

Senior Team Kata Category Process for 2025

Open call for 2025 Team Kata Teams! We are making a special call for any 16+ Team Kata Teams interested in trying out for the US Senior National Team that will represent the country at the Senior Pan American Championships in Monterey, Mexico in May of 2025.

Team Kata athletes must register and compete at the 2025 US Sr. Team Trials in Denver, Colorado February 1-2, 2025 to qualify for the US National Team. Registration must be done in advance and all athletes on the team must be USA Karate members.

The Kata Team will be selected using the following process:

- a. Kata teams will register for the Team Trials, by contacting the USA Karate National Office via email at natoffice@usankf.org.
- b. Teams will compete as they would during Nationals and the Gold Medal team will be the US Kata Team for 2025 international competitions.
 - i. Teams will compete in the Senior Team Trials as they would during Nationals.
 - ii. Any ties will be resolved using the most current WKF tie-breaking rules.
- c. Bunkai will be performed in the last round with the number of rounds determined by the number of teams competing.
 - i. If there are 5 or more teams, three rounds will be held. The first round advances the top 4 teams. The second round advances the top 2 teams. The third and final round determines the first and second places.
 - ii. If there are 3-4 teams, two rounds will be held. The first round advances the top 2 teams. The second and final round determines the first and second places.
 - iii. If there are 2 teams, one round will be held to determine the first and second places.

If you are interested in representing the USA in Team Kata or would like more information about this competition, please contact the National Office at natoffice@usankf.org