

**2024
National Championships
&
US Team Trials**



Where Olympic Journeys Begin

**July 11-14, 2024
The Cajundome
Lafayette, LA**

Version 4 Updated May 2024



Member, United States
Olympic & Paralympic Committee

Dear Competitors, Officials, Coaches and Friends,

It is with great pleasure that we extend our warmest invitation to you for the 2024 USA National Karate Championships & US Team Trials, taking place in Lafayette, LA from July 10-14, 2024.

As we gather for this thrilling event, we are also celebrating a significant milestone: the 30th anniversary of USA Karate. It is a time to reflect on our journey, honor the founding members who laid the groundwork, and pay tribute to the champions of the past whose dedication and passion have shaped our sport.

Set against the backdrop of The Cajundome and Convention Center, this year's championships promise four days of intense competition, camaraderie, and celebration. From seasoned veterans to emerging talents, competitors of all ages and skill levels will come together to showcase the very best of American karate.

The National Championships holds a special place as the pinnacle of domestic karate events in the United States, and this year, we anticipate nothing short of extraordinary performances and unforgettable moments. We invite you to join us in Lafayette as we unite to celebrate our shared love for karate and witness the remarkable talent that defines our community.

Warm regards,

A handwritten signature in black ink that reads 'Elisa Au'.

Elisa Au
Board Chair
USA-NKF

A handwritten signature in black ink that reads 'Michael Cain'.

Michael Cain
CEO
USA-NKF



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USA National Karate-do Federation National Championships & Team Trials General Schedule – List of Events



Monday, July 8, 2024

Arrival of Delegations

Tuesday, July 9, 2024

12:00pm-5:00pm

Registration & Credential Desk Open

Wednesday, July 10, 2024

8:30am-12:00pm

Registration & Credential Desk Open

8:30am-4:00pm

Referee Education & Certification

9:00am-9:30am

*Junior Elite Athlete Weigh-In (ages 12-17)

9:30am-10:00am

*Senior Elite Athlete Weigh-In (ages 18-34)

1:00pm-5:00pm

Registration & Credential Desk Open

2:00pm-2:30pm

*Junior Athlete Weigh-In (ages 12-17)

2:30pm-3:00pm

*Senior Athlete Weigh-In (ages 18-34)

5:00pm-6:00pm

Karate General Assembly

5:00pm-6:00pm

Volunteer Meeting

6:00pm-7:00pm

Referee Briefing – **Mandatory for All Officials**

6:00pm-7:00pm

Coach Briefing / Elite Kata Draws – **Mandatory for All Coaches**

Thursday, July 11, 2024

8:00am

Competition Begins

Elite Kata Divisions & Elite Para Kata Divisions

Elite Team Kata Divisions

Non Elite Kata Divisions

Long & Short Weapons Divisions

Team Kata Divisions (Male, Female, Family, & Mixed Gender)

Style Specific Kata Divisions (Shotokan, Shito-ryu, Goju-ryu, Wado-ryu)

12:00pm-12:30pm

***Final Junior Elite Athlete Weigh-In**

12:30pm-1:00pm

*Sr. Elite Athlete Weigh-In

5:00pm-5:30pm

Draws Jr. Elite Divisions (Staging)

Friday, July 12, 2024

8:00am

Competition Continues

12-20 Elite Kumite (Jr. Team Trial) Divisions

Non-Elite Kata Divisions

Para-Karate Divisions

Long & Short Weapons Divisions

12:30pm-1:00pm

***Final Senior Athlete Weigh-In**

5:00pm-5:30pm

Draws for Sr. Elite Divisions (Staging)

Saturday, July 13, 2024

8:00am

Competition Continues

Non-Elite Kumite Divisions

18-34 Elite Kumite Divisions

All Team Kumite Divisions

Sunday, July 14, 2024

8:00am

Competition Continues

Junior Non-Elite Kumite

Jr. Pan American Games Qualifier Divisions

2:00pm

Jr National Team Meeting

Finals: 14-15 Elite Kata & Kumite

16-17 Elite Kate

U21 Elite Kata

Jr Pan American Qualifier Finals

***Elite Athletes must bring their current passport & credentials to weigh in.**



USA National Karate-do Federation National Championships & Team Trials Schedule of Competition



Thursday July 11, 2024

The following divisions need to be in the competition venue and prepared to be called to Staging. This does not mean you will be called to staging at this time, this is only a general estimate for your convenience.

7:30am	All Shotokan Kata Divisions All Wado-Ryu Kata Divisions 12 Year old Female Kata Divisions All 12-13 Years Elite Kata	SK302-SK303 SK306-SK307 K350-K353 EK500 & EK501
8:00am	All Shito-Ryu Kata Divisions 12 Year old Male Kata Divisions	SK300-SK301 K354-K357
8:45am	13 Year old Female Kata Divisions All 14-15 Years Elite Kata	K358-K361 EK502 & EK503
9:00am	13 Year Male Old Kata Divisions All 18-34 Years Kobudo	K362-K365 WB328-WB333 & WS328-WS333
9:30am	14 Year old Female Kata Divisions All 35 Years and Up Kobudo All Goju-Ryu Kata Divisions All 16-17 Years Elite Kata	K366-K369 WB334-WB335 & WS334-WS335 SK304-SK305 EK504 & EK505
10:45am	14 year old Male Kata Divisions	K370-K373
11:00am	All 12-13 Years Kobudo All 18-20 Years Elite Kata	WB310-WB315 & WS310-WS315 EK506 & EK507
12:30pm	All Male & Female Elite-Para Kata All 15 Year Old Kata Divisions	EPK400-EPK407 K374-K381
1:00pm	All 16 Year Old Kata Divisions All 17 Year Old Kata Divisions	K382-K389 K390-K397
2:00pm	All 14-15 Years Kobudo 17 & Under Team Kata Divisions 18 and Up Team Kata Divisions	WB316-WB321 & WS316-WS321 TK300-TK305 & TK310-TK315 TK306-TK309 & TK316-TK319
2:30pm	All Mixed Team Kata Divisions All 16-34 Years Elite Kata	TK320-TK329 EK600 & EK601
3:00pm	All 16-17 Kobudo Divisions All Family Team Kata Divisions All 18-20 Years Elite Team Kata	WB322-WB327 & WS322-WS327 TK330-TK331 ETK502 & ETK503
3:30pm	All 14-17 Years Elite Team Kata All 18-34 Years Elite Team Kata	ETK500 & ETK501 ETK600 & ETK601



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USA National Karate-do Federation National Championships & Team Trials Schedule of Competition



Friday July 12, 2024

The following divisions need to be in the competition venue and prepared to be called to Staging. This does not mean you will be called to staging at this time, this is only a general estimate for your convenience.

7:30am	All 5 Year Old and Under Kata Divisions All 6 Year Old Kata Divisions All 7 Year Old Kata Divisions 14-15 Year Old Male Elite Kumite	K300 & K301 K302-K309 K310-K317 ES509-ES513
8:15am	All 8 Year Old Kata Divisions	K318-K325
8:45am	14-15 Year Old Female Elite Kumite	ES514-ES517
9:00am	All 9 Year Old Kata Divisions	K326-K333
9:30am	10 Year Old Female Kata Divisions	K334-K337
10:00am	10 Year old Male Kata Divisions 18-20 Year Old Male Elite Kumite	K338-K341 ES528-ES532
10:30am	11 Year old Female Kata Divisions	K342-K345
11:30am	18-20 Year Old Female Elite Kumite 11 Year Old Male Kata Divisions	ES533-ES537 K346-K349
12:30pm	All Para Divisions (Non-Elite) All ages Iaido Divisions	PK300-PK359 IS300-IS306
1:00pm	All 9 and Under Kobudo 12-13 Year Old Male Elite Kumite	WB300-WB303 & WS300-WS303 ES500-ES504
2:00pm	All 10-11 Years Kobudo 12-13 Year Old Female Elite Kumite	WB304-WB309 & WS304-WS309 ES505-ES508
2:30pm	16-17 Year Old Male Elite Kumite	ES518-ES522
3:30pm	16-17 Years Old Female Elite Kumite	ES523-ES527
4:00pm	All 18-34 Years Old Kata Divisions All 35 and Up Kata Divisions	K398-K403 K404-K415
4:30pm	All 18-34 Years Old Advanced Kata 18-20 Year Old Elite Kumite Finals	K416 & K417 ES523-ES527



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USA National Karate-do Federation National Championships & Team Trials Schedule of Competition



Saturday July 13, 2024

The following divisions need to be in the competition venue and prepared to be called to Staging. This does not mean you will be called to staging at this time, this is only a general estimate for your convenience.

7:30am	All 7 and Under Kumite Divisions All 18-34 Years old Elite Male Kumite	S300-S317 ES600-ES604
8:00am	All 8 Year Old Kumite Divisions	S318-S325
9:30am	9 Year Old Female Kumite Divisions	S326-S329
10:00am	18-34 Years old Elite Female Kumite 9 Year Old Male Kumite Divisions	ES605-ES609 S330-S333
11:00am	All 10 Year old Kumite Divisions	S334-S341
12:30pm	18-34 Year old NON Elite Kumite	S398-S407
2:00pm	All 35 and Up Female Kumite Divisions	S408-S411 S416-S417 S420-S421
2:30pm	Open Kumite Divisions All 35 and Up Male Kumite Divisions	OS610 & OS611 S412-S415 S418-S419 S422-S423
3:30pm	11 & Under Team Kumite Divisions 18-34 Year Old Team Kumite Divisions	TS300-TS311 TS324-TS327
4:30pm	12-15 Year Old Team Kumite Divisions	TS312-TS319
5:00pm	16-17 Year Old Team Kumite Divisions 35 & Up Team Kumite Divisions	TS320-TS323 TS328-TS331



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USA National Karate-do Federation National Championships & Team Trials Schedule of Competition



Sunday July 14, 2024

The following divisions need to be in the competition venue and prepared to be called to Staging. This does not mean you will be called to staging at this time, this is only a general estimate for your convenience.

7:30am	Junior Pan Am Qualifier All 11 Year Old Kumite Divisions	S342-S349
8:00am	12 Year Old Female Kumite Divisions	S350-S353
8:30am	12 Year Old Male Kumite Divisions	S354-S357
9:30am	13 Year Old Female Kumite Divisions	S358-S361
10:30am	13 Year Old Male Kumite Divisions	S362-S365
11:00am	14 Year Old Female Kumite Divisions	S366-S369
11:30am	14 Year Old Male Kumite Divisions	S370-S373
12:00pm	All 15 year Old Kumite Divisions	S374-S381
12:30pm	All 16 Year Old Kumite Divisions All 17 Year Old Kumite Divisions	S382-S389 S390-S397

Finals - TBD

**14-15 Elite Kata, 16-17 Elite Kata, 18-20 Elite Kata
14-15 Elite Kumite
Junior Pan American Qualifier**



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



Competition Venue

The competition, courses and briefings will be held at the Cajundome. The Cajundome is located at 444 Cajundome Blvd, Lafayette LA. Visit their website for information on the venue at www.cajundome.com.

Rules of Competition

This tournament will utilize the current World Karate Federation Rules of Competition for the Elite Divisions. We will make minor adjustments for non-elite divisions and follow the USA-NKF Rules.

<https://www.teamusa.org/usa-karate/events/rules-of-competition>

Junior & Senior National Team Selection

Selection procedures can be found on the USA Karate Website at <https://www.teamusa.org/usa-karate/athlete-resources/documents-and-resources>

Membership Fees

To be eligible to compete you must be a member in good standing. Athlete, Coach and Official Members are eligible to compete.

Membership platform is at usankf.sport80.com

Athlete Annual Membership	\$60
Coach or Official Annual Membership	\$75
USA-NKF Patch – REQUIRED	Sold thru Century Martial Arts



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



Event Fees

Competition fees

First Division	\$100
Second thru Fourth Divisions	\$60 / division
Each Division after Fourth	\$70 / division
Elite (Team Trial Divisions)	\$125 / division
Team Non-Elite Divisions	\$160 per team
Team Elite Divisions	\$200 per team

LATE REGISTRATION FEES

Online registrations completed after June 27, 2024	\$50
On-site registration Fee	\$100

SMS TEXT MESSAGES

SMS Text Messaging Alerts per number	\$10
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SPECTATOR PASSES

Spectator tickets will be sold thru Ticket Master
Purchased online here

https://www.tournamentinabox.com/index.php?option=com_content&view=article&id=207

One Day Pass	\$25
Event Pass (Thursday-Sunday)	\$70
Purchased on-site	
One Day Pass	\$30
Event Pass (Thursday-Sunday)	\$90



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



Competitor Registration

Athletes compete at their age as of the 1st day of competition – July 11, 2024

Online Registration

Using our convenient online registration is the fastest, easiest and best way to register for this event. Visit usakaratenationals.com to register.

Late fees will begin on June 27, 2024, at 3:00 AM EST and online registration will close on July 9, 2024, at 3:00 AM EST.

USA Karate Referee/Judge Certification Course

USA Karate will host a Referee/Judge Certification Course Wednesday, July 10 that will issue certifications up to Kumite Referee A & Kata Judge A. You must be a current member in good standing. Referee licenses are available to official and coach members. Your registration fee will cover both Kata and Kumite course, and every official is encouraged to work to attain both licenses.

Kumite & Kata Referee/Judge Certification Course Fee: \$200

Referee/Judge Certification Course Registration is available online only!

USA Karate Officials who have attained the Karate Referee standard (Kumite Referee A & Kata Judge A) may participate in the course at no charge. USA

Karate Officials who have a Kumite Referee A are entitled to a 50% discount. Please contact natoffice@usankf.org for more details.

Referees not participating in the certification course, but attending the championships are required to register online at usakaratenationals.com. Registration is now open.

****Please note all officials will be required to hold a current USANKF official or coach membership – Safe Sport compliance is a condition of membership per**



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



our bylaws this requires completed NCSI Background Check, SafeSport™ Training and review of the Participant Safety Handbook. Information available at safesport.usankf.org. SafeSport™ Training and Background Screens can be completed from your membership profile on [our Sport:80 membership platform](#). Background Screens have been taking longer than previous years and could take up to 10 days.

Athlete Town Hall

Message from the USANKF Athlete Representatives and Athlete Advisory Council

As part of our continued effort to improve communications within USANKF, the Athlete representatives and Athlete Advisory Council would like to invite you to the Athlete Town Hall Meeting.

This Athlete Town hall is open to all athlete members and their parents. Here is an agenda of what we would like to cover:

- Introduction and message from the USANKF Board Chair
- Information to-date on NKF, PKF and WKF events for 2024-25
- Information on current Athlete support
- Feedback from participants: What would you like to see improved regarding athlete support?
- Feedback from participants: What suggestions do you have for improved communication around USA Karate sanctioned events (ex. USA Open, Nationals, official team trips)?

We anticipate that there will be a lot of enthusiastic conversation, and we encourage a respectful discussion by all. The event will be moderated so that we may hear from as many participants as possible.

If you have any questions, please do not hesitate to reach out to your Board member athlete reps.

Sincerely,

USANKF Athlete Representatives and Athlete Advisory Council



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



USA Karate Coaches Floor Access Pass Credential

Credential Fee: \$125 – Online only

To obtain a Coaches Floor Access Pass Credential, you must register in advance, online by visiting the USA Karate National Championships page at usakaratenationals.com. You must be a current USANKF official or coach member – Safe Sport compliance is a condition of membership per our bylaws this requires completed NCSI Background Check and SafeSport™ Training and review of the Participant Safety Handbook. There will be no way to register for the Coaches Floor Access Pass Credential on-site. The Safe Sport compliance must be completed and verified by USA Karate in advance of the competition. SafeSport™ Training and Background Screens can be completed from your membership profile on [our Sport:80 membership platform](#). Background Screens have been taking longer than previous years and could take up to 10 days.

Late fees will begin on June 27, 2024 at 3:00 AM EST

Online registration will close on July 9, 2024 at 11:59 PM EST

NO EXCEPTIONS!



2024 National Championship & US Team Trials



Hotel Information

This year we are partnering with Team Travel Source, to facilitate easy online reservations at seven different hotels very close to the venue.

You may access this service by going to www.usankf.org and clicking on the National Championships event.

You may also simply use this link to make your reservations now.

https://www.teamtravelsource.com/sport_lander/usa-national-karate-do-federation-national-championships/

Hotels on the list include:

- Holiday Inn Lafayette North
- Best Western Heritage Inn & Suites Broussard
- La Quinta Inn by Wyndham Lafayette Oil Center
- Courtyard Marriott Lafayette South
- La Quinta Inn & Suites Broussard-Lafayette
- Drury Inn & Suites Lafayette
- Comfort Suites Oil Center

Jr. Team Selection Information

United States of America National Team Selection

Each year USA Karate selects the Junior and Senior National Teams that will officially represent the USA in international competition. Members of the USA Karate are recognized as the official representatives of the United States, no other organization has the ability to enter international competitions like the WKF World Championship, World Games, World University Games, the PKF Continental Championships, Pan American Games, and the Olympic Games.

Athletes who compete in Junior Team Trial divisions are trying out for a place on the 2024 USA Junior National Karate Team. These are also called Junior Elite Divisions because they represent the highest level of competition the US has to offer. The Junior National Teams works off of a team pool that is selected at the National Championships & Jr. Team Trials. The top 4 places are in the team pool for the Jr. Age Divisions 12-13, 14-15, 16-17, and 18-20 years of age. The Jr. Pan American Karate Federation (PKF) Championships allow 2 athletes in each of the categories of those age divisions. The Jr. PKF Championship is scheduled for August 19-26, 2024 in Sao Paolo, Brasil.

The PKF Championships is held annually for both Juniors and Seniors. The WKF World Championships are every other year.

Junior National Team Selection based on the National Championships & Team Trial

- A. The top 4 athletes in each Jr. Elite Division at the National Championships will qualify for the Junior National Team Pool.
- B. These athletes are determined by the current method of single elimination and repechage.
- C. Both winners of the bronze medal matches would qualify for the team pool. The Bronze Medalist will compete against each other to deter the true (Super) third place position on the US Team which will be the 1st Alternate.
- D. Athletes for international competition are selected from the team pool. If for any reason the number 1 or 2 seats cannot attend the international event the next highest seed will then have an opportunity to attend.

Team Selection Information

All athletes competing in a Junior Elite Division must be in that age division on the first day of competition for the event in which they are attempting to qualify. Athletes must bring their US passport when picking up their competitor pass (passport must be current and be valid for at

least 6 months after the start of the first international event following the selection). If you do not provide proof of US citizenship with a valid passport you will not be allowed to compete in the Elite Divisions. Athletes are only allowed to compete for one country regardless of citizenship.

Non-US Citizens or US Citizens that are members of another countries national team seeking high-level competition are encouraged to compete in our advanced divisions.

If your birthday is between the Jr. Pan American Championships and the Jr. World Championships you can compete in both age categories. You must register for the second division ON SITE

On Sunday of the National Championships there will be a Jr. Team meeting to discuss any updates on the Jr. Pan American Championships.

Selection procedures can be found on the USA Karate Website at <https://www.teamusa.org/usa-karate/athlete-resources/documents-and-resources>



USA National Karate-do Federation National Championships & Team Trials



Equipment Information

Protective Equipment

For Non-Elite competitors please refer to this link for all USA-NKF equipment requirements

[USA Karate Rules of Competition March 4 2024 .pdf \(contentstack.io\)](#)

Elite competitors are required to wear the WKF mandatory equipment. Please refer to this link for all WKF requirements

<https://www.wkf.net/karateprotections/protections-assistance>

Gis

- For Elite Kata & Kumite competitors the WKF Red & Blue embroidered gi are required
- Non Elite competitors may only wear traditional cut unmarked white karate uniforms without stripping or piping.



USA National Karate-do Federation National Championships & Team Trials



Equipment Information

Official Equipment Supplier

Equipment licensed with the USA Karate logo is available exclusively through Century Martial Arts. You can purchase their full line of offerings at

<http://www.centurymartialarts.com/>

An advertisement for Century Martial Arts equipment. The background is a dark blue gradient with a white splatter effect. At the top is the USA Karate logo, a stylized figure in a blue and white arc with the text "USA KARATE". Below it is the text "OFFICIAL SUPPLIERS" in yellow. The main focus is the Century Martial Arts logo, "CENTURY" in large white letters, with "World Leader in Martial Arts Since 1976" underneath. To the right is the Punok logo, a white shield with a black figure and the text "PUNOK". In the center are several pieces of equipment: two white protective gear pieces (possibly shin guards or chest protectors) and two red protective gear pieces (possibly gloves or knee pads), all featuring the USA Karate logo. At the bottom, the text "WWW.CENTURYMARTIALARTS.COM" is written in large, bold, red letters, and "STARTING ON JUNE 1st 2019" is written in blue, italicized letters below it.



USA National Karate-do Federation National Championships & Team Trials



Equipment Information

Full lines of WKF approved equipment, as well as top quality uniforms and training aids, are available through many of our great vendors. Their full line of offerings can be found by using the information below.

	https://www.afsgear.com
	https://www.arawaza.com
	https://www.awma.com
	http://www.budomartamerica.com
	http://www.punok.com



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USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions

Registration

- **Where can I find my membership number?**

All of our memberships go thru a site called sport80. www.usankf.sport80.com Log into sport80 to purchase/renew Membership, access Safesport Trainings, and Background Screening. To register for the tournament or check registration log into www.tournamentinbox.com

- **I am having trouble uploading my photo, the cart won't accept it.**

This is caused by uploading too large of a photo. Today's high tech consumer cameras are often in the 8 megapixel to 15+ megapixel range, this can produce photos easily in excess of 2 megabytes. This is too large for our application to handle efficiently so you need to resize the photo to 72dpi, 200x233 resolution, or at least get the size down below 2mb. If you don't have the ability to resize an existing photo we recommend taking a new photo and turning your resolution all the way down, select the lowest megapixel setting (mp), and select the lowest quality for the photo. This will allow even the high end cameras to take a small enough photo to upload to us.

Photos must be a clear picture of the competitor or coach (please no group pictures). A fee may be charge if we need to reprint a pass due to an unclear picture of the competitor or coach.

- **Can I confirm my registration?**

Yes. You can confirm your registration online by going to www.tournamentinbox.com and selecting "confirm registrations" on the main page. Search using your membership number and confirm your registration. If you have registered online, you will receive an "order confirmation" via email in addition to being taken to a confirmation screen at the conclusion of the registration process. If you do not receive the confirmation email, please check your spam filter.

- **What if I confirm my registration and it is incorrect?**

If the registration appears to be incorrect online, simply check the box next to the athlete's name and select EDIT. You can then go in and make changes to your registration. Don't forget to CHECKOUT if you made any changes affecting your balance, otherwise your registration will be marked as incomplete.

- **What if I make a mistake during registration, do I have to pay a change fee?**

Yes, a late/change fee will be charged, unless the mistake is a minor clerical error or is the result of a mistake by the USA Karate Staff.

- **Can someone else pick up my competitor's credentials for me?**

Yes, however it is strongly recommended whoever picks up the competitor's credentials review it



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USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions

carefully for mistakes. If the credential is accepted and is later found to be incorrect, a late/change fee will be assessed to make corrections.

• **What are the skill levels and how do I know which skill level I should compete in?**

The skill levels are to help keep the competition a level playing field for all competitors. USA Karate is committed to giving every athlete the opportunity for success in the ring, so some changes have been made to the skill level descriptions. Here is a description of the skill levels:

- *Beginner – 8th kyu and under/Less than 1 year of training*
- *Novice – 7th kyu-5th kyu/1-2 years of training*
- *Intermediate – 4th kyu-2nd kyu/2-4 years of training*
- *Advanced - 1st kyu and higher/4 years or more of training*
- *Elite – US Team Trial Divisions/Recommended rank of 1st Dan or higher and 5+ years of training*
- *All brown belts must compete in intermediate or higher divisions*
- *All black belts must compete in advanced or higher divisions*
- *Athletes who participate in a beginner, novice, or intermediate division must compete in that skill level for all divisions*
- *An athlete who participates in an elite division may compete in an advanced division in another category (Exp: Athletes may compete in Elite Kumite and Advanced Kata, but may not compete in Elite Kumite and Advanced Kumite)*
- *Athletes who compete in Elite Kata may not compete in any other individual Kata divisions. They may still compete in Teams and Weapons.*
- *Athletes who medal in any skill level must move up to the next higher skill level the following year (Exp: An athlete who medaled in a Novice category in 2023 must compete in the Intermediate or higher category in 2024)*
- *Athletes that medal in the Advance divisions DO NOT have to move to Elite divisions. They may remain in the Advance divisions.*
- *The ultimate placement of athletes in the correct skill level is the responsibility of both the athlete and their coach/instructor. We rely on the integrity of all of our participants to ensure for the safest and most fair competition. Should an athlete be found to purposefully misrepresent their skill level for the purpose of competitive advantage, appropriate actions may be taken against both the athlete and the coach/instructor.*

• **If I have been training for 2 years but have a brown belt, do I have to compete as an intermediate?**

Yes, all brown belts must compete in intermediate or higher divisions.

• **What are Team Trial Divisions (Elite)?**

Each year the USA Karate selects the Junior and Senior National Teams that will officially represent the USA in international competitions. Athletes who compete in Team Trial divisions are trying out for a place on the USA National Karate Team. These are also called Elite



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USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions

Divisions because they represent the highest level of competition the US has to offer.

- **If I am competing in an Elite division, do I need to show proof of US Citizenship?**
Yes, all athletes competing in a Junior or Senior Elite division must bring their US passport when picking up their competitor pass (passport must be current). If you do not provide proof of US citizenship, you will not compete in the Elite Divisions. Elite divisions are used to select the US Team for international competitions and US citizenship is a requirement. Non-US Citizens seeking high-level competition are encouraged to compete in our Advanced divisions.
- **Can I compete in Elite and Advanced Divisions?**
That depends, Elite is a separate skill level division available to Advanced competitors, therefore competitors may compete in Advanced or Elite per event category (Kata or Kumite). For example, an athlete may compete in Elite Kata and Advanced Kumite or Elite Kumite and Advanced Kata but CANNOT compete in both Advanced Kata and Elite Kata.
- **If I register for Elite Kumite, do I have to register for Elite Kata?**
No, Kata and Kumite are separate events and you CAN register for Elite in one event and Advanced in the other. You CANNOT compete in Advanced and Elite in the SAME event.
- **What if I am trying out for the Jr. USA Team and my birthday puts me in one age category for the PKF and a different age category for the World Championships? For example I am 17 years old at the time of the Pan American Championships but will be 18 for the World Championships. Can I try out for both categories?**
*Yes. The birthday cut offs for the Jr. Team Trials are:
Jr. PKF - Aug 27, 2024
Jr. World Championships - October 7, 2024
The athlete must be the age they are trying out for by those dates. For example, if a 15-year-old turns 16 after Nationals, but before Aug 27, 2024, they are eligible to compete in 16-17 at the National Championships to try out for the Jr. PKF Championships. If an athlete has a birthday between the Jr. PKF Championships and the Jr. World Championships they are eligible to compete in both categories and try out for both events. For example, if an athlete is 15 at Nationals and turns 16 on October 6, 2024, they can compete in 14-15 and 16-17 at Nationals so that they have opportunity to win a spot for both the PKF Team and the World Team. You must register for the second division ON SITE. Please remember if you are doing an Elite division you must provide proof of US Citizenship.*
- **What if I am 17 years old and will be 18 by the time of the North American Cup or Sr. Pan American Championships next year, can I try out for the US Senior National Team even though I am 17 now?**
You as long as you are 18 before these events. Registration must be done on-site for this.



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions

- **What if I just want to watch the tournament?**
Spectator tickets are on sale at the event for \$30 a day or \$90 for a four-day pass. Purchase your tickets online prior to the event at the discounted fee of 25 a day or \$70 for a four day pass. Children 5 and under get in free. Ticket master will be handling all ticket sales this year. Please click [here](#) to purchase tickets.
- **How can I be a volunteer?**
All volunteers are encouraged to register in advance online [here](#) and attend a volunteer course held on-site. For specific information on volunteering contact the National Volunteer Coordinator, at natoffice@usankf.org
- **Where do I check in as a volunteer?**
Volunteers will need to check-in at the Yellow Volunteer Check-in Table in the Registration area. Volunteers will pick up the volunteer T-shirt, a credential, and get additional information about the tournament. There will be an optional volunteer meeting July 10th at 5:00 at the Cajundome.

Schedule

- **Is the schedule of events posted somewhere?**
A schedule will be posted online prior to the tournament and at various locations onsite. The schedules are tentative and subject to change. www.usankf.org A day schedule is posted and a more detailed time schedule will be posted closer to the start of the event.
- **Will Juniors do Kata and Kumite in the same ring or will there be a break in between?**
Kata and Kumite Divisions will typically be called to a ring separately. See the schedule of competition for your division.
- **Does everyone need to be at the tournament at 8:00am?**
No, the USA Karate Staff is committed to providing a basic time structure for events and stage times. You can also sign up for our text messaging service. This service will send you a text message when your child is called to Staging, sent to a ring and completed competition. For more information about this service, sign up online during the registration process or ask in Registration onsite.

Equipment

- **Are USA Karate patches mandatory?**
Yes. USA Karate has a new shield style patch. It is available from Century Martial Arts. <https://centurymartialarts.com/collections/usa-karate-wkf-approved>



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions

- **What is the required equipment for non-elite divisions?**
To find the most updated requirements for equipment please click [here](#).
- **What is the required equipment for Elite divisions?**
To find the most updated requirements for equipment for elite divisions please click [here](#).

Please note, you must wear matching hand and foot gear or red/blue hand gear with white foot and shinpads. You may not wear red hand pads with blue foot and shin pads or vice versa.

- **Is headgear allowed?**
Per the listed rules of competition mentioned above, for all NON-Elite categories under 14, a solid white headgear must be worn in kumite. USA Karate will not provide equipment at the tatami and athletes are encouraged to come prepared with all required equipment.
- **Will USA KARATE approved equipment be on sale at the tournament?**
Yes. Vendor booths will be onsite for equipment purchases; however it is suggested you purchase in advance to ensure you have equipment for the tournament.
- **Do I need both red and blue belts for competition?**
Yes, all competitors need red and blue belts for both Kata and Kumite. The Red/Blue “flip” belts are not allowed for competition.
- **Why do I have to wear all this gear?**
USA Karate is the National Governing Body for the sport of Karate and represents the International Governing Body, the World Karate Federation (WKF). As such, when the WKF makes rule changes that effect the international competitions, it is in the best interest of the US Team and its’ athletes to follow those rules so they are prepared for the international competitions. In January of 2012, the WKF changed the equipment requirements and required Body Protection for all adults and juniors in Elite Divisions.

Kata Competition



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions

- **Can I compete in both Advanced Kata and Elite Kata (Team Trials)?**
No.
- **Can I register for 16-34 Elite Kata and 18-20 Elite Kata?**
Yes. The 18-20 Elite Kata category is the team trial division for the US Jr. Team. The 16-34 Elite Kata is the team trial division for the US Sr. Team. Please note that you will not be able to register for both online and will need to register onsite for the 18-20 Elite divisions.
- **What division should I register for if I am an adult advanced Kata competitor, but do not want to compete in Elite Team Trials for Kata?**
Competitors should register for Advanced 18-34 Kata.
- **Can I register for Elite Kata (Team Trials) and Style Specific Kata divisions?**
No. These divisions are exclusive and will run on the same day. You will need to choose which division you want to compete in.
- **What are the Style Specific Kata Divisions?**
These divisions allow competitors to compete in Kata against only competitors from their particular style of karate. The Style Specific divisions represent the 4 major styles of traditional karate in Japan, Shotokan, Shito-ryu, Goju-ryu and Wado-ryu. Style Specific Divisions are open to advance competitors ages 16-34.
- **Will I have to do my kata at the same time as my opponent?**
 - *All Beginner and Novice Divisions will perform Kata simultaneously.*
 - *All Intermediate Division for UNDER 18 will perform Kata simultaneously.*
 - *All Advanced Division UNDER 14 will perform Kata simultaneously.*
 - *All Adult Intermediate Divisions will perform Kata individually.*
 - *All Advanced Divisions 14 and OLDER will perform Kata individually.*
- **Can I repeat Kata?**
That depends. ALL Beginner, Novice and Intermediate Divisions may repeat Kata in all rounds. All Advanced NON-Team Trial Divisions can repeat Kata UNTIL the final round. In the FINAL ROUND, Advanced NON-Team Trial competitors must perform a different Kata from previous rounds.

ALL ELITE KATA DIVISIONS will follow WKF rules and must perform a different Kata each round.



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions

Kumite Competition

- **What equipment do I need to Kumite?**

To find the most updated requirements for equipment please click [here](#).

To find the most updated requirements for equipment for elite divisions please click [here](#).

- **Do I have to weigh in?**

All athletes registered for an Elite Kumite (Team Trial) Division, must weigh-in.

Weigh-ins will be held for all Elite kilo categories, including 12-13, 14-15 & 16-17 Team Trial categories. All athletes must weigh-in and can be moved to the appropriate weight division if the athlete is outside the registered weight division.

All athletes that are required to weigh in must weigh in at the designated weigh-in time. If an athlete fails to weigh in at the designated weigh-in time, the athlete will be disqualified from competition for failure to comply with weight control regulations.

Signs will be posted at Registration directing athletes to weigh-ins. Athletes will need their Credentials and passport to weigh-in.

Team Divisions

- **Do I have to have an all male or all female team for team kata?**

No, we have a few different team kata events. Regular team kata, mixed gender team kata, and family team kata. All team members must meet the age requirements for that division.

- **What division should I register my team for?** *Teams will be divided up into a Beg/Nov division and an Int/Adv division for each age group. If you have a team made up of novice and intermediate athletes, they must compete in the higher division (Int/Adv).*

Athletes must meet all age requirements for that division.



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions

Coaches

- **How do I update my background screening or Safesport Training?**
*To update or complete the background screening or complete Safesport you would log into your membership profile in SPORT80. www.usankf.sport80.com
Please note that background screening can take up to 10 days to complete.*
- **Can I coach my athlete at the ring?**
Coaches Credentials can be obtained for Coach Members for a \$125 fee. Member must be in good standing and compliant with SafeSport as a condition of membership. Information on coaches credentials can be found [here](#).
- **Where do I pick up my Coaches' Credentials?**
Coaching Credentials will be available at the coaches briefing Wednesday Evening.
- **Can I get copies of the division charts?**
Charts will only be given to coaches for the elite divisions. Copies will be available at the registration computers in staging. They are also available on-line at tournamentinabox.com

Weapons (Kobudo)

- **Can I do Long Weapons and Short Weapons Divisions?**
No. These divisions are exclusive and will compete on the same day. You must choose which category to compete in.
- **What kind of weapons can I use?**
Please go to www.usankf.org and click on Officials and Coaches Resources at the top. Follow the links to the current Rules Update and look for the rules pertaining to Kata and Kobudo.

Parents

- **Can I go with my child to the ring?**
No. The competition floor is closed and only for competitors, registered coaches and officials.



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions

- **Can I go to the Staging Area with my child?**

A small section of the Staging Area will be available for parents to visit and check on their competitors; however parents will not be allowed in the “competitor only” area of Staging. The Staging Area can be a loud and busy place in the tournament and this rule will allow the USA Karate Staff to focus on the competitors to expedite the competitor to the competition floor.

- **Will food or drinks be allowed in the Staging Area?**

Yes. Competitors will be allowed to bring bottled drinks and snacks to the Staging Area. Common courtesy is appreciated, and the USA Karate Staff expects all competitors to keep a clean Staging Area.

- **How will I know when it is my child’s time to compete?**

Each division is assigned a number. The division number will be printed on your child’s competitor credentials that you will pick up at Registration. The Announcer will call the division number to Staging and that will signal your child needs to go to the Staging Area immediately and prepare for competition. Generally, once a division has been called to the Staging Area, the division will make it to the competition floor in under 30 minutes.

You can also sign up for our text messaging service. This service will send you a text message when your child is called to Staging, sent to a ring and completed competition. For more information about this service, sign up online during the registration process or ask in Registration onsite.

- **When will my child compete?**

A general schedule will be posted to [on the USA Karate Website](#) prior to the tournament and posted to various locations at the tournament site, but no specific times can be given as to when a competitor will be on the competition floor. The USA Karate Staff is committed to running an efficient, fair and fun tournament for all participants, so it is the Staffs’ intention to minimize wait time.

- **My Child lost his/her competitor’s credentials, is there a lost and found?**

Lost credentials are turned into the announcer’s table during the competition. Each morning the lost credentials are turned into ticket sales/credential pick-up at the entrance of the tournament. If the credentials are still not found a \$25.00 fee may be charged to print new credentials.



2024 USA National Championship & US Team Trials



Vendor Credentials

The criteria for obtaining Vendor Credentials are as follows:

Vendors will need to register using the following link

https://www.tournamentinabox.com/index.php?ff_name=GroupRegistration_CP&option=com_breezingforms&ff_param_tournamentid=478

Championship Booth Displays

- 10' X 10' \$1200 + 5 % gross sales
- 10' X 20' \$1500 + 5% gross sales
- 10 X 30' \$2000 + 5% gross sales
- 10' X 40' \$2500 + 5% gross sales

This event is following the guidelines of the US Center for SafeSport's Minor Athlete Abuse Prevention Policies (MAAPP). Information on USA Karate's full Safe Sport Program can be found at safesport.usankf.org. On this page you can find the [USA-NKF Participant Safety Handbook](#) and the [USA-NKF Minor Athlete and Officials Abuse Prevention Policies](#).

In cooperation with the US Center for SafeSport there is a [MAAPP At-A-Glance](#) Resource and [How to Report a Concern](#) resource. Both are accessible from the QR code on your event credential. We ask that you take a few minutes and review this important information. Should you have any questions or concerns please let us know.

Vendors will be emailed a copy of the MAAPP At-A Glance and we ask that you read thru it before the event. If vendors are wanting a press credential, they will need to register for a press credential in [tournamentinabox.com](https://www.tournamentinabox.com).

Press credentials require that the holder completes the SafeSport training and background screening. Both of these can be accessed thru our membership site <https://usankf.sport80.com>. Click on the free club participant membership to get started.



2024 National Championship & US Team Trials



Press Credentials

The criteria for obtaining Press Credentials are as follows:

- Representative of an accredited news outlet*
- OR
- Register thru tournamentinabox.com
- Completed NCSI Background Screen
- Completed SafeSport™ Training
- Please submit a letter naming you the exclusive press credential holder from your club owner to natoffice@usankf.org
- The cost of a press credential is \$150.00
- Member Clubs receive a discount, contact the national office

Press Credentials will not be issued to any individual on the USA Karate Banned Member list or the US Center for SafeSport Centralized Disciplinary Database.

*Accredited news outlets include National and local newspapers, cable, and television outlets. Verification from the news outlet is required. You can contact the national office via email natoffice@usankf.org or by phone 719-477-6925 with any questions.

**By being granted access to the competition floor USA Karate has the right to access your photos for use.

***Access to the competition floor is a privilege. Any disruption of competition or contact with the Officials or table volunteers will result in loss of press credential.



USA National Karate-Do Federation National Championships & Team Trials



Volunteers

We couldn't host these tournaments without the help of our wonderful volunteers.

To sign up please click the following link:

<https://www.signupgenius.com/go/4090D45A9AD2EA0FD0-48397547-2024>

- People who volunteer for a shift will be able to get in that day for free
- You will receive a volunteer t-shirt along with a lunch ticket
- You do not need to have tournament experience to volunteer. We will train you onsite
- There will be a volunteer meeting Wednesday night where we can answer any questions you have
- A great way to for kids to earn service hours for school. 13 and up can work tables and 9 and up can help in staging
-

We need help in the following areas:

- Registration
 - Thursday-passing out credentials, guiding coaches/ athletes to credential pick-up and sign ups
- Set-Up
 - Thursday-helping to lay mats and set up competition area
- Table help
 - Electric charting
 - Getting the athletes on deck ready
- Security
 - Helping with crowd control at ring side and at the entrance
- Awards Table
 - Handing out the medals
 - Arranging athletes on podium for pictures
- Runners
 - Taking athletes from ring to awards podium or to the exit
- Staging
 - Scanning athletes when they enter staging
 - Helping to line the athletes up in the correct divisions
 - Taking athletes to the rings



Where Olympic Journeys Begin

USA National Karate-do Federation National Championships & Team Trials TEAM KUMITE Registration Form

TEAM NAME: _____

PRICE: \$160 per team ****All athletes must meet the age requirements.**

CATEGORY: Team Kumite (4 athletes maximum)

- | | |
|---|---|
| <input type="checkbox"/> TS300 7 & Under Beg/Nov Female Team Kumite | <input type="checkbox"/> TS316 14-15 Beg/Nov Female Team Kumite |
| <input type="checkbox"/> TS301 7 & Under Int/Adv Female Team Kumite | <input type="checkbox"/> TS317 14-15 Int/Adv Female Team Kumite |
| <input type="checkbox"/> TS302 7 & Under Beg/Nov Male Team Kumite | <input type="checkbox"/> TS318 14-15 Beg/Nov Male Team Kumite |
| <input type="checkbox"/> TS303 7 & Under Int/Adv Male Team Kumite | <input type="checkbox"/> TS319 14-15 Int/Adv Male Team Kumite |
| <input type="checkbox"/> TS304 8-9 Beg/Nov Female Team Kumite | <input type="checkbox"/> TS320 16-17 Beg/Nov Female Team Kumite |
| <input type="checkbox"/> TS305 8-9 Int/Adv Female Team Kumite | <input type="checkbox"/> TS321 16-17 Int/Adv Female Team Kumite |
| <input type="checkbox"/> TS306 8-9 Beg/Nov Male Team Kumite | <input type="checkbox"/> TS322 16-17 Beg/Nov Male Team Kumite |
| <input type="checkbox"/> TS307 8-9 Int/Adv Male Team Kumite | <input type="checkbox"/> TS323 16-17 Int/Adv Male Team Kumite |
| <input type="checkbox"/> TS308 10-11 Beg/Nov Female Team Kumite | <input type="checkbox"/> TS324 18-34 Beg/Nov Female Team Kumite |
| <input type="checkbox"/> TS309 10-11 Int/Adv Female Team Kumite | <input type="checkbox"/> TS325 18-34 Int/Adv Female Team Kumite |
| <input type="checkbox"/> TS310 10-11 Beg/Nov Male Team Kumite | <input type="checkbox"/> TS326 18-34 Beg/Nov Male Team Kumite |
| <input type="checkbox"/> TS311 10-11 Int/Adv Male Team Kumite | <input type="checkbox"/> TS327 18-34 Int/Adv Male Team Kumite |
| <input type="checkbox"/> TS312 12-13 Beg/Nov Female Team Kumite | <input type="checkbox"/> TS328 35+ Beg/Nov Female Team Kumite |
| <input type="checkbox"/> TS313 12-13 Int/Adv Female Team Kumite | <input type="checkbox"/> TS329 35+ Int/Adv Female Team Kumite |
| <input type="checkbox"/> TS314 12-13 Beg/Nov Male Team Kumite | <input type="checkbox"/> TS330 35+ Beg/Nov Male Team Kumite |
| <input type="checkbox"/> TS315 12-13 Int/Adv Male Team Kumite | <input type="checkbox"/> TS331 35+ Int/Adv Male Team Kumite |

NAME	USA KARATE MEMBERSHIP NO.	AGE
1		
2		
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4		



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials TEAM KUMITE Registration Form

CLUB/DOJO NAME: _____

INSTRUCTOR/SENSEI'S NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

Sensei's Signature

Date

Adult & Minor Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the USA National Karate-do Federation (USA Karate) competition and related events and activities, the undersigned:

1. Agrees that prior to participating, they know and understand the Rules of Competition, and that they (if under 18 years of age a Parent or Guardian) will inspect the facilities and equipment to be used, and if the participant and/or Parent or Guardian, believes anything is, or may be, unsafe, they will immediately advise their coach or supervisor and the event personnel of such condition(s) and refuse to participate unless and until such condition is remedied.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at the time. The undersigned assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
3. Release, waive, discharge and covenant not to sue USA National Karate-do Federation, USA Karate, The United States Olympic and Paralympic Committee, Cajundome, Lafayette Tourism, the city of Lafayette, its officers, its affiliated clubs, approved sports organizations, their respective administrators, directors, agents, coaches and other employees, staff, official and volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasees" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise. The undersigned shall indemnify the releasees and hold them harmless for any losses, liability of damages which may result from any failure or defect of such releasee.
4. (a) All entries are final; no refunds will be given. (b) I fully understand that any medical treatment given will be of a first aid treatment type only. (c) I consent that any pictures furnished by me or any and all photographs or video images taken of me in connection with the competition and related events and activities can be reproduced and used for publicity, promotion or other purpose by the USA Karate, its licensees or assigns now or in the future, and published or broadcast by any media whatsoever, and I hereby waive any and all claim for any compensation of any kind in regard thereto. (d) All participation in this competition and related events and activities is by permission only. The Tournament Director or his authorized agent(s) reserve the right to refuse entry to any person, school, team or club.
5. Statement of Health. By my signature below I confirm that I am in sound health and there is no reason why I cannot participate in this championship and/or event. The undersigned having read the above waiver and release in its entirety, understand that they have given up substantial rights by signing it and sign it voluntarily.

The undersigned has read the above waiver and release, understand that they have given up substantial rights by signing it and sign it voluntarily.

- | | | |
|--------------------------|---|---------------|
| 1. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 2. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 3. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 4. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |



Where Olympic Journeys Begin

USA National Karate-do Federation National Championships & Team Trials

TEAM KATA Registration Form

TEAM NAME: _____

PRICE: \$160 per Non-elite team, \$200 per Elite team **All athletes must meet the age requirements.

CATEGORY: Team Kata (3 athletes maximum)

- | | |
|---|---|
| <input type="checkbox"/> TK300 9 & Under Beg/Nov Female Team Kata | <input type="checkbox"/> TK310 9 & Under Beg/Nov Male Team Kata |
| <input type="checkbox"/> TK301 9 & Under Int/Adv Female Team Kata | <input type="checkbox"/> TK311 9 & Under Int/Adv Male Team Kata |
| <input type="checkbox"/> TK302 10-13 Beg/Nov Female Team Kata | <input type="checkbox"/> TK312 10-13 Beg/Nov Male Team Kata |
| <input type="checkbox"/> TK303 10-13 Int/Adv Female Team Kata | <input type="checkbox"/> TK313 10-13 Int/Adv Male Team Kata |
| <input type="checkbox"/> TK304 14-17 Beg/Nov Female Team Kata | <input type="checkbox"/> TK314 14-17 Beg/Nov Male Team Kata |
| <input type="checkbox"/> TK305 14-17 Int/Adv Female Team Kata | <input type="checkbox"/> TK315 14-17 Int/Adv Male Team Kata |
| <input type="checkbox"/> TK306 18-34 Beg/Nov Female Team Kata | <input type="checkbox"/> TK316 18-34 Beg/Nov Male Team Kata |
| <input type="checkbox"/> TK307 18-34 Int/Adv Female Team Kata | <input type="checkbox"/> TK317 18-34 Int/Adv Male Team Kata |
| <input type="checkbox"/> TK308 35+ Beg/Nov Female Team Kata | <input type="checkbox"/> TK318 35+ Beg/Nov Male Team Kata |
| <input type="checkbox"/> TK309 35+ Int/Adv Female Team Kata | <input type="checkbox"/> TK319 35+ Int/Adv Male Team Kata |

CATEGORY: Mixed Gender Team Kata *Team may be made up of males and/or females. (3 athletes maximum)*

- | | |
|--|--|
| <input type="checkbox"/> TK320 9 & Under Beg/Nov Mixed Team Kata | <input type="checkbox"/> TK326 18-34 Beg/Nov Mixed Team Kata |
| <input type="checkbox"/> TK321 9 & Under Int/Adv Mixed Team Kata | <input type="checkbox"/> TK327 18-34 Int/Adv Mixed Team Kata |
| <input type="checkbox"/> TK322 10-13 Beg/Nov Mixed Team Kata | <input type="checkbox"/> TK328 35+ Beg/Nov Mixed Team Kata |
| <input type="checkbox"/> TK323 10-13 Int/Adv Mixed Team Kata | <input type="checkbox"/> TK329 35+ Int/Adv Mixed Team Kata |
| <input type="checkbox"/> TK324 14-17 Beg/Nov Mixed Team Kata | <input type="checkbox"/> PK340 Para Beg/Nov Mixed Team Kata |
| <input type="checkbox"/> TK325 14-17 Int/Adv Mixed Team Kata | <input type="checkbox"/> PK341 Para Int/Adv Mixed Team Kata |

CATEGORY: Family Team Kata

- | | |
|---|---|
| <input type="checkbox"/> TK330 Beg/Nov Family Team Kata | <input type="checkbox"/> TK331 Int/Adv Family Team Kata |
|---|---|

CATEGORY: Elite Team Kata

- | | |
|--|--|
| <input type="checkbox"/> ETK500 14-17 Elite Male Team Kata | <input type="checkbox"/> ETK503 18-20 Elite Female Team Kata |
| <input type="checkbox"/> ETK501 14-17 Elite Female Team Kata | <input type="checkbox"/> ETK600 18-34 Elite Male Team Kata |
| <input type="checkbox"/> ETK502 18-20 Elite Male Team Kata | <input type="checkbox"/> ETK601 18-34 Elite Female Team Kata |

NAME (please print)	USA KARATE MEMBERSHIP NO.	AGE
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Where Olympic Journeys Begin

USA National Karate-do Federation National Championships & Team Trials **TEAM KATA** Registration Form

CLUB/DOJO NAME: _____

INSTRUCTOR/SENSEI'S NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

Sensei's Signature

Date

Adult & Minor Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the USA National Karate-do Federation (USA Karate) competition and related events and activities, the undersigned:

1. Agrees that prior to participating, they know and understand the Rules of Competition, and that they (if under 18 years of age a Parent or Guardian) will inspect the facilities and equipment to be used, and if the participant and/or Parent or Guardian, believes anything is, or may be, unsafe, they will immediately advise their coach or supervisor and the event personnel of such condition(s) and refuse to participate unless and until such condition is remedied.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at the time. The undersigned assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
3. Release, waive, discharge and covenant not to sue USA National Karate-do Federation, USA Karate, The United States Olympic and Paralympic Committee, Cajundome, Lafayette Tourism, the city of Lafayette, its officers, its affiliated clubs, approved sports organizations, their respective administrators, directors, agents, coaches and other employees, staff, official and volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasees" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise. The undersigned shall indemnify the releasees and hold them harmless for any losses, liability of damages which may result from any failure or defect of such releasee.
4. (a) All entries are final; no refunds will be given. (b) I fully understand that any medical treatment given will be of a first aid treatment type only. (c) I consent that any pictures furnished by me or any and all photographs or video images taken of me in connection with the competition and related events and activities can be reproduced and used for publicity, promotion or other purpose by the USA Karate, its licensees or assigns now or in the future, and published or broadcast by any media whatsoever, and I hereby waive any and all claim for any compensation of any kind in regard thereto. (d) All participation in this competition and related events and activities is by permission only. The Tournament Director or his authorized agent(s) reserve the right to refuse entry to any person, school, team or club.
5. Statement of Health. By my signature below I confirm that I am in sound health and there is no reason why I cannot participate in this championship and/or event. The undersigned having read the above waiver and release in its entirety, understand that they have given up substantial rights by signing it and sign it voluntarily.

- | | | |
|--------------------------|---|---------------|
| 1. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 2. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 3. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 4. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 5. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |



**USA National Karate-Do Federation
National Championship and Team Trials
Division Lists**



Junior Elite (NATIONAL TEAM TRIAL) DIVISIONS

You Must be a U.S. citizen to enter any of these divisions

Elite Divisions are for those competitors that are attempting to become members of the US Senior or Junior National Teams. To enter any of these divisions the competitor MUST be a U.S. Citizen at the time the registration is submitted. Competitors that medal in these divisions are eligible to become a member of the National Team Pool in accordance with the USA-NKF team guidelines. Any person competing in an Elite Division must compete as Advanced or higher in ALL other divisions in which they compete.

JR CADET, CADET, JUNIOR & UNDER 21 ELITE KUMITE					
ES500	12-13 Male Elite Kumite -40 Kg	ES514	14-15 Female Elite Kumite -47 Kg	ES528	18-20 Male Elite Kumite -60 Kg
ES501	12-13 Male Elite Kumite -45 Kg	ES515	14-15 Female Elite Kumite -54 Kg	ES529	18-20 Male Elite Kumite -67 Kg
ES502	12-13 Male Elite Kumite -50 Kg	ES516	14-15 Female Elite Kumite -61 Kg	ES530	18-20 Male Elite Kumite -75 Kg
ES503	12-13 Male Elite Kumite -55 Kg	ES517	14-15 Female Elite Kumite +61 Kg	ES531	18-20 Male Elite Kumite -84 Kg
ES504	12-13 Male Elite Kumite +55 Kg			ES532	18-20 Male Elite Kumite +84 Kg
		ES518	16-17 Male Elite Kumite -55 Kg		
ES505	12-13 Female Elite Kumite -42 Kg	ES519	16-17 Male Elite Kumite -61 Kg	ES533	18-20 Female Elite Kumite -50 Kg
ES506	12-13 Female Elite Kumite -47 Kg	ES520	16-17 Male Elite Kumite -68 Kg	ES534	18-20 Female Elite Kumite -55 Kg
ES507	12-13 Female Elite Kumite -52 Kg	ES521	16-17 Male Elite Kumite -76 Kg	ES535	18-20 Female Elite Kumite -61 Kg
ES508	12-13 Female Elite Kumite +52Kg	ES522	16-17 Male Elite Kumite +76 Kg	ES536	18-20 Female Elite Kumite -68 Kg
				ES537	18-20 Female Elite Kumite +68 Kg
ES509	14-15 Male Elite Kumite -52 Kg	ES523	16-17 Female Elite Kumite -48 Kg		
ES510	14-15 Male Elite Kumite -57 Kg	ES524	16-17 Female Elite Kumite -53 Kg		
ES511	14-15 Male Elite Kumite -63 Kg	ES525	16-17 Female Elite Kumite -59 Kg		
ES512	14-15 Male Elite Kumite -70 Kg	ES526	16-17 Female Elite Kumite -66 Kg		
ES513	14-15 Male Elite Kumite +70 Kg	ES527	16-17 Female Elite Kumite +66 Kg		
JR CADET, CADET, JUNIOR & UNDER 21 ELITE KATA					
EK500	12-13 Male Elite Kata	EK504	16-17 Male Elite Kata	EK506	18-20 Male Elite Kata
EK501	12-13 Female Elite Kata	EK505	16-17 Female Elite Kata	EK507	18-20 Female Elite Kata
EK502	14-15 Male Elite Kata				
EK503	14-15 Female Elite Kata				

ELITE TEAM KATA					
Medaling in these categories does NOT guarantee participation at any international event. Final Decisions regarding Team Kata participation will be made by the USA Karate National Team Committee.					
Competitors in these categories must be prepared to demonstrate Bunkai in appropriate rounds as prescribed by WKF/USANKF Rules of Competition.					
ETK500	14-17 Male Elite Team Kata			ETK502	18-20 Male Elite Team Kata
ETK501	14-17 Female Elite Team Kata			ETK503	18-20 Female Elite Team Kata

Beginner:10th kyu-8th kyu/1 year of training Novice:7th kyu-5th kyu/1-2 years of training Intermediate: 4th kyu-2nd kyu/2-4 years of training Advanced:1st kyu & higher/4+ years of training Elite:Recommended minimum rank of 1st dan & 5+ years of training



**USA National Karate-Do Federation
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NON ELITE KATA					
A competitor may compete in ONE of the following divisions					
K300	5 & Under Female Beg/Nov Kata	K340	10 Male Intermediate Kata	K380	15 Male Intermediate Kata
K301	5 & Under Male Beg/Nov Kata	K341	10 Male Advanced Kata	K381	15 Male Advanced Kata
K302	6 Female Beginner Kata	K342	11 Female Beginner Kata	K382	16 Female Beginner Kata
K303	6 Female Novice Kata	K343	11 Female Novice Kata	K383	16 Female Novice Kata
K304	6 Female Intermediate Kata	K344	11 Female Intermediate Kata	K384	16 Female Intermediate Kata
K305	6 Female Advanced Kata	K345	11 Female Advanced Kata	K385	16 Female Advanced Kata
K306	6 Male Beginner Kata	K346	11 Male Beginner Kata	K386	16 Male Beginner Kata
K307	6 Male Novice Kata	K347	11 Male Novice Kata	K387	16 Male Novice Kata
K308	6 Male Intermediate Kata	K348	11 Male Intermediate Kata	K388	16 Male Intermediate Kata
K309	6 Male Advanced Kata	K349	11 Male Advanced Kata	K389	16 Male Advanced Kata
K310	7 Female Beginner Kata	K350	12 Female Beginner Kata	K390	17 Female Beginner Kata
K311	7 Female Novice Kata	K351	12 Female Novice Kata	K391	17 Female Novice Kata
K312	7 Female Intermediate Kata	K352	12 Female Intermediate Kata	K392	17 Female Intermediate Kata
K313	7 Female Advanced Kata	K353	12 Female Advanced Kata	K393	17 Female Advanced Kata
K314	7 Male Beginner Kata	K354	12 Male Beginner Kata	K394	17 Male Beginner Kata
K315	7 Male Novice Kata	K355	12 Male Novice Kata	K395	17 Male Novice Kata
K316	7 Male Intermediate Kata	K356	12 Male Intermediate Kata	K396	17 Male Intermediate Kata
K317	7 Male Advanced Kata	K357	12 Male Advanced Kata	K397	17 Male Advanced Kata
K318	8 Female Beginner Kata	K358	13 Female Beginner Kata	K398	18-34 Female Beginner Kata
K319	8 Female Novice Kata	K359	13 Female Novice Kata	K399	18-34 Female Novice Kata
K320	8 Female Intermediate Kata	K360	13 Female Intermediate Kata	K400	18-34 Female Intermediate Kata
K321	8 Female Advanced Kata	K361	13 Female Advanced Kata	K401	18-34 Male Beginner Kata
K322	8 Male Beginner Kata	K362	13 Male Beginner Kata	K402	18-34 Male Novice Kata
K323	8 Male Novice Kata	K363	13 Male Novice Kata	K403	18-34 Male Intermediate Kata
K324	8 Male Intermediate Kata	K364	13 Male Intermediate Kata	K404	35 & Over Female Beg/Nov Kata
K325	8 Male Advanced Kata	K365	13 Male Advanced Kata	K405	35 & Over Female Int/Adv Kata
K326	9 Female Beginner Kata	K366	14 Female Beginner Kata	K406	45 & Over Female Beg/Nov Kata
K327	9 Female Novice Kata	K367	14 Female Novice Kata	K407	45 & Over Female Int/Adv Kata
K328	9 Female Intermediate Kata	K368	14 Female Intermediate Kata	K408	55 & Over Female Beg/Nov Kata
K329	9 Female Advanced Kata	K369	14 Female Advanced Kata	K409	55 & Over Female Int/Adv Kata
K330	9 Male Beginner Kata	K370	14 Male Beginner Kata	K410	35 & Over Male Beg/Nov Kata
K331	9 Male Novice Kata	K371	14 Male Novice Kata	K411	35 & Over Male Int/Adv Kata
K332	9 Male Intermediate Kata	K372	14 Male Intermediate Kata	K412	45 & Over Male Beg/Nov Kata
K333	9 Male Advanced Kata	K373	14 Male Advanced Kata	K413	45 & Over Male Int/Adv Kata
K334	10 Female Beginner Kata	K374	15 Female Beginner Kata	K414	55 & Over Male Beg/Nov Kata
K335	10 Female Novice Kata	K375	15 Female Novice Kata	K415	55 & Over Male Int/Adv Kata
K336	10 Female Intermediate Kata	K376	15 Female Intermediate Kata	K416	Female 18-34 Advanced Kata*
K337	10 Female Advanced Kata	K377	15 Female Advanced Kata	K417	Male 18-34 Advanced Kata*
K338	10 Male Beginner Kata	K378	15 Male Beginner Kata		
K339	10 Male Novice Kata	K379	15 Male Novice Kata		

Beginner:10th kyu-8th kyu/1 year of training Novice:7th kyu-5th kyu/1-2 years of training Intermediate: 4th kyu-2nd kyu/2-4 years of training
Advanced:1st kyu & higher/4+ years of training Elite:Recommended minimum rank of 1st dan & 5+ years of training



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NON ELITE KUMITE							
A Competitor may compete in ONE of the following divisions							
S300	5 & Under Female Beg/Nov Kumite	S343	11 Female Novice Kumite	S386	16 Male Beginner Kumite	S405	18-34 Female Adv Kumite* +65Kg
S301	5 & Under Male Beg/Nov Kumite	S344	11 Female Intermediate Kumite	S387	16 Male Novice Kumite	S406	18-34 Male Adv Kumite* -75Kg
S302	6 Female Beginner Kumite	S345	11 Female Advanced Kumite	S388	16 Male Intermediate Kumite	S407	18-34 Male Adv Kumite* +75Kg
S303	6 Female Novice Kumite	S346	11 Male Beginner Kumite	S389	16 Male Advanced Kumite	S408	35+ Female Beginner Kumite
S304	6 Female Intermediate Kumite	S347	11 Male Novice Kumite	S390	17 Female Beginner Kumite	S409	35+ Female Novice Kumite
S305	6 Female Advanced Kumite	S348	11 Male Intermediate Kumite	S391	17 Female Novice Kumite	S410	35+ Female Intermediate Kumite
S306	6 Male Beginner Kumite	S349	11 Male Advanced Kumite	S392	17 Female Intermediate Kumite	S411	35+ Female Advanced Kumite
S307	6 Male Novice Kumite	S350	12 Female Beginner Kumite	S393	17 Female Advanced Kumite	S412	35+ Male Beginner Kumite
S308	6 Male Intermediate Kumite	S351	12 Female Novice Kumite	S394	17 Male Beginner Kumite	S413	35+ Male Novice Kumite
S309	6 Male Advanced Kumite	S352	12 Female Intermediate Kumite	S395	17 Male Novice Kumite	S414	35+ Male Intermediate Kumite
S310	7 Female Beginner Kumite	S353	12 Female Advanced Kumite	S396	17 Male Intermediate Kumite	S415	35+ Male Advanced Kumite
S311	7 Female Novice Kumite	S354	12 Male Beginner Kumite	S397	17 Male Advanced Kumite	S416	45+ Female Beg/Nov Kumite
S312	7 Female Intermediate Kumite	S355	12 Male Novice Kumite	S398	18-34 Female Beginner Kumite	S417	45+ Female Int/Adv Kumite
S313	7 Female Advanced Kumite	S356	12 Male Intermediate Kumite	S399	18-34 Female Novice Kumite	S418	45+ Male Beg/Nov Kumite
S314	7 Male Beginner Kumite	S357	12 Male Advanced Kumite	S400	18-34 Female Intermediate Kumite	S419	45+ Male Int/Adv Kumite
S315	7 Male Novice Kumite	S358	13 Female Beginner Kumite	S401	18-34 Male Beginner Kumite	S420	55+ Female Beg/Nov Kumite
S316	7 Male Intermediate Kumite	S359	13 Female Novice Kumite	S402	18-34 Male Novice Kumite	S421	55+ Female Int/Adv Kumite
S317	7 Male Advanced Kumite	S360	13 Female Intermediate Kumite	S403	18-34 Male Intermediate Kumite	S422	55+ Male Beg/Nov Kumite
S318	8 Female Beginner Kumite	S361	13 Female Advanced Kumite	S404	18-34 Female Adv Kumite* -65Kg	S423	55+ Male Int/Adv Kumite
S319	8 Female Novice Kumite	S362	13 Male Beginner Kumite				
S320	8 Female Intermediate Kumite	S363	13 Male Novice Kumite	*Competitors in these divisions may not compete in Sr Elite/Team Trial Kumite			
S321	8 Female Advanced Kumite	S364	13 Male Intermediate Kumite				
S322	8 Male Beginner Kumite	S365	13 Male Advanced Kumite				
S323	8 Male Novice Kumite	S366	14 Female Beginner Kumite				
S324	8 Male Intermediate Kumite	S367	14 Female Novice Kumite				
S325	8 Male Advanced Kumite	S368	14 Female Intermediate Kumite				
S326	9 Female Beginner Kumite	S369	14 Female Advanced Kumite	OS610	18-34 Male Open Kumite**	OS611	18-34 Female Open Kumite**
S327	9 Female Novice Kumite	S370	14 Male Beginner Kumite	** These division are open to both US Citizens & Non-US Citizens. Advance competitors may also compete in the open weight division			
S328	9 Female Intermediate Kumite	S371	14 Male Novice Kumite				
S329	9 Female Advanced Kumite	S372	14 Male Intermediate Kumite				
S330	9 Male Beginner Kumite	S373	14 Male Advanced Kumite				
S331	9 Male Novice Kumite	S374	15 Female Beginner Kumite				
S332	9 Male Intermediate Kumite	S375	15 Female Novice Kumite				
S333	9 Male Advanced Kumite	S376	15 Female Intermediate Kumite				
S334	10 Female Beginner Kumite	S377	15 Female Advanced Kumite				
S335	10 Female Novice Kumite	S378	15 Male Beginner Kumite				
S336	10 Female Intermediate Kumite	S379	15 Male Novice Kumite				
S337	10 Female Advanced Kumite	S380	15 Male Intermediate Kumite				
S338	10 Male Beginner Kumite	S381	15 Male Advanced Kumite				
S339	10 Male Novice Kumite	S382	16 Female Beginner Kumite				
S340	10 Male Intermediate Kumite	S383	16 Female Novice Kumite				
S341	10 Male Advanced Kumite	S384	16 Female Intermediate Kumite				
S342	11 Female Beginner Kumite	S385	16 Female Advanced Kumite				

Beginner:10th kyu-8th kyu/1 year of training Novice:7th kyu-5th kyu/1-2 years of training Intermediate: 4th kyu-2nd kyu/2-4 years of training Advanced:1st kyu & higher/4+ years of training
Elite:Recommended minimum rank of 1st dan & 5+ years of training



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Kobudo

An athlete may compete in ONE of the following divisions

Long Weapons

WB300	9 & Under Female Beg/Nov Bo	WB313	12-13 Male Beg/Nov Bo	WB325	16-17 Male Beg/Nov Bo
WB301	9 & Under Female Int/Adv Bo	WB314	12-13 Male Int Bo	WB326	16-17 Male Int Bo
WB302	9 & Under Male Beg/Nov Bo	WB315	12-13 Male Adv Bo	WB327	16-17 Male Adv Bo
WB303	9 & Under Male Int/Adv Bo	WB316	14-15 Female Beg/Nov Bo	WB328	18-34 Female Beg/Nov Bo
WB304	10-11 Female Beg/Nov Bo	WB317	14-15 Female Int Bo	WB329	18-34 Female Int Bo
WB305	10-11 Female Int Bo	WB318	14-15 Female Adv Bo	WB330	18-34 Female Adv Bo
WB306	10-11 Female Adv Bo	WB319	14-15 Male Beg/Nov Bo	WB331	18-34 Male Beg/Nov Bo
WB307	10-11 Male Beg/Nov Bo	WB320	14-15 Male Int Bo	WB332	18-34 Male Int Bo
WB308	10-11 Male Int Bo	WB321	14-15 Male Adv Bo	WB333	18-34 Male Adv Bo
WB309	10-11 Male Adv Bo	WB322	16-17 Female Beg/Nov Bo	WB334	35+ Female Bo
WB310	12-13 Female Beg/Nov Bo	WB323	16-17 Female Int Bo	WB335	35+ Male Bo
WB311	12-13 Female Int Bo	WB324	16-17 Female Adv Bo		
WB312	12-13 Female Adv Bo				

Short Weapons

(Sai, Tonfa, Kama & Nunchaku)

WS300	9 & Under Female Beg/Nov	WS313	12-13 Male Beg/Nov	WS325	16-17 Male Beg/Nov
WS301	9 & Under Female Int/Adv	WS314	12-13 Male Int	WS326	16-17 Male Int
WS302	9 & Under Male Beg/Nov	WS315	12-13 Male Adv	WS327	16-17 Male Adv
WS303	9 & Under Male Int/Adv	WS316	14-15 Female Beg/Nov	WS328	18-34 Female Beg/Nov
WS304	10-11 Female Beg/Nov	WS317	14-15 Female Int	WS329	18-34 Female Int
WS305	10-11 Female Int	WS318	14-15 Female Adv	WS330	18-34 Female Adv
WS306	10-11 Female Adv	WS319	14-15 Male Beg/Nov	WS331	18-34 Male Beg/Nov
WS307	10-11 Male Beg/Nov	WS320	14-15 Male Int	WS332	18-34 Male Int
WS308	10-11 Male Int	WS321	14-15 Male Adv	WS333	18-34 Male Adv
WS309	10-11 Male Adv	WS322	16-17 Female Beg/Nov	WS334	35+ Female
WS310	12-13 Female Beg/Nov	WS323	16-17 Female Int	WS335	35+ Male
WS311	12-13 Female Int	WS324	16-17 Female Adv		
WS312	12-13 Female Adv				

Iaido/Sword

IS300	Iaido/Sword Nov Division 17 & Under	IS303	Iaido/Sword Beg Division 17 & Under
IS301	Iaido/Sword Int Division 17 & Under	IS304	Iaido/Sword 18+ Beg/Nov Division
IS302	Iaido/Sword Adv Division 17 & Under	IS305	Iaido/Sword 18+ Int Division
		IS306	Iaido/Sword 18+ Adv Division

Beginner:10th kyu-8th kyu/1 year of training Novice:7th kyu-5th kyu/1-2 years of training Intermediate: 4th kyu-2nd kyu/2-4 years of training
Advanced:1st kyu & higher/4+ years of training Elite:Recommended minimum rank of 1st dan & 5+ years of training



**USA National Karate-Do Federation
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Senior Elite Division

You must be a U.S. Citizen to Compete in these Divisions
READ These instructions carefully before registering

Elite Divisions are for those competitors that are attempting to become members of the US Senior or Junior National Teams. To enter any of these divisions the competitor **MUST** be a U.S. Citizen at the time the registration is submitted. Competitors that medal in these divisions are eligible to become a member of the National Team Pool in accordance with the USA-NKF team guidelines. Any person competing in an Elite Division must compete as Advanced or higher in ALL other divisions in which they compete.

Be prepared to show proof of citizenship even if you have already submitted it!

Sr. ELITE KATA			
EK600	16-34 Male Elite Kata		EK601 13-34 Female Elite Kata
Blind Visually Impaired Divisions			Wheelchair Divisions
EPK400	16+ Female Elite Para-Kata		EPK402 16+ Female Elite Para-Kata
EPK401	16+ Male Elite Para-Kata		EPK403 16+ Male Elite Para-Kata
Intellectually Impaired Divisions with Downs Syndrome			Intellectually Impaired Divisions without Downs Syndrome
EPK404	16+ Female Elite Para-Kata		EPK406 16+ Female Elite Para-Kata
EPK405	16+ Male Elite Para-Kata		EPK407 16+ Male Elite Para-Kata

ELITE TEAM KATA			
Competitors in these categories must be prepared to demonstrate Bunkai in appropriate rounds as prescribed by WKF/NKF Rules of Competition			
ETK600	16-34 Male Elite Team Kata		ETK601 1-34 Female Elite Team Kata

Sr. ELITE KILO KUMITE			
ES600	18-34 Male Elite Kumite -60 Kg		ES605 18-34 Female Elite Kumite -50 Kg
ES601	18-34 Male Elite Kumite -67 Kg		ES606 18-34 Female Elite Kumite -55 Kg
ES602	18-34 Male Elite Kumite -75 Kg		ES607 18-34 Female Elite Kumite -61Kg
ES603	18-34 Male Elite Kumite -84 Kg		ES608 18-34 Female Elite Kumite -68Kg
ES604	18-34 Male Elite Kumite +84 Kg		ES609 18-34 Female Elite Kumite +68Kg
OS610	18-34 Male Open Kumite*		OS611 18-34 Female Open Kumite*

* Open Kumite is open to both U.S. Citizens and Non U.S. Citizens. Advance and Elite competitors ages 18-34 may compete in the Open Kumite

Beginner:10th kyu-8th kyu/1 year of training Novice:7th kyu-5th kyu/1-2 years of training Intermediate: 4th kyu-2nd kyu/2-4 years of training Advanced:1st kyu & higher/4+ years of training Elite:Recommended minimum rank of 1st dan & 5+ years of training



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STYLE SPECIFIC KATA

A competitor may compete in ONE of the following divisions

Shito-Ryu Kata			Goju-Ryu Kata		
SK300	16-34 Female Adv Shito-Ryu Kata		SK304	16-34 Female Adv Goju-Ryu Kata	
SK301	16-34 Male Adv Shito-Ryu Kata		SK305	16-34 Male Adv Goju-Ryu Kata	
Shotokan Kata			Wado-Ryu Kata		
SK302	16-34 Female Adv Shotokan Kata		SK306	16-34 Female Adv Wado-Ryu Kata	
SK303	16-34 Male Adv Shotokan Kata		SK307	16-34 Male Adv Wado-Ryu Kata	
Blind Visually Impaired Divisions		PARA KARATE	Wheelchair Divisions		
PK300	17 & Under Female Beg/Nov Para-Kata		PK312	17 & Under Female Beg/Nov Para-Kata	
PK301	17 & Under Female Int/Adv Para-Kata		PK313	17 & Under Female Int/Adv Para-Kata	
PK302	17 & Under Male Beg/Nov Para-Kata		PK314	17 & Under Male Beg/Nov Para-Kata	
PK303	17 & Under Male Int/Adv Para-Kata		PK315	17 & Under Male Int/Adv Para-Kata	
PK304	18+ Female Beg/Nov Para-Kata		PK316	18+ Female Beg/Nov Para-Kata	
PK305	18+ Female Int/Adv Para-Kata		PK317	18+ Female Int/Adv Para-Kata	
PK306	18+ Male Beg/Nov Para-Kata		PK318	18+ Male Beg/Nov Para-Kata	
PK307	18+ Male Int/Adv Para-Kata		PK319	18+ Male Int/Adv Para-Kata	
PK308	17 & Under Beg/Nov Para Weapons		PK320	17 & Under Beg/Nov Para Weapons	
PK309	17 & Under Int/Adv Para Weapons		PK321	17 & Under Int/Adv Para Weapons	
PK310	18 + Beg/Nov Para Weapons		PK322	18 + Beg/Nov Para Weapons	
PK311	18 + Int/Adv Para Weapons		PK323	18 + Int/Adv Para Weapons	
Intellectually Impaired Divisions with Down Syndrome			Intellectually Impaired Divisions without Down Syndrome		Physical Disability (non wheelchair bound) without Intellectual Disability Divisions
PK324	17 & Under Female Beg/Nov Para-Kata	PK336	17 & Under Female Beg/Nov Para-Kat	PK348	17 & Under Female Beg/Nov Para-Kata
PK325	17 & Under Female Int/Adv Para-Kata	PK337	17 & Under Female Int/Adv Para-Kata	PK349	17 & Under Female Int/Adv Para-Kata
PK326	17 & Under Male Beg/Nov Para-Kata	PK338	17 & Under Male Beg/Nov Para-Kata	PK350	17 & Under Male Beg/Nov Para-Kata
PK327	17 & Under Male Int/Adv Para-Kata	PK339	17 & Under Male Int/Adv Para-Kata	PK351	17 & Under Male Int/Adv Para-Kata
PK328	18+ Female Beg/Nov Para-Kata	PK340	18+ Female Beg/Nov Para-Kata	PK352	18+ Female Beg/Nov Para-Kata
PK329	18+ Female Int/Adv Para-Kata	PK341	18+ Female Int/Adv Para-Kata	PK353	18+ Female Int/Adv Para-Kata
PK330	18+ Male Beg/Nov Para-Kata	PK342	18+ Male Beg/Nov Para-Kata	PK354	18+ Male Beg/Nov Para-Kata
PK331	18+ Male Int/Adv Para-Kata	PK343	18+ Male Int/Adv Para-Kata	PK355	18+ Male Int/Adv Para-Kata
PK332	17 & Under Beg/Nov Para Weapons	PK344	17 & Under Beg/Nov Para Weapons	PK356	17 & Under Beg/Nov Para Weapons
PK333	17 & Under Int/Adv Para Weapons	PK345	17 & Under Int/Adv Para Weapons	PK357	17 & Under Int/Adv Para Weapons
PK334	18 + Beg/Nov Para Weapons	PK346	18 + Beg/Nov Para Weapons	PK358	18 + Beg/Nov Para Weapons
PK335	18 + Int/Adv Para Weapons	PK347	18 + Int/Adv Para Weapons	PK359	18 + Int/Adv Para Weapons

Beginner:10th kyu-8th kyu/1 year of training Novice:7th kyu-5th kyu/1-2 years of training Intermediate: 4th kyu-2nd kyu/2-4 years of training Advanced:1st kyu & higher/4+ years of training

Elite:Recommended minimum rank of 1st dan & 5+ years of training



**USA National Karate-Do Federation
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TEAM KUMITE

A competitor may compete in one kata and one kumite division
3 Athletes per team with 1 alternate

TS300	7 & Under Beg/Nov Female Team Kumite	TS311	10-11 Int/Adv Male Team Kumite	TS322	16-17 Beg/Nov Male Team Kumite
TS301	7 & Under Int/Adv Female Team Kumite	TS312	12-13 Beg/Nov Female Team Kumite	TS323	16-17 Int/Adv Male Team Kumite
TS302	7 & Under Beg/Nov Male Team Kumite	TS313	12-13 Int/Adv Female Team Kumite	TS324	18-34 Beg/Nov Female Team Kumite
TS303	7 & Under Int/Adv Male Team Kumite	TS314	12-13 Beg/Nov Male Team Kumite	TS325	18-34 Int/Adv Female Team Kumite
TS304	8-9 Beg/Nov Female Team Kumite	TS315	12-13 Int/Adv Male Team Kumite	TS326	18-34 Beg/Nov Male Team Kumite
TS305	8-9 Int/Adv Female Team Kumite	TS316	14-15 Beg/Nov Female Team Kumite	TS327	18-34 Int/Adv Male Team Kumite
TS306	8-9 Beg/Nov Male Team Kumite	TS317	14-15 Int/Adv Female Team Kumite	TS328	35+ Beg/Nov Female Team Kumite
TS307	8-9 Int/Adv Male Team Kumite	TS318	14-15 Beg/Nov Male Team Kumite	TS329	35+ Int/Adv Female Team Kumite
TS308	10-11 Beg/Nov Female Team Kumite	TS319	14-15 Int/Adv Male Team Kumite	TS330	35+ Beg/Nov Male Team Kumite
TS309	10-11 Int/Adv Female Team Kumite	TS320	16-17 Beg/Nov Female Team Kumite	TS331	35+ Int/Adv Male Team Kumite
TS310	10-11 Beg/Nov Male Team Kumite	TS321	16-17 Int/Adv Female Team Kumite		

TEAM KATA

These categories are not for National Team Selection. Please see the Elite Division listing if you are interested in participating in Team Kata on the Senior or Junior National Teams.

Female Divisions		Male Divisions		Mixed Gender Divisions	
TK300	9 & Under Beg/Nov Female Team Kata	TK310	9 & Under Beg/Nov Male Team Kata	TK320	9 & Under Beg/Nov Mixed Team Kata*
TK301	9 & Under Int/Adv Female Team Kata	TK311	9 & Under Int/Adv Male Team Kata	TK321	9 & Under Int/Adv Mixed Team Kata*
TK302	10-13 Beg/Nov Female Team Kata	TK312	10-13 Beg/Nov Male Team Kata	TK322	10-13 Beg/Nov Mixed Team Kata*
TK303	10-13 Int/Adv Female Team Kata	TK313	10-13 Int/Adv Male Team Kata	TK323	10-13 Int/Adv Mixed Team Kata*
TK304	14-17 Beg/Nov Female Team Kata	TK314	14-17 Beg/Nov Male Team Kata	TK324	14-17 Beg/Nov Mixed Team Kata*
TK305	14-17 Int/Adv Female Team Kata	TK315	14-17 Int/Adv Male Team Kata	TK325	14-17 Int/Adv Mixed Team Kata*
TK306	18-34 Beg/Nov Female Team Kata	TK316	18-34 Beg/Nov Male Team Kata	TK326	18-34 Beg/Nov Mixed Team Kata*
TK307	18-34 Int/Adv Female Team Kata	TK317	18-34 Int/Adv Male Team Kata	TK327	18-34 Int/Adv Mixed Team Kata*
TK308	35+ Beg/Nov Female Team Kata	TK318	35+ Beg/Nov Male Team Kata	TK328	35+ Beg/Nov Mixed Team Kata*
TK309	35+ Int/Adv Female Team Kata	TK319	35+ Int/Adv Male Team Kata	TK329	35+ Int/Adv Mixed Team Kata*
	Family Divisions	** These divisions are for team kata whose members are of the same immediate family. There are no gender or age restrictions.		*These divisions are for team kata of mixed gender. Teams may be comprised of two males and one female or one male and two females. All competitors must meet the age requirement.	
TK330	Beg/Nov Family Team Kata**				
TK331	Int/Adv Family Team Kata**				

Beginner:10th kyu-8th kyu/1 year of training Novice:7th kyu-5th kyu/1-2 years of training Intermediate: 4th kyu-2nd kyu/2-4 years of training
Advanced:1st kyu & higher/4+ years of training Elite:Recommended minimum rank of 1st dan & 5+ years of training