KARATE CLUB “SHISEIKAN”

INTERNATIONAL JAPAN KARATE-DO ASSOCIATION

SHOTOKAN KARATE DO OF UNITED NATIONS

BULGARIAN FEDERATION SHOTOKAN KARATE DO

20 YEARS

INTERNATIONAL
SHOTOKAN OPEN KARATE
CHAMPIONSHIP & SEMINAR

SHISEIKAN 2024

27–29 September
Bulgaria

WITH THE SUPPORT OF

MINISTRY OF YOUTH AND SPORTS OF REPUBLIC OF BULGARIA

Dear friends,

It is our pleasure to invite you to the International Shotokan Karate Tournament "Shiseikan", which will be held on September 29, 2024, in Bulgaria.

This is the 20th edition of this prestigious event gathering skilled athletes from around the globe!

The tournament will be preceded by a two-day seminar on the topic: "Connecting Kihon, Kata and Kumite", with the leading internationally certified instructors of IJKA:

Latchezar Nenov
6th dan, Director of IJKA Technical Committee, Chief instructor of IJKA Bulgaria

Gligor Gligoroski
5th dan, Head of Technical Development Section at IJKA Technical Committee, Chief instructor of IJKA Macedonia

Sharpen your skills and test your mettle against fellow karateka in a tournament following the SKDUN Rule system. This is your chance to showcase your dedication, discipline, and fighting spirit on the international stage.

This is a great opportunity to test your skills, meet other karatekas, and enjoy the beautiful city of Plovdiv.

When?

27, 28 September
Seminar

Sports Hall "Olympiada"
https://maps.app.goo.gl/NKwTv9Y8JsQ2dJaq8

29 September
Shiseikan Tournament

Where?

Sport Hall Sila, Plovdiv, Bulgaria
https://maps.app.goo.gl/bSfkvKzCH6o9nDWo7

Who?

All ages and skill levels are welcome!

Rules?

Rules, Registration and Fees:

All details are in Categories and Rules and Registration form documents:

You can check here:

https://shotokan.bg/en/event/international-shotokan-karate-do-open-championship-plovdiv-bulgaria-263

Program?

09.27.2024	
10–11 a.m.	9-4 kyu divided into groups by grades: Shotokan kihon and kumite
11–12 a.m.	brown and black belts: Shotokan kihon and kumite
4–5 p.m.	9-4 kyu divided into groups by grades: Heian kata, Bunkai
5–6 p.m.	brown and black belts: Chinte – Bunkai
09.28.2024	
10–11 a.m.	9-4 kyu divided into groups by grades: Shotokan kihon and kumite
11–12 a.m.	brown and black belts: Shotokan kihon and kumite
12:30 p.m.	exam for Dan grades by prior request
4–5 p.m.	9-4 kyu divided into groups by grades: Heian kata, Tekki shodan, Bunkai
5–6 p.m.	brown and black belts divided by grades: Shotokan kata and Bunkai
09.29.2024	**Shiseikan International Shotokan Karate Tournament**

Spectators?

Spectators are welcome!
Entrance free!

What about the venue?

Plovdiv is one of the oldest cities
in Europe, with a rich history and culture.

There are many things to see
and do in Plovdiv, including:

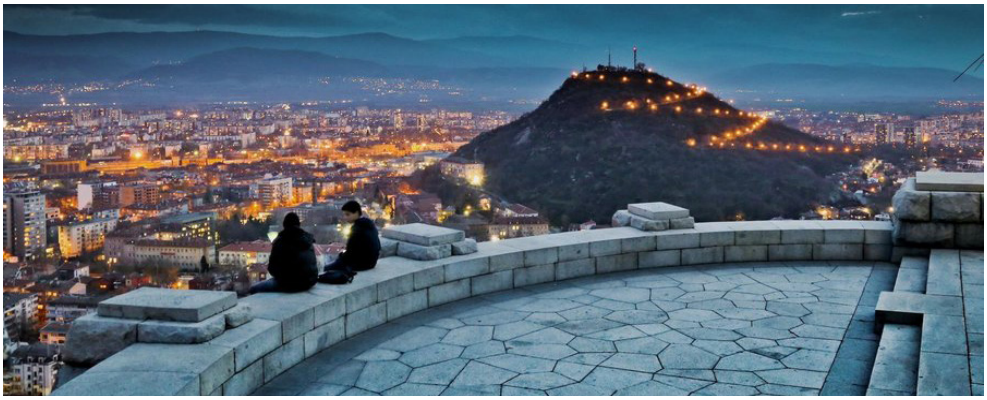
The Ancient Theatre: A Roman theater that is still used for performances today.

The Old Town: A charming neighborhood with cobblestone streets,
traditional houses, and many shops and restaurants.

The Ethnographic Museum: A museum that exhibits traditional Bulgarian folk costumes, crafts, and other artifacts.

BunHILL:

A large park with panoramic views of the city.



How to get there?

If you are planning to fly to Bulgaria, there are four options:
Sofia airport – the main airport (140 км) – https://sofia-airport.eu/en
Plovdiv airport (0 км) – https://www.plovdivairport.com/en
Burgas airport (250 км) – https://burgas-airport.bg/en
Varna airport (380 км) – https://varna-airport.bg/en

You can use our national railway to get to Plovdiv:
https://www.bdz.bg/en

Also, there is a link to the main bus stations:
Sofia Bus Station – https://www.centralnaavtogara.bg/index.php#b
Plovdiv Bus Station South – https://hebrosbus.com/en/stations/15

What about money?

Bulgarian currency is called "Lev" – BGN.
We have a stable currency exchange to Euro that is: 1 Euro = 1.9558 BGN.
You can check the exchange rates for other currencies here:
https://bnb.bg/Statistics/StExternalSector/StExchangeRates/StERForeignCurrencies/index.htm

Weather?

During September we have a quickly changing weather. Sun and rain are chasing.
You can check the forecast here:
https://www.accuweather.com/en/bg/plovdiv/49959/weather-forecast/49959

We hope to see you there!

For any additional questions you can contact us here:
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