

PARA - Karate Divisions

Blind Visually Impaired Divisions		Wheelchair Divisions		Intellectually Impaired Divisions with Down's Syndrome	
PK300	7 & under Male/Female Beg/Nov KATA	PK348	7 & under Male/Female Beg/Nov KATA	PK396	7 & under Male/Female Beg/Nov KATA
PK301	7 & under Male/Female Int/Adv KATA	PK349	7 & under Male/Female Int/Adv KATA	PK397	7 & under Male/Female Int/Adv KATA
PK302	8-13 Male/Female Beg/Nov KATA	PK350	8-13 Male/Female Beg/Nov KATA	PK398	8-13 Male/Female Beg/Nov KATA
PK303	8-13 Male/Female Int/Adv KATA	PK351	8-13 Male/Female Int/Adv KATA	PK399	8-13 Male/Female Int/Adv KATA
PK304	14-17 Male/Female Beg/Nov KATA	PK352	14-17 Male/Female Beg/Nov KATA	PK400	14-17 Male/Female Beg/Nov KATA
PK305	14-17 Male/Female Int/Adv/Adv KATA	PK353	14-17 Male/Female Int/Adv/Adv KATA	PK401	14-17 Male/Female Int/Adv/Adv KATA
PK306	18 & up Male/Female Beg/Nov KATA	PK354	18 & up Male/Female Beg/Nov KATA	PK402	18 & up Male/Female Beg/Nov KATA
PK307	18 & up Male/Female Int/Adv KATA	PK355	18 & up Male/Female Int/Adv KATA	PK403	18 & up Male/Female Int/Adv KATA
PK308	7 & under Male/Female Beg/Nov KIHON	PK356	7 & under Male/Female Beg/Nov KIHON	PK404	7 & under Male/Female Beg/Nov KIHON
PK309	7 & under Male/Female Int/Adv KIHON	PK357	7 & under Male/Female Int/Adv KIHON	PK405	7 & under Male/Female Int/Adv KIHON
PK310	8-13 Male/Female Beg/Nov KIHON	PK358	8-13 Male/Female Beg/Nov KIHON	PK406	8-13 Male/Female Beg/Nov KIHON
PK311	8-13 Male/Female Int/Adv KIHON	PK359	8-13 Male/Female Int/Adv KIHON	PK407	8-13 Male/Female Int/Adv KIHON
PK312	14-17 Male/Female Beg/Nov KIHON	PK360	14-17 Male/Female Beg/Nov KIHON	PK408	14-17 Male/Female Beg/Nov KIHON
PK313	14-17 Male/Female Int/Adv/Adv KIHON	PK361	14-17 Male/Female Int/Adv/Adv KIHON	PK409	14-17 Male/Female Int/Adv/Adv KIHON
PK314	18 & up Male/Female Beg/Nov KIHON	PK362	18 & up Male/Female Beg/Nov KIHON	PK410	18 & up Male/Female Beg/Nov KIHON
PK315	18 & up Male/Female Int/Adv KIHON	PK363	18 & up Male/Female Int/Adv KIHON	PK411	18 & up Male/Female Int/Adv KIHON
PK316	7 & under Male/Female Beg/Nov KOBUDO	PK364	7 & under Male/Female Beg/Nov KOBUDO	PK412	7 & under Male/Female Beg/Nov KOBUDO
PK317	7 & under Male/Female Int/Adv KOBUDO	PK365	7 & under Male/Female Int/Adv KOBUDO	PK413	7 & under Male/Female Int/Adv KOBUDO
PK318	8-13 Male/Female Beg/Nov KOBUDO	PK366	8-13 Male/Female Beg/Nov KOBUDO	PK414	8-13 Male/Female Beg/Nov KOBUDO
PK319	8-13 Male/Female Int/Adv KOBUDO	PK367	8-13 Male/Female Int/Adv KOBUDO	PK415	8-13 Male/Female Int/Adv KOBUDO
PK320	14-17 Male/Female Beg/Nov KOBUDO	PK368	14-17 Male/Female Beg/Nov KOBUDO	PK416	14-17 Male/Female Beg/Nov KOBUDO
PK321	14-17 Male/Female Int/Adv/Adv KOBUDO	PK369	14-17 Male/Female Int/Adv/Adv KOBUDO	PK417	14-17 Male/Female Int/Adv/Adv KOBUDO
PK322	18 & up Male/Female Beg/Nov KOBUDO	PK370	18 & up Male/Female Beg/Nov KOBUDO	PK418	18 & up Male/Female Beg/Nov KOBUDO
PK323	18 & up Male/Female Int/Adv KOBUDO	PK371	18 & up Male/Female Int/Adv KOBUDO	PK419	18 & up Male/Female Int/Adv KOBUDO

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

PARA - Karate Divisions cont.

Intellectually Impaired Divisions without Down's Syndrome		Physical Disability (non wheelchair bound) without Intellectual Disability Divisions		Intellectually Impaired Divisions with Autism	
PK324	7 & under Male/Female Beg/Nov KATA	PK372	7 & under Male/Female Beg/Nov KATA	PK420	7 & under Male/Female Beg/Nov KATA
PK325	7 & under Male/Female Int/Adv KATA	PK373	7 & under Male/Female Int/Adv KATA	PK421	7 & under Male/Female Int/Adv KATA
PK326	8-13 Male/Female Beg/Nov KATA	PK374	8-13 Male/Female Beg/Nov KATA	PK422	8-13 Male/Female Beg/Nov KATA
PK327	8-13 Male/Female Int/Adv KATA	PK375	8-13 Male/Female Int/Adv KATA	PK423	8-13 Male/Female Int/Adv KATA
PK328	14-17 Male/Female Beg/Nov KATA	PK376	14-17 Male/Female Beg/Nov KATA	PK424	14-17 Male/Female Beg/Nov KATA
PK329	14-17 Male/Female Int/Adv/Adv KATA	PK377	14-17 Male/Female Int/Adv/Adv KATA	PK425	14-17 Male/Female Int/Adv/Adv KATA
PK330	18 & up Male/Female Beg/Nov KATA	PK378	18 & up Male/Female Beg/Nov KATA	PK426	18 & up Male/Female Beg/Nov KATA
PK331	18 & up Male/Female Int/Adv KATA	PK379	18 & up Male/Female Int/Adv KATA	PK427	18 & up Male/Female Int/Adv KATA
PK332	7 & under Male/Female Beg/Nov KIHON	PK380	7 & under Male/Female Beg/Nov KIHON	PK428	7 & under Male/Female Beg/Nov KIHON
PK333	7 & under Male/Female Int/Adv KIHON	PK381	7 & under Male/Female Int/Adv KIHON	PK429	7 & under Male/Female Int/Adv KIHON
PK334	8-13 Male/Female Beg/Nov KIHON	PK382	8-13 Male/Female Beg/Nov KIHON	PK430	8-13 Male/Female Beg/Nov KIHON
PK335	8-13 Male/Female Int/Adv KIHON	PK383	8-13 Male/Female Int/Adv KIHON	PK431	8-13 Male/Female Int/Adv KIHON
PK336	14-17 Male/Female Beg/Nov KIHON	PK384	14-17 Male/Female Beg/Nov KIHON	PK432	14-17 Male/Female Beg/Nov KIHON
PK337	14-17 Male/Female Int/Adv/Adv KIHON	PK385	14-17 Male/Female Int/Adv/Adv KIHON	PK433	14-17 Male/Female Int/Adv/Adv KIHON
PK338	18 & up Male/Female Beg/Nov KIHON	PK386	18 & up Male/Female Beg/Nov KIHON	PK434	18 & up Male/Female Beg/Nov KIHON
PK339	18 & up Male/Female Int/Adv KIHON	PK387	18 & up Male/Female Int/Adv KIHON	PK435	18 & up Male/Female Int/Adv KIHON
PK340	7 & under Male/Female Beg/Nov KOBUDO	PK388	7 & under Male/Female Beg/Nov KOBUDO	PK436	7 & under Male/Female Beg/Nov KOBUDO
PK341	7 & under Male/Female Int/Adv KOBUDO	PK389	7 & under Male/Female Int/Adv KOBUDO	PK437	7 & under Male/Female Int/Adv KOBUDO
PK342	8-13 Male/Female Beg/Nov KOBUDO	PK390	8-13 Male/Female Beg/Nov KOBUDO	PK438	8-13 Male/Female Beg/Nov KOBUDO
PK343	8-13 Male/Female Int/Adv KOBUDO	PK391	8-13 Male/Female Int/Adv KOBUDO	PK439	8-13 Male/Female Int/Adv KOBUDO
PK344	14-17 Male/Female Beg/Nov KOBUDO	PK392	14-17 Male/Female Beg/Nov KOBUDO	PK440	14-17 Male/Female Beg/Nov KOBUDO
PK345	14-17 Male/Female Int/Adv/Adv KOBUDO	PK393	14-17 Male/Female Int/Adv/Adv KOBUDO	PK441	14-17 Male/Female Int/Adv/Adv KOBUDO
PK346	18 & up Male/Female Beg/Nov KOBUDO	PK394	18 & up Male/Female Beg/Nov KOBUDO	PK442	18 & up Male/Female Beg/Nov KOBUDO
PK347	18 & up Male/Female Int/Adv KOBUDO	PK395	18 & up Male/Female Int/Adv KOBUDO	PK443	18 & up Male/Female Int/Adv KOBUDO

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



NATIONAL CHAMPIONSHIPS | US TEAM TRIALS

DIVISION LIST

NON ELITE KATA

A competitor may compete in **ONE** of the following divisions.

DIV #	DIVISION	DIV #	DIVISION	DIV #	DIVISION
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 yr. of training **Novice:** 7th kyu-5th kyu/1-2 yrs. of training **Intermediate:** 4th kyu-2nd kyu/2-4 yrs. of training **Advanced:** 1st kyu & higher/4+ yrs. of training **Elite:** Recommended minimum rank of 1st dan & 5+ yrs. of training

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	** These division are open to both US Citizens & Non-US Citizens. Advance competitors may also compete in the open weight division							
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								
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	Beginner: 10th kyu-8th kyu/1 yr. of training Novice: 7th kyu-5th kyu/1-2 yrs. of training Intermediate: 4th kyu-2nd kyu/2-4 yrs. of training Advanced: 1st kyu & higher/4+ yrs. of training Elite: Recommended minimum rank of 1st dan & 5+ yrs. of training							
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								

Kobudo

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 yr. of training
 kyu-5th kyu/1-2 yrs. of training
 2nd kyu/2-4 yrs. of training
 of training
 yrs. of training

Novice: 7th
Intermediate: 4th kyu-
Advanced: 1st kyu & higher/4+ yrs.
Elite: Recommended minimum rank of 1st dan & 5+

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!

SENIOR ELITE KATA DIVISIONS			
EK600	16-34 Male Elite Kata		EK601 13-34 Female Elite Kata
ELITE PARA DIVISIONS			
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 DIVISIONS			
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

SENIOR ELITE KILO KUMITE DIVISIONS			
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

STYLE SPECIFIC KATA

A competitor (16-34yrs. Advance) may compete in ONE of the following divisions

Shito-Ryu Kata			Goju-Ryu Kata	
SK300	16-34 Female Advance Shito-Ryu Kata		SK304	16-34 Female Advance Goju-Ryu Kata
SK301	16-34 Male Advance Shito-Ryu Kata		SK305	16-34 Male Advance Goju-Ryu Kata
Shotokan Kata			Wado-Ryu Kata	
SK302	16-34 Female Advance Shotokan Kata		SK306	16-34 Female Advance Wado-Ryu Kata
SK303	16-34 Male Advance Shotokan Kata		SK307	16-34 Male Advance Wado-Ryu Kata

TEAM KUMITE

A competitor may compete in one Team Kata and one Team Kumite division All Competitors must meet the age requirements in that division

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 yr. of training **Novice:** 7th kyu-5th kyu/1-2 yrs. of training **Intermediate:** 4th kyu-2nd kyu/2-4 yrs. of training **Advanced:** 1st kyu & higher/4+ yrs. of training **Elite:** Recommended minimum rank of 1st dan & 5+ yrs. of training



**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 Team. In all of these divisions the competitor MUST be a U.S. Citizen at the time the registration is submitted. Competitors in all of these divisions are eligible to become a member of the National Team Pool in accordance with the USA National Karate-Do Federation rules. Competitors competing in an Elite Division must compete as Advanced or higher in ALL other divisions

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	
ES501	12-13 Male Elite Kumite -45 Kg	ES515	14-15 Female Elite Kumite -54 Kg	ES529	
ES502	12-13 Male Elite Kumite -50 Kg	ES516	14-15 Female Elite Kumite -61 Kg	ES530	
ES503	12-13 Male Elite Kumite -55 Kg	ES517	14-15 Female Elite Kumite +61 Kg	ES531	
ES504	12-13 Male Elite Kumite +55 Kg			ES532	
		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	
ES506	12-13 Female Elite Kumite -47 Kg	ES520	16-17 Male Elite Kumite -68 Kg	ES534	
ES507	12-13 Female Elite Kumite -52 Kg	ES521	16-17 Male Elite Kumite -76 Kg	ES535	
ES508	12-13 Female Elite Kumite +52Kg	ES522	16-17 Male Elite Kumite +76 Kg	ES536	
				ES537	
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	
EK501	12-13 Female Elite Kata	EK505	16-17 Female Elite Kata	EK507	
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 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 per the USA National Karate-Do Federation Competition.			
ETK500	14-17 Male Elite Team Kata		ETK502
ETK501	14-17 Female Elite Team Kata		ETK503

U12 JUNIOR PKF DIVISIONS			
PKF100	10-11 Female Kata	PKF105	10-11 Male Kata
PKF101	10-11 Female -37kg Kumite	PKF106	10-11 Male -35kg Kumite
PKF102	10-11 Female -42kg Kumite	PKF107	10-11 Male -40kg Kumite
PKF103	10-11 Female -47kg Kumite	PKF108	10-11 Male -45kg Kumite
PKF104	10-11 Female +47kg Kumite	PKF109	10-11 Male +45kg Kumite



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

Junior National Teams. To enter any Competitors that medal in these WKF team guidelines. Any person in which they compete.

Table with multiple rows listing weight classes for Male Elite Kumite (18-20) and Female Elite Kumite (18-20), as well as Male and Female Elite Kata (18-20) and Male and Female Elite Team Kata (18-20).