

INVITATION

Welcome to the 1st Adaptive Judo Finnish Kata Open, Workshop & Seminar 23rd – 25th August 2024

Tikkurilan Judokat – Tikkurila Judo Club warmly welcomes all adaptive judo trainers and instructors to the 1st Finnish Judo Kata Open, workshop & seminar arranged in parallel with the 14th Nordic Judo Kata Open Tournament and Kata Seminar

Spend a great August weekend together with judo friends in the City of Vantaa, in southern Finland. All Tournament functions are conveniently available at the same location, and you also have a possibility to join in for a Farewell Party/Dinner on Saturday evening. Please see further details in the invitation.

Organizers

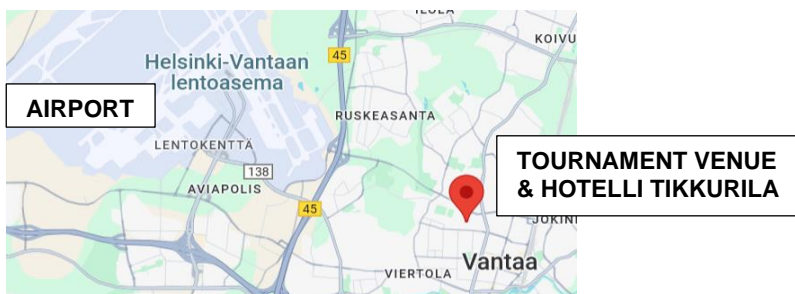
Finnish Judo Association and Tikkurila Judo Club

Sports Facilities, Tournament; competition & seminar

Tikkurila Sports Hall, City of Vantaa, Finland

2 x 150m² tatami + dojo 170m²

Street address: Läntinen Valkoisenlähteentie 52, FI-01300 Vantaa (Tikkurila), same as the hotel



Accommodation

Official Hotel: [Hotel Tikkurila](#), located in the same property with the Sports Hall
Street address: Läntinen Valkoisenlähteentie 52, FI-01300 Vantaa (Tikkurila)

Hotel check-in at 16.00
Hotel check-out latest at 12.00
Rooms are equipped with: own WC, shower, TV, fridge, hair dryer, linen & towels, soap, free Wi-Fi

Please note: accommodation bookings as per first come, first serve

Prices

Prices per person in euros €	Includes	Single room	Double room	Triple room	4-person room
Full Board Tournament 2 nights Team member	Seminar, Friday full evening snack, 2 x lunch, 2 nights, JudoGift <i>*Excluding kata competition fee 20€*</i>	300	240	225	215
Full Board Tournament 2 nights Instructor/team leader (1 / team)	Seminar, Friday full evening snack, 2 x lunch, 2 nights, JudoGift Seminar & workshop free of charge (normal price 50€)	265	200	185	175
For any other options / questions please contact our competition manager Johanna Rautkuru: NJKOT2024fin@gmail.com , tel. +358 50 413 1633					

Competition katas

We will arrange adaptive judo kata competition based on the number of couples. Please check the registration form. **Kata competition fee is 20€, paid on the spot by cash/card.** Please note that kata seminar and workshop are free of charge for adaptive judo instructor / team leader.

Point system

Adaptive Judo Kata rules and point system to be agreed with judges and instructors present on Friday.

Adaptive judo kata competition participants

For Adaptive judo competitors there is no minimum belt level required. Minimum age is 16 years. Each couple can consist of 2 male or 2 female or mixed male and female or other gender.

Only a clean white judogi in good repair and of correct dimensions is to be used for the event. Female/other gender competitors need to wear a white T-shirt under the judogi.

Seminar & workshops for Adaptive Judokas will run from Friday to Sunday

Check the attached program for details!

Registrations

Tournament Registrations are to be sent to Johanna Rautkuru, organizer, Tikkurila Judo Club, to NJKOT2024fin@gmail.com, **latest by Friday July 7th.**

You can register your team member to the competition in advance or on Friday.

Visa arrangements

Please check <https://um.fi/visa-to-visit-finland> if you need a visa for travel to Finland. For further support and information, contact NJKOT2024fin@gmail.com

Registrations & registration dates

By 7th of July 2024, by 12 PM the latest, we need your:

- Hotel reservation
- Seminar registration
- Full Payment

Payments

Full payment must be received by 7 July 2024.

Cancellation Fees: No refund is possible after 7 July.

All payments are to be made to Tikkurila Judo Club:

Bank account BIC: Nordea Bank

IBAN: FI08 1220 3000 2003 33

SWIFT/BIC NDEAFIHH

Give reference in the payment: NJKOT 2024 / country (participant name)

Please make sure you make all payments by the deadlines given.

Accreditation

Tikkurila Sport Hall, on Friday August 23th from 14.00-18.30 or on Saturday August 24th from 8.30 to 9.30. *Contact Johanna Rautkuru for other arrangements (NJKOT2024fin@gmail.com)*

Airport and transportation in Tikkurila-Helsinki area

Nearest airport: Helsinki-Vantaa Airport.

Train: From the airport, regular trains (P) directly to Tikkurila, travel time appx. 15 minutes. Walking distance to Hotelli Tikkurila & Sports Hall appx. 20 minutes from Tikkurila train station. There are also buses running towards the sports hall from Tikkurila train station (641/631/624 as per April 2024), with a few minute walk at the other end.

Bus: From the airport, bus 570 to Tikkurila, with appx. a 10-minute walk to the Sports Hall/Hotelli Tikkurila.

Public transport tickets can be bought from machines at the airport or via HSL app (no ticket sales on trains or buses).

More information on local public transport, tickets and using the app on www.hsl.fi/en

Please let us know your state of arrival.

PRELIMINARY PROGRAM: check the attachment

Farewell Party/Dinner on Saturday evening

Join our Farewell Party on Saturday evening

We kindly ask to state in your inscription which option you would be interested in:

A) Farewell Dinner at a local restaurant, 3-course menus (meat/fish/veg) available, prices around 40-60 € per person (excl. drinks and transportation – restaurant at easy 5-minute walking distance from Tikkurila Sports hall)

B) Farewell Dinner Cruise at Sea, price range appx. 70-120 € per person (depending on the amount of participants & dinner choice; excl. drinks and transportation to Helsinki City Centre)

Farewell Dinner Cruise will be organised if there are enough participants by the deadline date for the cruise.

Date		Entrance hall/ Hotel Tikkurila	Tatami 1 Sports Hall	Tatami 2 Sports Hall	Dojo	Meeting room	Note
23.8.2024 Friday	14.00- 18.30	Accreditation					Rooms available at 16.00
	14.15- 15.45	Training			Adaptive judo		
	18.30- 19.45	Training & stretching			Adaptive judo		
	20.00- 21.30	Evening Snack					FullBoard, judges, instructors
	TBC					Meeting of judges and team leaders	Checking/updating program and rules
24.8.2024 Saturday	7.30- 8.30	Let´s Wake Up! Morning Exercise Outside. Starting Point outside Hotel.					Instructor TBC
	8.30- 9.30	Accreditation					Rooms available at 16.00
	6.00- 10.00	Breakfast					
	09.00 ->		Competition (or following kata competition)				
	12.00- 13.00	Lunch					
	15.00- 16.00					Training	
	18.00 ->	Evening program & supper					Information TBC

25.8.2024 Sunday	7.30- 8.00	Let´s wake up!			judostretching		
	8.15 – 9.00	Breakfast					FullBoard, judges, instructors
	9.00- 11.00				Kata WorkShop		
	12.00- 13.00	Lunch					HalfBoard, FullBoard, instructors
	13.00- 14.00					Competition FeedBack / observations	
	14.00- 15.00				Kata WorkShop		
Rounding Up – Thank you for attending & see you again!							

The organizers reserve the right to changes.

Organizers

Tikkurilan Judokat, Tikkurila Judo Club in cooperation with Suomen Judoliitto, Finnish Judo Association

In cooperation with the City of Vantaa