



# WAKO

CENTRAL AMERICAN & CARIBBEAN OPEN

TATMI Sport

A PREMIER KICKBOXING EVENT

POINT FIGHTING • LIGHT CONTACT  
KICK LIGHT • MUSICAL FORMS  
TRADITIONAL FORMS

CASCADIA HOTEL,  
BANQUET AND  
CONFERENCE CENTRE  
PORT OF SPAIN, TRINIDAD

JULY 12-15, 2018



Phone: 1 868 757-2519 / 346 3891 • email: wakotrinidadandtobago@yahoo.com

Dear members,



It is with great pleasure, I invite everyone to participate in this event: CENTRAL AMERICA AND CARIBBEAN OPEN, (CAC OPEN) the region will celebrate between the days 12<sup>th</sup> – 15<sup>th</sup> July, 2018

For this event is the first of the many future actions we will make in this important region of our continent it is part of our plans for our sports politics for increase the WAKO kickboxing in all regions of Americas.

WAKO Trinidad and Tobago is making maximum efforts to take care of all details for this ground-breaking event to make it a wonderful and unforgettable experience.

We are waiting for you in Trinidad and Tobago.

Oss

Paulo Zorello



Dear Friends.

WAKO Trinidad and Tobago takes great pride in hosting the first ever WAKO CENTRAL AMERICA AND CARIBBEAN OPEN (CAC OPEN) scheduled to take place 12<sup>th</sup> – 15<sup>th</sup> July, 2018 at the Cascadia Hotel and Conference centre.



It gives us great pleasure to invite you all to participate in the inaugural event for the region and the WAKO world as a whole. Competition will be in tatami sport: Point fight, Light Contact, Kick Light and Musical forms.

This event would not have been possible without the goodwill and support of Mr Paulo Zorello, WAKO Pan Am President, who has encouraged and advised us along the way. And for that we thank him greatly.

We extend an open invitation to all WAKO members, come and be part of the great Caribbean experience

We are preparing for you, be there.

Martin J. Mc Clashie

President

WAKO Trinidad and Tobago

## 1<sup>st</sup> CENTRAL AMERICAN AND CARIBBEAN OPEN - PROGRAMME

### DATE:

From Thursday 12<sup>th</sup>, until Sunday 15<sup>th</sup> July, 2018

### VENUE

Cascadia Hotel and Conference centre

### CATAGORIES

#### TATAMI SPORT

Point Fighting

Light Contact

Kick Light

Musical Forms

### COMPETITOR ENTRY FEE:

One division: 50 USD.

Additional division: 50 USD.

Point Fighting Team: 200 USD

### AWARDS:

Medal will be awarded to the first, second and two third places for each division, according to the Olympic system.

Awards: Gold, silver and 2 Bronzes

### ATHLETES

**All athletes, coaches and judges must stay at the host hotel**, its mandatory.

Accommodation must be at least 5 nights & 4 days; the hotel rate will be respected 3 days before and 3 days after the event.

**Hotel reservation and payment must be done by WAKO National representative through WAKO Trinidad and Tobago**

- Confirm you reservation paying 25% of the total amount by 31<sup>st</sup> March.
- Another payment of 25% should be done by 31st May.
- Balance to Complete payment must be done by 30th June, 2018.

The athlete must be part of its kickboxing national Team.

Tatami athletes could participate in one or more categories: Point Fighting, Light Contact, Kick Light and Musical Forms.

Athletes will compete according their age on the day of competition registration.

# 1<sup>st</sup> CENTRAL AMERICAN AND CARIBBEAN OPEN - PROGRAMME

## COMPETITION REGISTRATION:

**Competition registration and payment must be done by WAKO National representative, through WAKO TRINIDAD AND TOBAGO.**

### **ONLINE REGISTRATION**

**Will open on Tuesday 1<sup>st</sup> May and will close on Saturday 30<sup>th</sup> June.**

**No competition registrations will be acceptable after that date!**

**Each National WAKO President must make the registration of his National Team** with the user name and password which will be given. No athlete will be allowed to make his/her individual registration.

TO get your Country LOG IN and PASSWORD please contact us sending an e-mail to [wakotrinidadtobago@yahoo.com](mailto:wakotrinidadtobago@yahoo.com)

## SAFETY:

Athlete must have the complete personal protection equipment mentioned in WAKO IF Rules according to the category in which he/she will participate. Athletes should provide a medical certification (no longer that 30 days) Signed by the authorized Doctor, in which it is stated that prior to leaving his/her country the athlete was in good physical condition and not suffering from any injury, infection or disability to affect his/her capacity to compete in the 1st Central American and Caribbean Open.

## TRANSIENT:

Point not covered by this brochure will be resolved by the Organizing Committee.

## CONTACT:

WAKO Trinidad and Tobago:  
Mobile: 1 868 757 2519 / 1 868 346 3891  
Email: [wakotrinidadtobago@yahoo.com](mailto:wakotrinidadtobago@yahoo.com)

## 1<sup>st</sup> CENTRAL AMERICAN AND CARIBBEAN OPEN - PROGRAMME

### Thursday 12<sup>th</sup> July

9:00 am – 6:00 pm	Competition registration, weigh in and medical control. Hotel Check-in
2:00 pm – 4:00 pm	International referee Revision / Briefing (tatami)
6:00 pm – 8:00 pm	Welcome Cocktail

### Friday 13<sup>th</sup> July

10:00 am – 11:00 am	Opening Ceremony
12:00 noon – 7:00 pm	Competition
6:00 pm	Award Ceremony
8:00 pm – 11 pm	Dinner with the Presidents

### Saturday 14<sup>th</sup> July

9:00 am until	Competition
9:00 am	Tours
6:00 pm	Award Ceremony

### Sunday 15<sup>th</sup> July

**FINALS / AWARD CEREMONY AND AFTER PARTY**

## CATEGORIES AND DIVISIONS

### MUSICAL FORMS – UNDER 18 YEARS

7-9 years	
MALE	FEMALE

10-12 years	
MALE	FEMALE

13-15 years	
MALE	FEMALE

16-17 years	
MALE	FEMALE

Division A: Weapons

DIVISION B: Open Hands

## CATEGORIES AND DIVISIONS

### POINT FIGHTING – UNDER 17 YEARS

#### 6 -7 YEARS

<b>MALE</b>	<b>FEMALE</b>
-------------	---------------

#### 8 -9YEARS

<b>MALE</b>	<b>FEMALE</b>
-------------	---------------

#### 10 -12 YEARS

<b>MALE</b>	<b>FEMALE</b>
- 28 Kg	- 28 Kg
- 32 Kg	- 32 Kg
- 37Kg	- 37 Kg
- 42 kg	- 42 kg
- 47 kg	- 47 kg
+ 47 kg	+ 47 kg

#### 13 -15 YEARS

<b>MALE</b>	<b>FEMALE</b>
- 42 kg	- 42 kg
- 47 kg	- 46 kg
- 52 kg	- 50 kg
- 57 kg	- 55 kg
- 63 kg	- 60 kg
- 69 kg	- 65 kg
+ 69 kg	+ 65 kg

#### 16 -17 YEARS

<b>MALE</b>	<b>FEMALE</b>
- 57 kg	- 50 kg
- 63 kg	- 55 kg
- 69 kg	- 60 kg
- 74 kg	- 65 kg
- 79 kg	- 70 kg
- 84 kg	+ 70 kg
- 89 kg	
- 94 kg	
+ 94 kg	



## CATEGORIES AND DIVISIONS

### LIGHT CONTACT – UNDER 17 YEARS

13-15 YEARS	
MALE	FEMALE
- 42 kg	- 42 kg
- 47 kg	- 46 kg
- 52 kg	- 50 kg
- 57 kg	- 55 kg
- 63 kg	- 60 kg
- 69 kg	- 65 kg
+ 69 kg	+ 65 kg

16 -17 YEARS	
MALE	FEMALE
- 57 kg	- 50 kg
- 63 kg	- 55 kg
- 69 kg	- 60 kg
- 74 kg	- 65 kg
- 79 kg	- 70 kg
- 84 kg	+ 70 kg
- 89 kg	
- 94 kg	
+ 94 kg	

## CATEGORIES AND DIVISIONS

### KICK LIGHT – UNDER 18 YEARS

13 -15 YEARS	
MALE	FEMALE
- 42 kg	- 42 kg
- 47 kg	- 46 kg
- 52 kg	- 50 kg
- 57 kg	- 55 kg
- 63 kg	- 60 kg
- 69 kg	- 65 kg
+ 69 kg	+ 65 kg

16 -17 YEARS	
MALE	FEMALE
- 57 kg	- 50 kg
- 63 kg	- 55 kg
- 69 kg	- 60 kg
- 74 kg	- 65 kg
- 79 kg	- 70 kg
- 84 kg	+ 70 kg
- 89 kg	
- 94 kg	
+ 94 kg	

# CATEGORIES AND DIVISIONS

## MUSICAL FORMS – SENIORS

19 – 40 YEARS

MALE

FEMALE

DIVISION A: Weapons

DIVISION B: Open hands

### POINT FIGHTING SENIORS

### LIGHT CONTACT SENIORS

### KICK LIGHT SENIORS

18-40 YRS	18-35 YRS
MALE	FEMALE
- 57 kg	- 50 kg
- 63 kg	- 55 kg
- 69 kg	- 60 kg
- 74 kg	- 65 kg
- 79 kg	- 70 kg
- 84 kg	+ 70 kg
- 89 kg	
- 94 kg	
+ 94 kg	

18-40 YRS	18-35 YRS
MALE	FEMALE
- 57 kg	- 50 kg
- 63 kg	- 55 kg
- 69 kg	- 60 kg
- 74 kg	- 65 kg
- 79 kg	- 70 kg
- 84 kg	+ 70 kg
- 89 kg	
- 94 kg	
+ 94 kg	

18-40 YRS	18-35 YRS
MALE	FEMALE
- 57 kg	- 50 kg
- 63 kg	- 55 kg
- 69 kg	- 60 kg
- 74 kg	- 65 kg
- 79 kg	- 70 kg
- 84 kg	+ 70 kg
- 89 kg	
- 94 kg	
+ 94 kg	

## CATEGORIES AND DIVISIONS

POINT FIGHTING VETERANS	
MALE	FEMALE
- 63 KG	-55 KG
- 74 KG	-65 KG
- 84 KG	+ 65KG
- 94 KG	
+ 94 KG	

LIGHT CONTACT VETERANS	
YRS MALE	YRS FEMALE
- 63 KG	-55 KG
- 74 KG	-65 KG
- 84 KG	+ 65KG
- 94 KG	
+ 94 KG	

KICK LIGHT VETERANS	
MALE	FEMALE
- 63 KG	-55 KG
- 74 KG	-65 KG
- 84 KG	+ 65KG
- 94 KG	
+ 94 KG	

## CATEGORIES AND DIVISIONS

### TEAM POINT FIGHTING

OPEN WEIGHT		
TEAM	MALE	FEMALE
10 – 12 YEARS	3	1
13 - 15 YEARS	3	1
16 – 17 YEARS	3	1
18 – 40 YEARS	3	1

**NOTE: For each age division they must participate 3 male and 1 female**



## HOTEL ACCOMMODATION FEES

HOTEL	OCCUPATION			
<b>CASCADIA HOTEL, BANQUET AND CONFERENCE CENTRE</b> ARIAPITA ROAD, ST ANNS Trinidad and Tobago	SINGLE RM	DOUBLE RM	TRIPLE RM	QUAD RM
	\$ 150.00 USD	\$ 350.00 USD 2 Adults & 2 children 10 years and under	\$ 365.00 USD 2 Adults & 2 children 10 years and under	\$ 455.00 USD

**Room occupancy can be configured to suit your specific group**



**Hotel reservation and payment must be done by WAKO National representative, through WAKO Trinidad and Tobago starting on**

**Confirm you reservation by paying 25% of the total amount by 31<sup>st</sup> March.**

**Another payment of 25% should be done by 31<sup>st</sup> May.**

**Balance to Complete payment must be done by 30<sup>th</sup> June, 2018.**

## Hotel rates includes the following;

- All taxes
- Maid service and trunk.
- **BUFFET; Breakfast, lunch and dinner**
- Access to the following:

### Gym

---

With our own equipped Gym on the property, Guests can have an invigorating workout at any time during their stay. Our fitness centre is complete with an excellent selection of cardio and strength training equipment.



### Swimming Pool

---

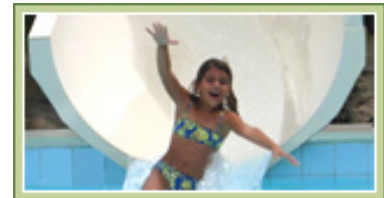
Relax at our pool side and enjoy cool refreshing drinks from our sunken wet bar. Our pool area is very large and can accommodate the needs of all our guests.



### Water Park

---

The only Water Park in Trinidad & Tobago, it consists of three slides, each over one hundred feet in length & emptying into a single splash pool. Feel the rush as you cascade down 1000 feet of pure thrills.



### Sauna

---

After an intense workout, you can enjoy the use of our in house Sauna that provides a tranquil place to soothe your mind and body leaving you relaxed and refreshed.



## **Tennis**

---

For those who wish to up the pace slightly, we currently have one flood-lit tennis court available for our guests. Tennis lessons for private members and guests are available.



## **Squash**

---

Please enjoy the use of our Squash Courts as we are the only Hotel in Trinidad & Tobago that offers this facility. Since we host regional and International tournaments & the Trinidad national team trains here we ensure that a high standard of the court is always maintained.

## AIRPORT

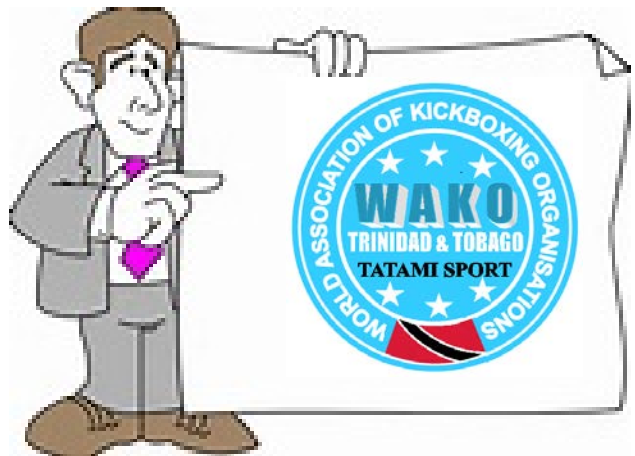
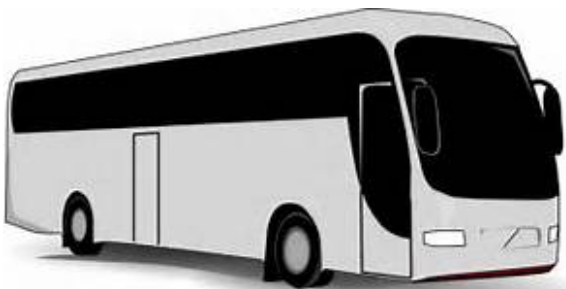
PIARCO  
INTERNATIONAL AIRPORT  
TRINIDAD

## HOTEL

CASCADIA HOTEL, BANQUET AND CONFERENCE CENTRE  
ARIAPITA ROAD, ST ANNS  
Trinidad

## TRANSPORTATION

Airport – Hotel – Airport  
40 USD per person



## GENERAL

### FLAG AND NATIONAL ANTHEM

Each participating country must bring 2 (two) flags, size 90 x 130 cm and a CD with their National anthem. The flag and CD are handed in at registration and will be returned to each participant after the competition.

### ORGANIZER'S INFORMATION

#### HOTEL CHECK IN:

Time for check-in at HOST HOTEL is specified in the program.

Hotel reservation and payment must be done by WAKO National representative, through WAKO Trinidad and Tobago starting on

**Confirm you reservation paying 25% of the total amount by 31<sup>st</sup> March.**

- **Another payment of 25% should be done by 31<sup>st</sup> May.**
- **Balance to Complete payment must be done by 30<sup>th</sup> June, 2018.**

#### TRANSPORTATION:

Airport – Hotel – Airport = 40 USD per person

Each National WAKO representative must send their National Team itinerary with all the information airline, flight number, arrival date and hour. This must be included into the “room list format”.



The transportation payment must be done at the competition registration **only in cash** directly to WAKO Trinidad and Tobago

## GENERAL

### COMPETITION REGISTRATION:

Time for competition registration is specified in the program.

**Competition registration and payment must be done by WAKO National representative, through WAKO Trinidad and Tobago.**

### ONLINE REGISTRATION

Will open on Tuesday 1<sup>st</sup> May and will close on Saturday 30<sup>th</sup> June.

**No competition registrations will be accepted after that date!**

**Each National WAKO representative must make the registration of his National Kickboxing Team** with the user and password which will be given. No athlete will be allowed to make his/her individual registration. To get your Country LOG IN and PASSWORD please contact us sending an e-mail: [wakotrinidadtobago@yahoo.com](mailto:wakotrinidadtobago@yahoo.com)

The competition entry fees must be paid at the competition registration **only in cash** directly to WAKO Trinidad and Tobago

### SAFETY:

Athletes should provide a medical certification signed by authorized Doctor, in which it is stated that prior to leaving his/her country the athlete was in good physical condition and not suffering from any injury, infection or disability label to affect his/her capacity to compete in the 1<sup>st</sup> CENTRAL AMERICA AND CARIBBEAN OPEN (CAC OPEN)

**LIABILITY:**

Neither the organizer nor the various committees of the event, and WAKO Trinidad and Tobago (nor any of its officials or members) will be liable or responsible for any personal injury or for any loss or damage to your property arising out of your participation and travelling in connection with these events.

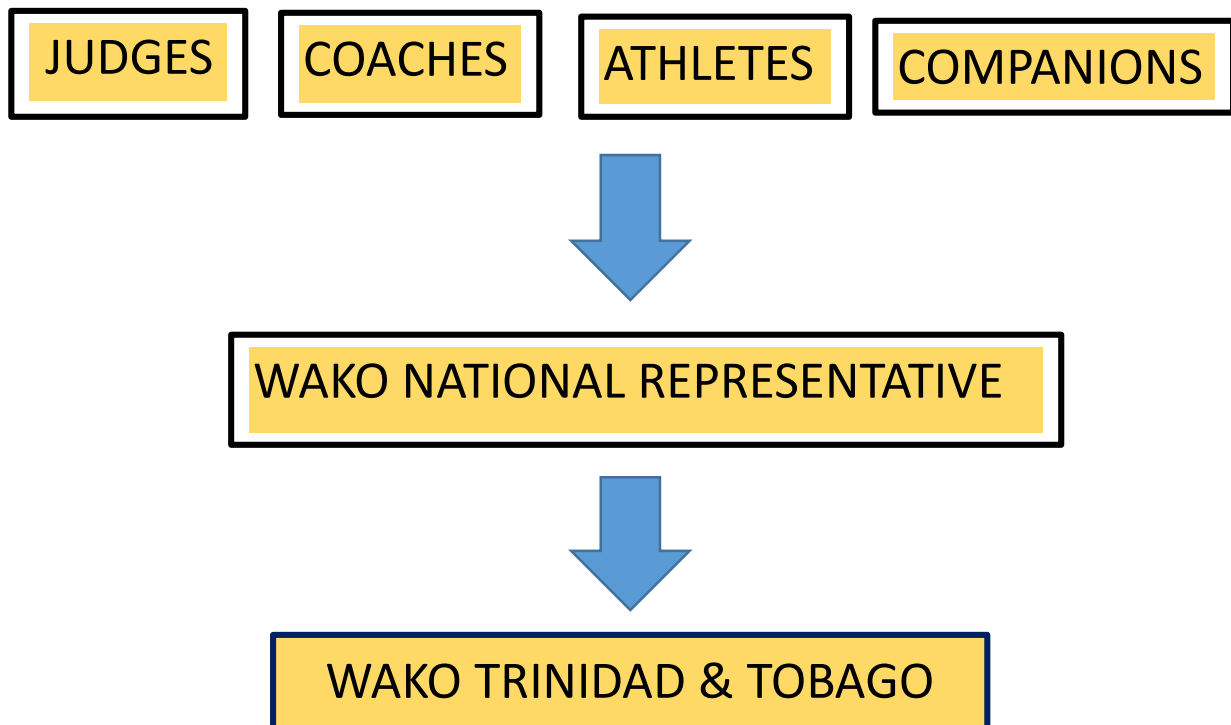
**VISA GUIDELINES:**

Please copy and paste the following link to know if you need visa to travel to Trinidad and Tobago.

<http://immigration.gov.tt/Portals/0/Visa%20Requirements%20For%20All%20Countries%202015.pdf>

## IMPORTANT

Hotel reservation and payment must be done by WAKO National representative, through WAKO Trinidad and Tobago starting on



Office: 1 868 757 2519 / 1 868 346 3891

E-mail: [wakotrinidadtobago@yahoo.com](mailto:wakotrinidadtobago@yahoo.com)

## FINAL CHECK LIST

ITEM		LAST DAY TO BE DONE	CHECK
1	On line registration	Monday June 30th	
2	National Delegation assistants list. National delegation rooming list.	Monday June 30th	
3	Host Hotel Payment	Monday June 30th	
4	Athletes' medical certification Signed by authorized Doctor	Thursday June 30th	
5	Head of Delegation responsibility form	Thursday 12 <sup>th</sup> July	
6	Medical Examination WAKO Questionnaire	Thursday 12 <sup>th</sup> July	
7	WAKO Liability Waiver	Thursday 12 <sup>th</sup> July	
8	WAKO Medical Form	Thursday 12 <sup>th</sup> July	
9	Flags and National Anthem	Thursday 12 <sup>th</sup> July	