



Official invitation for

UNIFIED WORLD CHAMPIONSHIPS-2013

«WTKA», «WKA», «ICO», «WCSA»

men, women, juniors, cadets, children

SHADOW-FIGHTS (DIFFERENT DISCIPLINES)

SAFE-POINT, MIX-WRESTLING

MCA: SAFE-COMBAT, ORIENTAL-COMBAT (K-1)

MMA: LIGHT-COMBAT (SUBSTRIKE-LIGHT)

FREE- COMBAT (SHOOT-WRESTLING), MIX-COMBAT

TUSCANY/ITALY, 29 October-03 November 2013

WWW.COMBATSD.COM

- PROMOTER:** Aleksandr Sosnin (Chairman and Technical Director of WCSA, 7-th Dan/Degree), Andrew Hennessy (ICO Chairman, 7-th Dan/Degree, England)
- ORGANIZERS:** WTKA/WKA (Italy), WCSA (USA), ICO (England). Special guest – Dan Severn !!
- CONTACT:** +7 9177619080 (Russia); +1 3474221131 (USA) - Aleksandr Sosnin
Information: e-mail: wcombatsd@gmail.com; combatsd@mail.ru
- ENTRY FEE:**
- 60 EURO FOR EACH COMPETITOR ENTERING IN 1 DIVISION
- 40 EURO MORE FOR EACH DIVISION AFTER THE FIRST DIVISION

5) CATEGORIES:

Attack-Tests № 001-003

Free-Style (music) № 900-927

Traditional Forms № 928-972

Musical Forms № 973-996

Extreme Forms (music) № 997-1020

Creative Forms (music) № 1021-1025

Traditional Forms № 1026-1030

Musical Forms Team № 1031-1035

Self-Defense Traditional/ Demo Team (music) № 1036-1041

Street Self-Defense/ Demo Team (music) № 1042-1047

Self-Defense Scenic/ Demo Team (music) № 1048-1050

Security Self-Defense № 1051-1053

-12/ 13-16/ 16+

-8/-10/-13/ -16/ -19/ -28/ 28+

-8/-10/-13/ -16/ -19/ -41/ 41+

-10/-13/ -16/ -19/ -28/ 28+

-10/-13/ -16/ -19/ -28/ 28+

-10/-13/ -16/-28/ 28+

-10/-13/ -16/-28/ 28+

-10/-13/ -16/-28/ 28+

-14/-18/ 18+

-14/-18/ 18+

-14/-18/ 18+

-14/-18/ 18+

«SAFE-POINT»

Code	Category	Sex	Age	Weight
004	Children	Mixed	7-9	-23 kg
005	Children	Mixed	7-9	-26 kg
006	Children	Mixed	7-9	-30 kg
007	Children	Mixed	7-9	-35 kg
008	Children	Mixed	7-9	+35 kg
009	Children	Mixed	10-11	-30 kg
010	Children	Mixed	10-11	-34 kg
011	Children	Mixed	10-11	-39 kg
012	Children	Mixed	10-11	-45 kg
013	Children	Mixed	10-11	+45 kg
014	Cadets	Male	12-14	-36 kg
015	Cadets	Male	12-14	-40 kg
016	Cadets	Male	12-14	-45 kg
017	Cadets	Male	12-14	-51 kg
018	Cadets	Male	12-14	-57 kg
019	Cadets	Male	12-14	+ 57 kg
020	Cadets	Female	12-14	-40 kg
021	Cadets	Female	12-14	- 45 kg
022	Cadets	Female	12-14	+ 45 kg
023	Juniors	Male	15-17	-51 kg
024	Juniors	Male	15-17	- 57 kg
025	Juniors	Male	15-17	- 64 kg
026	Juniors	Male	15-17	- 71 kg
027	Juniors	Male	15-17	-80 kg
028	Juniors	Male	15-17	+ 80 kg
029	Juniors	Female	15-17	-45 kg
030	Juniors	Female	15-17	-51 kg
031	Juniors	Female	15-17	+51 kg
032	Men	Male	18-40	-63 kg
033	Men	Male	18-40	-69 kg
034	Men	Male	18-40	-75 kg
035	Men	Male	18-40	-81 kg
036	Men	Male	18-40	-90 kg
037	Men	Male	18-40	+90 kg
038	Women	Female	18-40	-51 kg
039	Women	Female	18-40	-57 kg
040	Women	Female	18-40	+57 kg

«SAFE-COMBAT»

Code	Category	Sex	Age	Weight
041	Children	Mixed	8-9	-23 kg
042	Children	Mixed	8-9	-27 kg
043	Children	Mixed	8-9	-31 kg
044	Children	Mixed	8-9	-35 kg
045	Children	Mixed	8-9	-40 kg
046	Children	Mixed	8-9	+40 kg
047	Children	Male	10-12	-28 kg

048	Children	Male	10-12	-32 kg
049	Children	Male	10-12	-37 kg
050	Children	Male	10-12	-42 kg
051	Children	Male	10-12	-47 kg
052	Children	Male	10-12	+47 kg
053	Children	Female	10-12	-32 kg
054	Children	Female	10-12	-37 kg
055	Children	Female	10-12	-42 kg
056	Children	Female	10-12	+42 kg
057	Cadets	Male	13-15	-42 kg
058	Cadets	Male	13-15	-47 kg
059	Cadets	Male	13-15	-52 kg
060	Cadets	Male	13-15	-57 kg
061	Cadets	Male	13-15	-63 kg
062	Cadets	Male	13-15	-69 kg
063	Cadets	Male	13-15	+69 kg
064	Cadets	Female	13-15	-42 kg
065	Cadets	Female	13-15	-47 kg
066	Cadets	Female	13-15	+47 kg
067	Juniors	Male	16-18	-57 kg
068	Juniors	Male	16-18	-63 kg
069	Juniors	Male	16-18	-69 kg
070	Juniors	Male	16-18	-74 kg
071	Juniors	Male	16-18	-79 kg
072	Juniors	Male	16-18	-84 kg
073	Juniors	Male	16-18	-89 kg
074	Juniors	Male	16-18	-94 kg
075	Juniors	Male	16-18	+94 kg
076	Juniors	Female	16-18	-47 kg
077	Juniors	Female	16-18	-52 kg
078	Juniors	Female	16-18	+52 kg
079	Men	Male	19-40	-57 kg
080	Men	Male	19-40	-63 kg
081	Men	Male	19-40	-69 kg
082	Men	Male	19-40	-74 kg
083	Men	Male	19-40	-79 kg
084	Men	Male	19-40	-84 kg
085	Men	Male	19-40	-89 kg
086	Men	Male	19-40	-94 kg
087	Men	Male	19-40	+94 kg
088	Women	Female	19-40	-52 kg
089	Women	Female	19-40	-57 kg
090	Women	Female	19-40	+57 kg

«MIX-WRESTLING»

Code	Category	Sex	Age	Weight
091	Cadets	Male	12-14	-36 kg
092	Cadets	Male	12-14	-40 kg
093	Cadets	Male	12-14	-45 kg
094	Cadets	Male	12-14	-51 kg
095	Cadets	Male	12-14	-57 kg
096	Cadets	Male	12-14	+ 57 kg

097	Cadets	Female	12-14	-40 kg
098	Cadets	Female	12-14	- 45 kg
099	Cadets	Female	12-14	+ 45 kg
100	Juniors	Male	15-17	-51 kg
101	Juniors	Male	15-17	- 57 kg
102	Juniors	Male	15-17	- 64 kg
103	Juniors	Male	15-17	- 71 kg
104	Juniors	Male	15-17	-80 kg
105	Juniors	Male	15-17	+ 80 kg
106	Juniors	Female	15-17	-45 kg
107	Juniors	Female	15-17	-51 kg
108	Juniors	Female	15-17	+51 kg
109	Men	Male	18-40	-63 kg
110	Men	Male	18-40	-69 kg
111	Men	Male	18-40	-75 kg
112	Men	Male	18-40	-81 kg
113	Men	Male	18-40	-90 kg
114	Men	Male	18-40	+90 kg
115	Women	Female	18-40	-51 kg
116	Women	Female	18-40	-57 kg
117	Women	Female	18-40	+57 kg

«LIGHT-COMBAT»

Code	Category	Sex	Age	Weight
118	Cadets	Male	12-14	-36 kg
119	Cadets	Male	12-14	-40 kg
120	Cadets	Male	12-14	-45 kg
121	Cadets	Male	12-14	-51 kg
122	Cadets	Male	12-14	-57 kg
123	Cadets	Male	12-14	+ 57 kg
124	Cadets	Female	12-14	-40 kg
125	Cadets	Female	12-14	- 45 kg
126	Cadets	Female	12-14	+ 45 kg
127	Juniors	Male	15-17	-51 kg
128	Juniors	Male	15-17	- 57 kg
129	Juniors	Male	15-17	- 64 kg
130	Juniors	Male	15-17	- 71 kg
131	Juniors	Male	15-17	-80 kg
132	Juniors	Male	15-17	+ 80 kg
133	Juniors	Female	15-17	-45 kg
134	Juniors	Female	15-17	-51 kg
135	Juniors	Female	15-17	+51 kg
136	Men	Male	18-40	-63 kg
137	Men	Male	18-40	-69 kg
138	Men	Male	18-40	-75 kg
139	Men	Male	18-40	-81 kg
140	Men	Male	18-40	-90 kg
141	Men	Male	18-40	+90 kg
142	Women	Female	18-40	-51 kg
143	Women	Female	18-40	-57 kg
144	Women	Female	18-40	+57 kg

«FREE-COMBAT»

Code	Category	Sex	Age	Weight
145	Juniors	Male	15-17	-55 kg
146	Juniors	Male	15-17	- 60 kg
147	Juniors	Male	15-17	- 65 kg
148	Juniors	Male	15-17	- 70 kg
149	Juniors	Male	15-17	-75 kg
150	Juniors	Male	15-17	-80 kg
151	Juniors	Male	15-17	-85 kg
152	Juniors	Male	15-17	-91 kg
153	Juniors	Male	15-17	+91 kg
154	Men	Male	18-40	-60 kg
155	Men	Male	18-40	-65 kg
156	Men	Male	18-40	-70 kg
157	Men	Male	18-40	-75 kg
158	Men	Male	18-40	-81 kg
159	Men	Male	18-40	-86 kg
160	Men	Male	18-40	-93 kg
161	Men	Male	18-40	+93 kg

«MIX-COMBAT»

Code	Category	Sex	Age	Weight
162	Men	Male	18-40	-60 kg
163	Men	Male	18-40	-65 kg
164	Men	Male	18-40	-70 kg
165	Men	Male	18-40	-75 kg
166	Men	Male	18-40	-81 kg
167	Men	Male	18-40	-86 kg
168	Men	Male	18-40	-93 kg
169	Men	Male	18-40	+93 kg

«ORIENTAL-COMBAT» (K-1)

Code	Category	Sex	Age	Weight
745	Children	Male	11-13	-28 kg
746	Children	Male	11-13	-32 kg
747	Children	Male	11-13	-36 kg
748	Children	Male	11-13	-40 kg
749	Children	Male	11-13	-44 kg
750	Children	Male	11-13	-48 kg
751	Children	Male	11-13	-52 kg
752	Children	Male	11-13	-56 kg
753	Children	Male	11-13	+56 kg
754	Children	Female	11-13	-28 kg
755	Children	Female	11-13	-32 kg
756	Children	Female	11-13	-36 kg
757	Children	Female	11-13	-40 kg
758	Children	Female	11-13	-44 kg
759	Children	Female	11-13	-48 kg

760	Children	Female	11-13	-52 kg
761	Children	Female	11-13	-56 kg
762	Children	Female	11-13	+56 kg
763	Cadets	Male	14-15	-42 kg
764	Cadets	Male	14-15	-46 kg
765	Cadets	Male	14-15	-50 kg
766	Cadets	Male	14-15	-54 kg
767	Cadets	Male	14-15	-58 kg
768	Cadets	Male	14-15	-62 kg
769	Cadets	Male	14-15	-67 kg
770	Cadets	Male	14-15	-72 kg
771	Cadets	Male	14-15	+72 kg
772	Cadets	Female	14-15	-42 kg
773	Cadets	Female	14-15	-46 kg
774	Cadets	Female	14-15	-50 kg
775	Cadets	Female	14-15	-54 kg
776	Cadets	Female	14-15	-58 kg
777	Cadets	Female	14-15	-62 kg
778	Cadets	Female	14-15	-67 kg
779	Cadets	Female	14-15	+67 kg
780	Juniors	Male	16-18	-51 kg
781	Juniors	Male	16-18	-54 kg
782	Juniors	Male	16-18	-57 kg
783	Juniors	Male	16-18	-60 kg
784	Juniors	Male	16-18	-63.5 kg
785	Juniors	Male	16-18	-67 kg
786	Juniors	Male	16-18	-71 kg
787	Juniors	Male	16-18	-75 kg
788	Juniors	Male	16-18	-81 kg
789	Juniors	Male	16-18	-86 kg
790	Juniors	Male	16-18	-91 kg
791	Juniors	Male	16-18	+91 kg
792	Juniors	Female	16-18	-48 kg
793	Juniors	Female	16-18	-52 kg
794	Juniors	Female	16-18	-56 kg
795	Juniors	Female	16-18	-60 kg
796	Juniors	Female	16-18	-65 kg
797	Juniors	Female	16-18	-70 kg
798	Juniors	Female	16-18	+70 kg
799	Men	Male	19-35	-51 kg
800	Men	Male	19-35	-54 kg
801	Men	Male	19-35	-57 kg
802	Men	Male	19-35	-60 kg
803	Men	Male	19-35	-63.5 kg
804	Men	Male	19-35	-67 kg
805	Men	Male	19-35	-71 kg
806	Men	Male	19-35	-75 kg
807	Men	Male	19-35	-81 kg
808	Men	Male	19-35	-86 kg
809	Men	Male	19-35	-91 kg
810	Men	Male	19-35	+91 kg
811	Women	Female	19-35	-48 kg
812	Women	Female	19-35	-52 kg
813	Women	Female	19-35	-56 kg
814	Women	Female	19-35	-60 kg

815	Women	Female	19-35	-65 kg
816	Women	Female	19-35	-70 kg
817	Women	Female	19-35	+70 kg

6) HOTEL RESERVATION:

In order to attend the Competitions is compulsory to make your hotel reservation through the promoter.

HOTELS located in Marina di Carrara, Marina di Massa, Versilia and Viareggio area:

- Single room with private bathroom (€ 75 per person per day)
- Double and Triple room with private bathroom (€ 60 per person per day)

The prices are per person per day and include:

- Continental breakfast and dinner.
- Free entrance to Sport Hall for the followers of your Delegation.

In order to guarantee your reservation, please send the payment to bank account before September 25st 2013.

At your arrival at Sport-Hall, just before weigh-in, you will get your vouchers in order to go to your hotel.

7) EVENT SCHEDULE:

TUESDAY 29TH OCTOBER	09.00 – 20.00	<p>ARRIVALS OF DELEGATIONS - SPORT HALL “CARRARAFIERE” – REGISTRATION AND PAYMENT - HOTEL ACCOMMODATION VOUCHERS – COMPETITORS REGISTRATION.</p> <p>WEIGH-IN – MEDICAL & INSURANCE CERTIFICATIONS CHECK UP BY ORGANIZATION.</p> <p><u>NOTE: These procedures will be closed at 20.00 without any further delay!</u></p> <p>AT YOUR ARRIVAL AT THE MAIN ENTRANCE OF SPORT HALL (ENTRANCE NUMBER 5 OF “CARRARAFIERE” FAIR COMPLEX) YOU WILL FIND OUR STAFF READY TO HELP YOU FOR ALL YOUR NEEDS. WTKA WELCOME STAFF WILL SHOW YOU AROUND THE SPORT HALL, THE COMPETITIONS AREAS, REFEREES OFFICES, WTKA OFFICES, BAR, RESTAURANT, BANK, EVERYTHING.</p>
	17.00 – 20.00	<p>WKA WORLD MEETING - WORLD CHAMPIONSHIPS REFEREES MEETING</p>
WEDNESDAY 30ST OCTOBER	10.30 – 19.00	<p>COMPETITORS PHOTO SERVICE</p>
	19.30	<p>YOU WILL FIND ALL COMPETITIONS INFO IN FRONT OF THE MAIN ENTRANCE OF THE PAVILLONS.</p>
THURSDAY	07.00 – 07.40	<p>FREE OF CHARGE SHUTTLE BUSES FROM THE HOTEL TO THE SPORT HALL. PLEASE BE ON TIME IN FRONT OF YOUR HOTEL. YOU WILL FIND INSIDE YOUR HOTEL THE TIMETABLE OF BUSES TRANSFERS.</p>
	09.30 10.00	<p>OPENING CEREMONY!!! START OF WORLD CHAMPIONSHIPS ELIMINATORY GAMES OF</p>

<p>31ST OCTOBER</p>	<p>16.00 – 20.00</p> <p>12.00 – 20.00</p>	<p>KARATE (ALL SPECIALTIES) - KICKBOXING (FIGHT POINT – CONTINUOUS FIGHTING – LOWKICK LIGHT) – ALL STYLES (ALL SPECIALTIES).</p> <p><u>NOTE: RING SPECIALTIES (FULL CONTACT – LOWKICK - K1 – MUAY THAI) MEDICAL CERTIFICATION CONTROL & MEDICAL VISIT. WITHOUT THE CERTIFICATION AND MEDICAL VISIT NO ONE WILL BE ADMITTED TO COMPETE. AND NO MONEY WILL BE GIVEN BACK!!!</u></p> <p>START OF BUS SHUTTLE SERVICE FROM THE SPORT HALL TO THE HOTELS. AT EVERY HOUR UNTIL 19.00. BUSES LEAVE IN FRONT OF THE MAIN ENTRANCE OF THE SPORT COMPLEX (NUMBER 5).</p> <p>END OF COMPETITIONS / LAST SHUTTLE BUS FROM THE SPORT HALL TO THE HOTELS.</p>
<p>FRIDAY 1ST NOVEMBER</p>	<p>08.00 – 08.40</p> <p>09.00 – 20.00</p> <p>09.30 – 19.00</p> <p>12.00 – 20.00</p> <p>19.00 – 20.00</p>	<p>FREE OF CHARGE SHUTTLE BUS FROM THE HOTEL TO THE SPORT HALL. PLEASE BE READY IN FRONT OF YOUR HOTEL.</p> <p>WORLD CHAMPIONSHIPS & MARTIAL MARATHON. ELIMINATORY GAMES OF KARATE (ALL SPECIALTIES) - KICKBOXING (ALL SPECIALTIES) – FULL CONTACT –LOWKICK – K1 - MUAY THAI – ALL STYLES (ALL SPECIALTIES) - KUNG FU (ALL SPECIALTIES) – TAEKWONDO (ALL SPECIALTIES).</p> <p>ARRIVALS MMA DELEGATION REGISTRATION AND PAYMENT - HOTEL ACCOMMODATION VOUCHERS – COMPETITORS REGISTRATION.</p> <p>START OF BUS SHUTTLE SERVICE FROM THE SPORT HALL TO THE HOTELS. AT EVERY HOUR UNTIL 20.00. BUSES LEAVE IN FRONT OF THE MAIN ENTRANCE OF THE SPORT COMPLEX (NUMBER 5).</p> <p>END OF COMPETITIONS / LAST SHUTTLE BUSES FROM THE SPORT HALL TO THE HOTELS</p>
<p>SATURDAY 2ND NOVEMBER</p>	<p>08.00 – 08.40</p> <p>09.00 – 20.00</p> <p>09.00 – 19.00</p> <p>12.00 – 18.00</p>	<p>FREE OF CHARGE SHUTTLE BUS FROM THE HOTEL TO THE SPORT HALL. PLEASE BE READY IN FRONT OF YOUR HOTEL</p> <p>WORLD CHAMPIONSHIPS & MARTIAL MARATHON. ELIMINATORY GAMES OF KARATE (ALL SPECIALTIES) - KICKBOXING (ALL SPECIALTIES) – FULL CONTACT –LOWKICK – K1 - MUAY THAI – ALL STYLES (ALL SPECIALTIES) - KUNG FU (ALL SPECIALTIES) – TAEKWONDO (ALL SPECIALTIES).</p> <p>ARRIVALS OF SUBMISSION DELEGATIONS - SPORT HALL “CARRARAFIERE” – REGISTRATION AND PAYMENT - HOTEL ACCOMMODATION VOUCHERS – COMPETITORS REGISTRATION - WEIGH-IN – MEDICAL & INSURANCE CERTIFICATIONS CHECK UP BY ORGANIZATION N.B. These procedures will be closed at 20.00 without any further delay!</p> <p>START OF BUS SHUTTLE SERVICE FROM THE SPORT HALL TO THE HOTELS. AT EVERY HOUR UNTIL 19.00. BUSES LEAVE IN FRONT OF THE MAIN ENTRANCE OF THE SPORT COMPLEX (NUMBER 5). END OF COMPETITIONS / LAST SHUTTLE BUSES FROM THE SPORT HALL TO THE HOTELS.</p>
<p>SUNDAY</p>	<p>08.00 – 08.40</p>	<p>FREE SHUTTLE BUS FROM THE HOTEL TO THE SPORT HALL. PLEASE BE READY IN FRONT OF YOUR HOTEL</p>

3RD NOVEMBER	09.00	OPENING CEREMONY
	09.30	FOR THE FINALS WORLD CHAMPIONSHIPS ALL SPECIALTIES FINALS
	10.00	START OF AWARD CEREMONY
	12.00 – 20.30	START OF BUS SHUTTLE SERVICE FROM THE SPORT HALL TO THE HOTELS. AT EVERY HOUR UNTIL 19.00. BUSES LEAVE IN FRONT OF THE MAIN ENTRANCE OF THE SPORT COMPLEX (NUMBER 5).
	20.00	END OF COMPETITIONS – LAST SHUTTLE BUSES FROM THE SPORT HALL TO THE HOTELS.

**WE REMIND YOU THE OTHER BENEFITS YOU WILL GET AT
THE WORLD CHAMPIONSHIPS:**

1. SEMINARS AND WORKSHOPS WITH THE LEGENDARY DAN **“THE BEAST” SEVERN (USA)**
2. STAGES
3. MASSAGES
4. RECREATION AREA FOR CHILDREN
5. AND MANY OTHERS!!!



From the Etruscans to the Romans to the Renaissance, [Tuscany](#) is possibly the greatest repository of art in the world, from extraordinary paintings and sculpture to frescoes and architectural masterpieces.

Visitors to Tuscany come for many reasons. Many come in search of **fine art**, others to explore the **extraordinary countryside**. Gourmets and wine buffs descend on Tuscany to enjoy the simple yet wonderful **cuisine** and **wine**. Walkers enjoy the **mountain paths**, cyclists the **rolling hills**, summer vacationers the **sea coast** and **islands**. Students come to learn the beautiful **Italian language and culture**.

There is a lot to see and do in Tuscany, the difficulty is really where to start. Certainly most should start with [Florence](#), then continue on to **Siena** and **Pisa**. The roll call of *città di arte*, cities of art, is daunting: **Arezzo**, **Cortona**, **San Gimignano** and **Lucca** are all striking. The more you come to know the region, the more extraordinary Tuscany appears. *Enjoy your visit!*

Tuscany's History and Culture

Tuscany is one of twenty regions in Italy. The region is located in the central, western part of the country, north of Rome and south of Genoa. It is bounded by the **Apennine Mountains** to the North and East, the **Apuan Alps** on the northwest and by the **Tyrrhenian Sea** on the West. Its land area is about 9,000 square miles (23.300 square kilometers). Its major cities are [Florence](#), **Pisa**, **Siena** and **Arezzo**. Its major river, the **Arno**, begins in the Apennines and heads toward the coast - both Florence and Pisa sit astride the Arno river.



This section offers pieces of Tuscany's history and culture that should prove to be interesting to anyone wishing to learn more about what lies behind the Tuscan - and for that matter Florentine, Sienese and Pisan - personality and character. The identity of any Tuscan today is deeply tied to the territory's past and, as we glimpse and discover various aspects of that identity, we hope to be able to share it with you.

Tuscany is famous all around the world for its colors, tastes and smells. It offers many things to see, to do and to taste. But overall it offers the masterpieces of many illustrious figures that made Tuscany what it is today. Explorers, writers, all kind of artists famous worldwide: [Dante Alighieri](#), [Michelangelo](#), [Leonardo da Vinci](#), [Simone Martini](#) just to name a few. But also [Galileo Galilei](#), [Antonio Meucci](#), [Giacomo Puccini](#), [Giovanni da Verrazzano](#). A long list of **great Tuscans** to be discovered.



Moving Around Tuscany

Tuscany is a medium-sized region which can be crossed in a few hours. Generally the hardest part in getting from one place to the next depends on where you are headed: **smaller villages** are often only reachable by **car** or **bus** whose schedules might not be the most convenient. Aside from a few major roads and roadways that cross Tuscany (such as the A1, A11 and A12), most of the roads are state or provincial with a single lane in each direction. Also, as many parts of Tuscany have hills, many roads wind up, down and around these hills: if you're driving, prepare to take your time and drive carefully.

Having said this, if you are planning on visiting only the main towns in Tuscany, the most convenient way to move around is with the **train**: the main station in each town is generally in the center so there is no need to worry about parking before finding the major sights. Train travel is also pretty affordable, in comparison to the costs of rental cars and gasoline these days.



If you already know you won't be driving but would like to visit the smaller villages not reachable by train, make sure to check out bus schedules ahead of time. For example, **San Gimignano** is a medieval village which we highly recommend visiting, but be aware that if you're not driving, you can get there only by taking the train from Massa Carrara Station to Poggibonsi and then a bus the rest of the way (about 13 km, or 20 minutes, away).

Florence Cradle of the Renaissance

Florence is an open-air museum and attracts millions of visitors from all over the world every year. Renown as the cradle of the Renaissance for its palaces, churches and museums, Florence is certainly unique. Florence's museums, palaces, and churches house some of the greatest artistic treasures in the world.



The most popular and important sites in Florence include the [Cathedral](#), the **Baptistry**, the [Uffizi](#), the [Bargello](#), and the [Accademia](#). The churches of [Santa Maria Novella](#) and [Santa Croce](#) are veritable art galleries, and the library of **San Lorenzo** is a magnificent exhibition of Michelangelo's architectural genius. Wander some of the oldest streets in the city until you reach the Arno River, cross the [Ponte Vecchio](#), and experience the "newest" area of Florence, the **Oltrarno**.



Pisa

Pisa is most famous for its **Leaning Tower**. Many visitors arrive into this university town and visit the *Piazza dei Miracoli*, or [Square of Miracles](#), where the **tower**, the **cathedral** and **baptistry** form the city's main attraction.



Around the square's perimeter you'll also find the **Camposanto**, **Opera del Duomo** museum and **Museum of the Sinopie** which we also highly recommend visiting. A few blocks away, the **Piazza dei Cavalieri** once was the heart of power in the city and later the headquarters of *the Knights of St. Stephen*. Today, it is a center of culture and learning as the famous *Scuola Normale di Pisa* has its base in the Palazzo della Carovana that faces onto the piazza.



HOTEL ACCOMMODATION FORM

COUNTRY			
CHIEF DELEGATION			
NAME OF ASSOCIATION AND ADDRESS			
PHONE		MOBILE	
E-MAIL		VAT CODE	

TOTAL NUMBER OF PERSONS	
DATE OF ARRIVAL	
DATE OF DEPARTURE	
NIGHTS NUMBER	

ROOMS NUMBER	KIND OF ACCOMMODATION	PRICE PER PERSON PER DAY	X	NIGHTS NUMBER	X	NUMBER PERSONS	TOTAL
	SINGLE ROOM With private bathroom	€ 75.00	X		X		
	DOUBLE ROOM With private bathroom	€ 60.00	X		X		
	TRIPLE ROOM With private bathroom	€ 60.00	X		X		
GRAND TOTAL							

Chief Delegation Signature _____

! In order to guarantee your reservation, please send the payment to bank account before September 25st 2013 !

