



United States
International Federation of Kyokushin Karate

The 34th American International Karate Championships October 24, 2026



**United States
International Federation of Kyokushin Karate**

EVENT INFORMATION:

**The 34th American International Karate Championships
October 24, 2026**

The United States American International Karate Championships will be offering divisions of competition in the following events:

Open Hand Kata - Ages 5 and Older
Weapons Kata: Ages 5 and Older
Kyokushin Kata Only: Ages 12 and up
Semi-Contact Kumite (Fighting): Ages 5 and Older
Junior Knockdown (Fighting): Ages 15-17
Full-Contact Kumite (Knockdown Fighting): Ages 18 and Older

Please read the entire Information Packet Prior To
Registration/Competition to familiarize yourself with our
Rules, Regulations, and Practices

*All Questions and Inquiries are to be made To Tournament
Director Shihan Karl Biedlingmaier at:
kbiedlingmaier@hotmail.com

**All Registration must be completed through Smoothcomp
Link can be found at:**

<https://uskyokushin.com/kyokushin-karate-events>



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OFFICIAL SCHEDULE OF EVENTS:

ALL TIMES/ITEMS ARE SUBJECT TO CHANGE

Saturday

- | | |
|-------------------|--|
| 8:30AM: | Doors open for check-in at 8:30 AM (We will not check in a competitor before 8:30 AM.) |
| 8:30AM - 9:30AM | Check-in and weigh-in |
| 9:15 AM | ALL SEMI CONTACT KUMITE ON THE MAT |
| 9:30AM - 11:30AM | Open Hand Kata, Kyokushin Kata, and Weapons Kata |
| 11:30AM - 12:00PM | Break |
| 12:00PM - 12:15PM | Opening Remarks from Shihan Monaco |
| 12:30PM - 1:30PM | Full Contact |
| 1:30PM - 5:00 PM | Semi-Contact Fighting |



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KATA GENERAL PROCEDURES (All Divisions)

The tournament will create divisions based on the following categories. Based on participation, some categories may need to be adjusted. The Tournament Director and other competition organizers reserve the right to change/alter any age and/or divisions to accommodate the event.

Competitors will be called to the ring through Smoothcomp for their Kata. If the competitor does not arrive at the designated time to their ring, their name or division will be called and the competitor will have one minute to arrive at their designated ring or risks disqualification from the competition.

OPEN HAND KATA DIVISIONS

Division	Sub-Division
8yrs and under, Female/Male	10 th -9 th Kyu, 8 th -5 th kyu, 4 th -1 st Kyu
9-11yrs, Female/Male	10 th -9 th Kyu, 8 th -5 th kyu, 4 th -1 st Kyu, and Black Belt
12-14yrs, Female/Male	10 th -9 th Kyu, 8 th -5 th kyu, 4 th -1 st Kyu, and Black Belt
15-17 Female/Male	10 th -9 th Kyu, 8 th -5 th kyu, 4 th -1 st Kyu, and Black Belt
18-35yrs, Female/Male	10 th -9 th Kyu, 8 th -5 th kyu, 4 th -1 st Kyu, and Black Belt
36+, Female/Male	10 th -9 th Kyu, 8 th -5 th kyu, 4 th -1 st Kyu, and Black Belt

WEAPONS KATA DIVISIONS

Division	Sub-Division
10 yrs and under	10 th kyu-5 th Kyu, 4 th Kyu-1 st Kyu, Black Belt
11-14 yrs	10 th kyu-5 th Kyu, 4 th Kyu-1 st Kyu, Black Belt
15-17 yrs	10 th kyu-5 th Kyu, 4 th Kyu-1 st Kyu, Black Belt
Adult (18+)	10 th kyu-5 th Kyu, 4 th Kyu-1 st Kyu, Black Belt



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Procedures for Open Hand Kata & Weapons Divisions

Each competitor will be called to perform their kata. Prior to performance, the competitor should approach the judges and complete a quick introduction (State their name and Kata name)

Upon finishing their kata the competitor may be scored immediately or asked to sit to be scored later. Competitors will follow the directions of the center judge.

In case of a tie, a competitor may be asked to perform a new kata.

Any protest of decisions MUST be made within two minutes after the issue has occurred to the Tatami Manager, first as a verbal request, followed by a written report by completing the USA-IFK Protest Form if necessary. A protest raised after the tournament has closed may not be considered.



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KYOKUSHIN ONLY KATA DIVISIONS

Division	Sub-Division
Category 1: 12-14 yrs	10 th Kyu-5 th Kyu
Category 2: 12-14 yrs	4 th Kyu and up
Category 3: 15-17yrs	10 th Kyu-5 th Kyu
Category 4: 15-17yrs	4 th Kyu and up
Category 5: Adult 18-30 yrs	10 th Kyu-5 th Kyu
Category 6: Adult 18-30 yrs	4 th Kyu and up
Category 7: Adult 31-44 yrs	10 th Kyu-5 th Kyu
Category 8: Adult 31-44yrs	4 th Kyu and up
Category 9: Veterans 45+	10 th Kyu-5 th Kyu
Category 10: Veterans 45+	4 th Kyu and up

Procedures for KYOKUSHIN ONLY Divisions

Round 1:

To Begin:

When the participant's name is called, they shall stand on the edge of the competition area, bow and say "Osu!". On the signal from the central judge the contestant will move forward to the designated line, bow to the central judge and say "Osu!".

Commands:

For Categories 1,2,3,5,7, & 9 (all 10th Kyu -5th Kyu Categories and for both U-15 categories), the contestant will choose the kata they wish to perform as appropriate to their rank. The center judge will shout "Kata". The contestant will state the name of the kata they wish to perform. The center judge MUST repeat the name of the kata and give the command to start the kata.

For Categories 4,6,8, and 10 (ages 15+ and 4th Kyu and up), the contestants will be required to perform a compulsory kata. The center judge will choose a card upon which a kata is written (from the list of compulsory katas - see below) and then call out the name of the kata to be performed. The contestant MUST then repeat the name of the kata and wait for the command to begin.



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Compulsory Katas by Category:

Divisions	4th Kyu and up
Category 4: 15,16,17	Pinan Sono Ni Pinan Sono San Pinan Sono Yon Pinan Sono Go Gekisai Dai
Category 6: Adult (18-30)	Pinan Sono Yon Pinan Sono Go Yantsu Tsuki No Kata Saiha
Category 8: Adult (31-44)	Pinan Sono Yon Pinan Sono Go Yantsu Tsuki No Kata Saiha
Category 10: Veterans (45+)	Pinan Sono Yon Pinan Sono Go Yantsu Tsuki No Kata Saiha

Note: If the kata does not include the Mokuso position at the beginning, the central judge will give the particular command: for example "Pinan Sono Go. Yoi. Hajime". The contestant does not repeat the name of the kata during that command.

If the kata includes the Mokuso position at the beginning, the central judge will give the particular command: for example "Mokuso. Saiha. Yoi. Hajime". The contestant does not repeat the name of the kata during that command.

To End:

The contestant will hold their last position until the center judge calls "Naore". Upon completion of the kata, the contestant will return to the starting position and await their score.

The Top 8 will move on to Round 2



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Round 2:

The contestants who are successful in proceeding to Round 2 and any subsequent rounds will choose a “free” kyokushin kata (choose from the list below) and submit their choice of kata to the table official before the start of the round. Note that a kata cannot be repeated in any subsequent rounds.

Katas:

Taikyoku Sono Ichi
Taikyoku Sono Ni
Taikyoku Sono San
Pinan Sono Ichi
Pinan Sono Ni
Pinan Sono San
Pinan Sono Yon

Pinan Sono Go
Gekisai Dai
Yantsu
Tsuki No Kata
Saiha
Tensho
Gekisai Sho

Kanku Dai
Seinchin
Sushiho
Seipai
Garyu

The same procedures will be followed from Round 1 for contestants who chose their own katas.

Awards are given to the Top 3 competitors.

Any protest of decisions MUST be made within two minutes after the issue has occurred to the Tatami Manager, first as a verbal request, followed by a written report by completing the USA-IFK Protest Form if necessary. A protest raised after the tournament has closed may not be considered.



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SEMI/FULL-CONTACT KUMITE GENERAL PROCEDURES

The tournament will create divisions based on the following categories. Based on participation, some categories may need to be adjusted. The Tournament Director and other competition organizers reserve the right to change/alter any age and/or divisions to accommodate the event.

All competitors must officially “weigh-in” with competition organizers prior to participating in their Kumite Division.

If a competitor fails to “weigh-in” at the listed weight to which they registered, they may be moved to an alternate division by decision of the Tournament director and competition organizers but are not guaranteed a spot to compete.

****Please check competitor’s profile in Smoothcomp to ensure the information is accurate****

Competitors will be called to the ring through Smoothcomp for their division. If the competitor does not arrive at the designated time to their ring, their name or division will be called and the competitor will have one minute to arrive at their designated ring or risks disqualification from the competition. The competitor must arrive at their designated ring in full protective gear with one certified coach, or risk disqualification from the competition.

In the case of “Hikiwake” (Draw) after the second round (first extension) the match may go to a “weight decision”. In this case, if the registered weight of the competitors is greater than what is permitted (see kumite division chart), then the lighter fighter will be declared the winner. If there is not a significant weight difference between the competitors, the match will go into a final extension where a decision must be made by referees. In the finals of divisions 15-45 male/female, there will be no weight decision considered. It is expected that all competitors and coaches will follow the kumite rules/regulations as listed.

Any protest of decisions **MUST** be made within two minutes after the issue has occurred to the Tatami Manager, first as a verbal request, followed by a written report by completing the USA-IFK Protest Form if necessary. A protest raised after the tournament has closed may not be considered.



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SEMI-CONTACT KUMITE DIVISIONS AND MATCH LENGTHS

Age / Gender	Weight Divisions (lbs.)	Difference for Weight Decision (lbs.)	Match Length (min)
5-7 yrs, Male	-60, +61	+6 All Weights	1 min/1min/1min (Enchosen)
5-7 yrs, Female	-60, +61	+6 All Weights	1 min/1min/1min (Enchosen)
8-9 yrs, Male	-65.,+66	+6 All Weights	1 min/1min/1min (Enchosen)
8-9 yrs, Female	-65, +66	+6 All Weights	1 min/1min/1min (Enchosen)
10-11 yrs, Male	-85, 86-100, +101	+6 All Weights	1.5 min/1.5min/1 min (Enchosen)
10-11 yrs, Female	-85, 86-100, +101	+6 All Weights	1.5 min/1.5min/1 min (Enchosen)
12-14 yrs, Male	-120, 121-155, +156	+6 All Weights	1.5min/1.5 min/1.5 min (Enchosen)
12-14 yrs, Female	-120, 121-155, +156	+6 All Weights	1.5min/1.5 min/1.5 min (Enchosen)
15-17 yrs, Male	-120, 121-155, +156	+6 All Weights	2 min/ 2 min / (weight >11lbs, 17.5 in HW) / 2 min (Enchosen) (No Weight in Finals)
15-17 yrs, Female	-120, 121-155, +156	+6 All Weights	2 min / 2 min / (weight >11lbs, 17.5 in HW) / 2 min (Enchosen) (No Weight in Finals)
18-40 yrs, Male	-155, 156-185, 186-210, +211	+11 All Weights Except: +17 for +211 weight division	2 min / 2 min / (weight >11lbs, 17.5 in HW)/ 2 min (Enchosen) (No Weight in Finals)
18-40 yrs, Female	-139, +140	+11 All Weights	2 min / 2 min / (weight >11lbs, 17.5 in HW)/ 2 min (Enchosen) (No Weight in Finals)
+40 yrs, Male	-198, +199	+11 All Weights	1.5 min / 1.5 min / (weight >11lbs, 17.5 in HW)/ 1.5 min (Enchosen)
+40 yrs, Female	-150, +151	+11 All Weights	1.5 min / 1.5 min / (weight >11lbs, 17.5 in HW)/ 1.5 min (Enchosen)



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JUNIOR KNOCKDOWN KUMITE DIVISIONS AND MATCH LENGTHS

Intermediate & Advanced (4th kyu and above/2+ years)

Age / Gender	Weight Divisions (lbs.)	Difference for Weight Decision (lbs.)	Match Length (min)
Ages 15 - 17 Male	-154, 155-176, 177-198, +199	+11 All Weights, Except + 17 for +199	2 min/2 min/ (weight >11lbs, 17.5 in HW)/2 min (Enchosen)
Ages 15 - 17 Female	-132, +133	+11 All Weights	2 min/2 min/ (weight >11lbs, 17.5 in HW)/2 min (Enchosen)

FULL CONTACT KUMITE DIVISIONS AND MATCH LENGTHS

Age / Gender	Weight Divisions (lbs.)	Difference for Weight Decision (lbs.)	Match Length (min)
18-34 yrs, Male	-154, 155-176, 177-198, +199	+11 All Weights, Except + 17 for +199	2 min/2 min/2 min (Enchosen)
18-34 yrs, Female	-132, +133	+11 All Weights	2 min/2 min/2 min (Enchosen)
+35 yrs, Male	-198, +199	+11 All Weights	2 min/2 min/2 min (Enchosen)
+35 yrs, Female	-132, +133	11 All Weights	2 min/2 min/2 min (Enchosen)



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SEMI-CONTACT KUMITE Required Protective Gear

Age / Gender	Required Protective Gear
5-14 yrs, Male	Groin guards must be worn Body Armor/chest protector - mandatory for all divisions Hand protection/gloves - mandatory for all divisions Shin Pads - required for all divisions Head Gear - mandatory for all divisions Mouth guard - mandatory for all divisions (even if they have a face shield)
5-14yrs, Female	Body Armor/chest protector - mandatory for all divisions Hand protection/gloves - mandatory for all divisions Shin Pads - required for all divisions Head Gear - mandatory for all divisions Mouth guard - mandatory for all divisions (even if they have a face shield)
+15 yrs, Male	Groin guards must be worn Hand protection/gloves - mandatory for all divisions Shin Pads - required for all divisions Head Gear - mandatory for all divisions Mouth guard - mandatory for all divisions (even if they have a face shield)
+15 yrs, Female	Breast Protector - must be of approved IFK type (must not cover the upper part of the chest or any part of the abdomen). Hand protection/gloves - mandatory for all divisions Shin Pads - required for all divisions Head Gear - mandatory for all divisions Mouth guard - mandatory for all divisions (even if they have a face shield)

Head Contact:

Ages 5-14: No Head Kicking All ranks

Ages 15-17 and 18+: Under 4th Kyu - No Head Kicks;

4th Kyu and above/2+ years' experience - Only Circular Kicks to the side of the head allowed (no kicks to the front of the face)



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JUNIOR KNOCKDOWN Required Protective Gear

Age/ Gender	Required Protective Gear
Ages 15 - 17 Female Intermediate & Advanced (4th kyu and above/2+ years)	Breast protector must be worn and must be of approved IFK type (must not cover the upper part of the chest or any part of the abdomen). Head Gear - mandatory for all divisions Mouth guard - mandatory for all divisions (even if they have a face shield)
Ages 15 - 17 Male Intermediate & Advanced (4th kyu and above/2+ years)	Groin guards must be worn Head Gear - mandatory for all divisions Mouth guard - mandatory for all divisions (even if they have a face shield)

Junior Knockdown Head Contact:

Only Circular Kicks to the side of the head allowed (no kicks to the front of the face)

Note Taping: No taping or bracing of hands and/or feet is permitted during the first round of competition. After the first round, taping must meet approval by medical staff BEFORE the round begins.

FULL-CONTACT KUMITE Required Protective Gear

Age/ Gender	Required Protective Gear
18+ yrs, Male	Groin Guard, Mouthpiece
18+ yrs, Female	Breast Protector, Mouthpiece

Note Taping: No taping or bracing of hands and/or feet is permitted during the first round of competition. After the first round, taping must meet approval by medical staff BEFORE the round begins.



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**COMPETITION RULES/REGULATIONS
SEMI-CONTACT KUMITE & JUNIOR KNOCKDOWN**

Permitted Techniques:

Hand strikes - Punch (Tsuki), Hammer fist (Tetsui Uchi), Backfist (Uraken Uchi), Elbow (Hiji Uchi) are allowed to the front/side of the torso and upper leg (area between the collarbone and knee joint)

Leg Strikes – Kick (Geri), Knee Strike (Hiza) are allowed to anywhere on front/side of the body below the collarbone except joint areas (knee/elbow)

For Ages 5-14: There is no Head Kicking permitted

For All Ages: Under 4th Kyu: There is no head kicking permitted

For Ages 15 and up (including 18+ and 4th kyu and above): Only Circular kicks to the side of the head are allowed (mawashi geri, hiza geri, mawashi-ushiro geri)

Prohibited Techniques (Hansoku):

- Any hand, elbow, or head strikes above the collarbone to opponent's head, face or neck areas.
- Any strike to the spine
- Kicks to the groin, front or side of the knee joint
- Any Strike to a "downed"/fallen opponent
- Grabbing (including hooking opponent's neck) and/or pushing an opponent
- Passivity (not attempting to engage in the fight) or "Running-Away"/fleeing a match (excessive running out of bounds, to escape the opponent).
- Head Kicking for Ages 5-14 or under 4th Kyu
- Kicking to the front of the face (all divisions)
- Arguing or yelling at an opponent/Judge (This can result in immediate disqualification)



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COMPETITION RULES/REGULATIONS FULL CONTACT KUMITE

Legal Techniques:

All karate techniques, other than those outlined in (Illegal Techniques) are permitted. This will include full contacts kicks and knees to the head, legs and torso. Leg kicks and sweeps, designed to take down the opponent must be followed up immediately with a non-contact karate technique.

Examples:

Hand strikes - Punch (Tsuki), Hammer fist (Tetsui Uchi), Backfist (Uraken Uchi), Elbow (Hiji Uchi) are allowed to the front/side of the torso and upper leg (area between the collarbone and knee joint)

Leg Strikes – Kick (Geri), Knee Strike (Hiza) are allowed to anywhere on front/side of the body below the collarbone except joint areas (knee/elbow)

Illegal Techniques (Hansoku):

- Any hand, elbow, or head strikes above the collarbone to opponent's head, face or neck areas.
- No strikes (kicks or punches) to the back of the head.
- Any strike to the spine
- Kicks to the groin, front or side of the knee joint
- Any Strike to a "downed"/fallen opponent
- Grabbing (including hooking opponent's neck) and/or pushing an opponent
- Passivity (not attempting to engage in the fight) or "Running-Away"/fleeing a match (excessive running out of bounds, to escape the opponent).
- Arguing or yelling at an opponent/Judge (This can result in immediate disqualification)

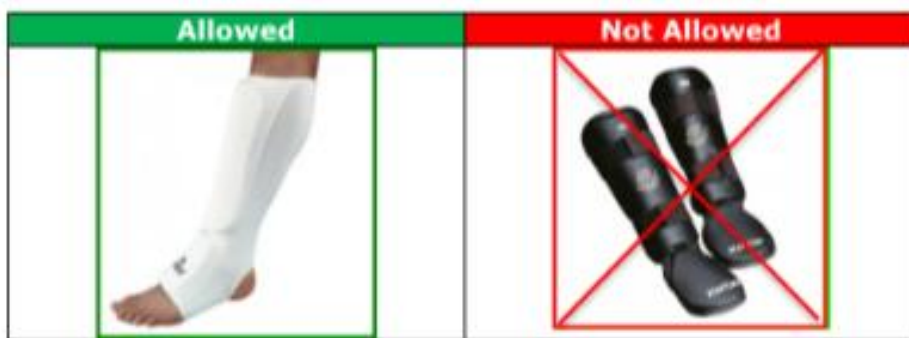


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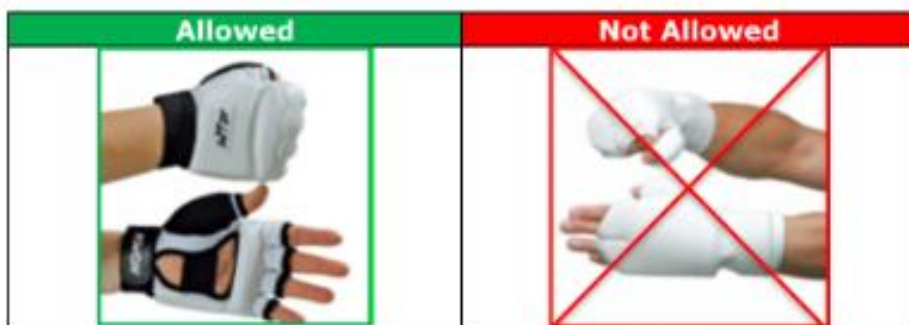
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Kumite Gear:

Shin pads of approved IFK type:



Hand protectors of the approved IFK type:



Body armor of approved IFK type:



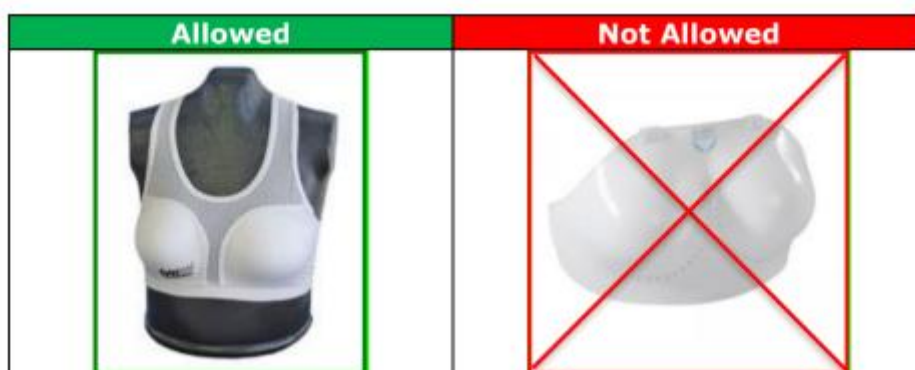


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Headgear of approved IFK type:



Breast Protector:





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USA-IFK Code of Conduct

The USA-IFK code of conduct is a set of behaviors expected at USA-IFK events to ensure that they are enjoyable and fair for all involved. By attending or entering any USA-IFK event, regardless of the capacity, you agree to understand and adhere to this Code of Conduct and Behavior Policy. Karate is a martial art founded on respect, discipline, and humility. By following this protocol, coaches, spectators, competitors, officials and volunteers help to uphold the integrity and spirit of our sport.

GENERAL CONDUCT FOR ALL PARTICIPANTS (coaches, competitors, etc.) AND SPECTATORS:

1. Show respect to all competitors, referees, officials, volunteers, and fellow spectators at all times.
2. Maintain silence or supportive cheering during bouts or matches. Negative comments or shouting instructions from the sidelines are strictly prohibited.
3. Do not enter the competition area or attempt to speak to referees or officials during bouts or matches.
4. Follow the instructions of event staff promptly and respectfully

Coaches have a responsibility to know and follow the rules of the tournament and ensure your competitors know and understand the rules including:

1. Only one official coach per competitor is allowed near the mat during a bout or match
2. Coaches must remain seated in the designated coach's chair and may not approach referees unless requested.
3. Remember that your competitors compete for fun and enjoyment, winning is only part of this
4. Respect the officials and ensure your competitors and parents also respect the official's decisions
5. Ensure that you always use appropriate language and behavior; never ridicule, threaten or shout at competitors for making mistakes or losing a competition
6. Ensure that all equipment used meets the USA-IFK safety standards and is appropriate for the age and ability of your competitors.

Zero Tolerance Policy (these rules include spectators/parents as well as coaches):

The following behaviors will not be tolerated:

1. Entering restricted areas without permission
2. Coaching from the stands or sideline interference
3. Verbal abuse of referees, athletes, staff, or other attendees
4. Physical intimidation or unsportsmanlike conduct

Violation of these rules may lead to removal from the venue and disciplinary action against the coach, athlete or club/organization. Such violations may be dealt with in the following ways:

During the event:

1. Event disqualification for an individual coach or athlete
2. Removal of an individual, club, or organization from the tournament arena or venue

Post event:

1. Disqualification or ban for an individual competing or entering future USA-IFK events. (Such a ban could be permanent or time limited)
2. Disqualification or ban for an individual acting in any official capacity at a USA-IFK event. (Such a ban could be permanent or time limited)
3. Disqualification or ban for a club or organization entering future USA-IFK events. (Such a ban could be permanent or time limited)



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HOTEL/REGISTRATION INFORMATION:

Recommended Hotels

The event is at Albion High School, Albion, NY. The best Hotel choices are in Batavia and Brockport. If you are arriving by the NYS Thruway (Route 90), Batavia has many hotel choices directly off the exit. These are an excellent choice because they are very near Route 98 which is Main Street, Albion, a very easy straight drive north to the venue.

If you would like to stay slightly closer to the event, Brockport, NY is a good choice. You may have stayed in Brockport for past tournaments and trainings in Holley, NY. Albion is just one town to the West of Holley. Below are a few suggestions for Hotels in Brockport.

Hotels near New York State Thruway Route 90, Batavia Exit (about 15 miles from venue, very easy drive, one turn)

Hampton Inn Batavia

4360 Commerce Dr, Batavia, NY, 14020

La Quinta Inn & Suites by Wyndham Batavia

8200 Park Rd, Batavia, NY, 14020

Fairfield Inn & Suites by Marriott Batavia

4333 Federal Drive, Batavia, NY, 14020

Hotels in Brockport, NY (about 10 miles from venue)

Best Western Brockport Inn & Suites

4908 Lake Rd S, Brockport, NY, 14420

Hampton Inn Brockport

4873 Lake Road S, Brockport, NY, 14420