



Member, United States
Olympic & Paralympic Committee



USA KARATE NATIONAL CHAMPIONSHIPS & US TEAM TRIALS



- COMPETITION SCHEDULE -

THURSDAY JUL 16, 2026		
KATA <ul style="list-style-type: none"> All Style Specific All 12-17 All Team Kata 	KOBUDO <ul style="list-style-type: none"> All 12 and up 	ELITE KATA <ul style="list-style-type: none"> 10-11 pre-Team Jr. Team Trials 12-17 Phase 1 Jr. Team Trials 18-20 Phase 1 All 16+ All Elite Team Kata All Elite Para Karate
FRIDAY JUL 17, 2026		
KATA <ul style="list-style-type: none"> All 5–11-year-old All 18 + All Para Karate (non-elite) 	KOBUDO <ul style="list-style-type: none"> All 11 and under All Iaido 	ELITE KUMITE <ul style="list-style-type: none"> 10-11 pre-Team Jr. Team Trials 12-17 Phase 1 Jr. Team Trials 18-20 Phase 1
SATURDAY JUL 18, 2026		
KUMITE <ul style="list-style-type: none"> All 11 and under All 18+ All Team Kumite 		ELITE KUMITE <ul style="list-style-type: none"> 18-34 Adult Open
SUNDAY JUL 19, 2026		
KUMITE <ul style="list-style-type: none"> All 12–17-year-old 	ELITE KATA <ul style="list-style-type: none"> 12-17 U21 Phase 2 	ELITE KUMITE <ul style="list-style-type: none"> 12-17 U21 Phase 2

Schedule Notice:

Please note that this schedule is subject to change. USA Karate affirms that competition for all athletes will take place over a four-day period, and any category may be scheduled on any of those four days. This preliminary schedule is provided as a general guideline only. USA Karate is not responsible for any expenses or fees incurred due to schedule changes that may affect an athlete's travel plans. A detailed schedule will be released in the days leading up to the competition.



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USA JUNIOR TEAM COMPETITION SCHEDULE & FORMAT

The 2026 USA Junior Team will be selected through a two-phase process:

- Phase 1 will take place during eliminations on Thursday (Kata) and Friday (Kumite). The top four athletes in Elite Categories in each eligible division will advance to Phase 2.
- Phase 2 will be held on Sunday, and final team positions will be determined based on the results of this round.

For full details on the selection criteria and procedures, please refer to the Junior Team Selection Process available under [ATHLETE RESOURCES](#) at www.usankf.org.

NOTE | 18–20 Division:

Athletes in the 18–20 age division are trying out only for the Jr. World Championships held in Poland 10/14/26-10/29/2026 and are open to those athletes that are 18-20 years old as of 10/14/2026.

NOTE | pre-Team Categories (10–11 Years Old):

USA Karate will be fielding athletes in the 10–11 age categories for the Junior Pan American Championships. These categories are considered pre-Team and are marked by a division number containing "PKF". The gold and silver medalists from these divisions will be selected to join the U.S. Team traveling to Costa Rica in August.

These divisions will be contested using single elimination with repechage on:

- Thursday (Kata)
- Friday (Kumite)

Please note: These categories do not fall under the Junior Team Selection Process outlined above.

US JUNIOR TEAM TRIALS			
CATEGORY	AGE	PHASE 1	PHASE 2
KATA	10-11 pre-Team	THURSDAY	
	12-17 & U21	THURSDAY	SUN
TEAM KATA	14-17	THURSDAY	
KUMITE	10-11 pre-Team	FRIDAY	
	12-17 & U21	FRIDAY	SUN