- 20:00 h. - Dinner

Sunday 29th April 2012

- 06:30 – 08:30 h. - Breakfast
- 09:00 – 09:30 h. - Awarding ceremony
- 09:30 – 13:00 h. - Competition
- 13:00 – 15:00 h. - Lunch ("ARENA ARMEETS" Sport Hall)
- 15:00 – 15:30 h. - Awarding ceremony
- 15:30 – 19:30 h. - Competition
- 20:00 h. - Dinner
- 22:00 h. - Party

Monday 30th April 2012

- 06:30 – 08:30 h. - Breakfast
- Departure of the delegations



CONTACTS AND USEFUL INFORMATION

The meeting point for registration and payments:

DEDEMAN PRINCESS SOFIA HOTEL

Address: 131 Maria Luisa Blvd. 1202 Sofia, Bulgaria

[Map: click here](#)

"ARENA ARMEETS" SPORT HALL

Address: Bul. Asen Yordanov 1, 1000 Sofia, Bulgaria

[Map: click here](#)

Address of organizer:

Blagoevgrad 2700, BULGARIA

Dimitar Talev Str. No. 5

Tel./Fax +35973833480

Most important phone numbers

150 - Emergency Medical Aid

166 - Police/Road patrols

175 - weather forecast

180 - exact time ("speaking" clock)

121 - operator for long-distance calls within the country

140 - sending of telegrams

144 - telephone information service for office phone numbers

145 - telephone information service for home numbers

146 - Emergency Road Service

Currency: The monetary unit in the Republic of Bulgaria is the lev (BGN), which is equal to 100 stotinki (st.). Since 1997, the country has been governed by a currency board and the value of the lev has been pegged to the Euro, at a fixed rate of 1 EUR – 1.95583 BGN.

You can find current currency information on the site of the Bulgarian National Bank: www.bnb.bg.

Currency can be exchanged in banks or in any of the country's many currency exchange offices. Some of these exchange offices also work on holidays. Euro-cheques can be exchanged in banks.

Credit cards: Most Bulgarian hotels and stores now accept VISA, MasterCard, American Express, and Diners Club credit cards.

Weather:

<http://www.meteo.bg/main.php?page=main&lang=en>

Time difference: Winter time: GMT + 2 hours(October- March).

Summer time: GMT + 3 hours (April- September)



Language

The official language in Bulgaria is Bulgarian. *Bulgarian* was the first "Slavic" language attested in writing. As Slavic linguistic unity lasted into late antiquity, in the oldest manuscripts this language was initially referred to as *языкъ словянскъ*, "the Slavic language". In the Middle Bulgarian period this name was gradually replaced by the name *языкъ българскъ*, the "Bulgarian language". In some cases, the name *языкъ българскъ* was used not only with regard to the contemporary Middle Bulgarian language of the copyist but also to the period of Old Bulgarian. A most notable example of anachronism is the Service of St. Cyril, a 13th-century Middle Bulgarian manuscript from northern Macedonia according to which St. Cyril preached with "Bulgarian" books among the Moravian Slavs. The first mention of the language as the "Bulgarian language" instead of the "Slavonic language" comes in the work of the Greek clergy of the Bulgarian Archbishopric of Ohrid in the 11th century, for example in the Greek hagiography of by Theophylact of Ohrid (late 11th century).

Alphabet: Cyrillic

In 886 AD, the Bulgarian Empire introduced the Glagolitic alphabet which was devised by the Saints Cyril and Methodius in the 850s. The Glagolitic alphabet was gradually superseded in later centuries by the Cyrillic script, developed around the Preslav Literary School, Bulgaria in the beginning of the 10th century.

Attention: Bulgarians shake their heads from the left to the right to express "YES". However, this stands for "NO" in the rest of the world.

Voltage

Attention! All electrical appliances work on ~ 220V.

Religion

The **Bulgarian Orthodox Church - Bulgarian Patriarchate** (Bulgarian: Българска православна църква - Българска патриаршия, *Balgarska pravoslavna tsarkva - Balgarska patriarshia*) is an autocephalous Eastern Orthodox Church with some 6.5 million members in the Republic of Bulgaria and between 1.5 and 2.0 million members in a number of European countries, the Americas and Australia. The recognition of the autocephalous Bulgarian Patriarchate by the Patriarchate of Constantinople in 927 AD makes the Bulgarian Orthodox Church the oldest autocephalous Slavic Orthodox Church in the world, which was added to the Pentarchy of the original Patriarchates - those of Rome (which became today's Roman Catholic Church after the Schism), Constantinople, Alexandria, Antioch and Jerusalem - and the autocephalous Georgian Catholicosate.

90% of Bulgarian people are Orthodox Christians and celebrate the traditional Christian holidays - Christmas, Easter and the name days of Bulgarians named after Archangels, Saints and Martyrs. About 8% are Muslims and a few are gypsies. As a whole Bulgarian people are very obliging and hospitable.