

**2026 Traditional Karate Invitational  
Tournament Information Packet**



IN PARTNERSHIP WITH KARATE NL & THE  
NATIONAL TRADITIONAL KARATE  
FEDERATION (NTKF)

# Traditional Karate-do Invitational Canada

**BUDOFIRST.CA**

Registration Deadline June 5<sup>th</sup>, 2026



ST. JOHN'S, NL, CANADA  
JULY.03-05.2026

空手道

# 2026 Traditional Karate Invitational Tournament Information Packet



February 2026

Dear Athletes, Family, and Friends,

KarateNL is proud to host the **2026 Traditional Karate National Invitational Tournament**, welcoming athletes from across Canada to compete in the true spirit of Traditional Budo Karate.

This National Championship offers an outstanding opportunity for traditional karateka seeking high-level competition, experienced judging, and an inclusive environment with no affiliation requirements. Our goal is to bring together like-minded practitioners who value technical excellence, respect, and the preservation of traditional standards.

Open to karateka of all ages, ranks, and organizations, the competition will feature a Kōhai Tournament for younger competitors, an Adult Tournament for senior divisions, and a Judges Seminar led by experienced international officials. In addition, the event will include a special seminar focused on both **Kata and Kumite**, led by world-level instructors, providing participants with a unique opportunity to deepen their technical understanding and refine their competitive performance.

All competitions will follow traditional karate rules as outlined in the International Traditional Karate Federation [ITKF Rule Book](#), ensuring fairness, consistency, and adherence to authentic karate principles.

We warmly invite you to join us for this prestigious national event and to be part of a memorable gathering of Canada's traditional karate community. We look forward to welcoming you to an inspiring and competitive championship experience.

Sincerely yours,

Brian Power  
Founder, Power Karate Academy



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## Action Items and Deadlines

Action Item	Applies To	Due Date/Links
Book hotel room	All participants	<i>Immediately</i> <a href="#">Crossroads</a>
Make travel arrangements	All participants	<i>(as fitting)</i>
Register for the Championship. <i>Please register early so we can plan this Tournament for you effectively.</i>	All athletes, coaches, and judges	<a href="#">Register online today</a> Deadline: Friday, June 5 <sup>th</sup> , 2026
Ensure you have your kumite gloves, mouthguard.	Kumite athletes	<a href="#">gloves</a>
Ensure you have your hamaka	Center Judges (at a min)	<a href="#">hamaka</a>
Check-In for Judges' Seminar	All judges	Register <a href="#">In advance</a> or 'At the door'



Final determination on divisions and brackets will be made after registration date.

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## Tournament and Seminar Location

The **Open Kata / Kumite Seminar & Tournament** will be held in the Hedley Blundon Gym at the Rotary Paradise Youth and Community Centre, 28 McNamara Drive, in Paradise, NL. This facility is located in the Town of Paradise on the outskirts of St. John's, NL. It is the same building as the Paradise Double Ice Complex.

**Rotary Paradise  
Youth and  
Community Centre  
(RPYCC)**  
28 McNamara Drive  
Paradise, NL A1L 0A6



## Open Seminar Location

The Judges Seminar will be held at the St. John's Martial Arts Center (SJMAC)

**St. John's Martial Arts Center (SJMAC)**  
21 Mews Place,  
St. John's, NL A1B 4N2



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## Lodging

### **Crossroads Inn and Suites**

980 Kenmount Road,  
Paradise, NL A1L 1N3  
Call: (709) 368-3191  
Canada Select 4 Stars  
Price Range: \$139 - \$199/night



Centrally located between St. John's, Mount Pearl, and Paradise, the Hotel features 57 rooms, as well as wheelchair accessible and pet-friendly suites and a variety of amenities, including:

- Private Balconies
- Exterior Entrances with Drive-up Parking
- Fully Equipped Kitchenettes
- Guest Laundry



This hotel is located 3.9 km from the venue.

### **Fairfield by Marriott Inn and Suites St. John's**

199 Kenmount Road, St. John's NL, A1B 3P9  
Call: (709) 722-5540  
Canada Select 4 Stars  
Price Range: \$330 - \$370/night



Located in central St. John's, this hotel offers modern comfort with practical perks. Near the Avalon Mall and multiple restaurants and shopping centers, it is just 5 km from downtown. Amenities include:

- Indoor pool
- Free Buffet and Continental and Hot Breakfast
- Electric Car Charging Station
- Onsite Laundry



This hotel is located 10 km from the venue.

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## **Sandman Signature St. John's Hotel**

227 Kenmount Road, St. John's NL, A1B 3P9

Call: (709) 722-5540

Canada Select 4 Stars

Price Range: \$290 - \$350/night



Located in central St. John's, Sandman Signature St. John's Hotel welcomes travelers with a cozy lobby fireplace. It is in a walkable area in St. John's with good shopping and is just 5 km from downtown. Amenities include:

- Indoor pool
- Hot tub
- Two restaurants onsite
- In-room kitchens



This hotel is located 9 km from the venue.

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## Schedule

Here is the basic schedule for the Seminar & Tournament:

<b>Thursday, July 2, 2026:</b>	Travel to NL
<b>Friday, July 3, 2026:</b>	5pm – 8pm Judging Seminar
<b>Saturday, July 4, 2026:</b>	9am - 8pm Open Kata / Kumite Seminar
<b>Sunday, July 5, 2026:</b>	9am – 12pm Adult Competition (18+ years)
<b>Sunday, July 5, 2026:</b>	1pm – 6pm Youth Competition (17yrs & younger)
<b>Monday, July 6, 2026:</b>	Return travel

Please arrive no later than 30 min before event starts.

The specific timings are as follows:

Friday July 3 <sup>rd</sup>		
5 pm – 8 pm	Judges' Seminar	SJMAC
<i>(when done)</i>	Non-hosted Dinner	
Saturday July 4 <sup>th</sup>		
9 am – NOON	Seminar (Focus: Kata & Kumite)	RPYCC gymnasium
NOON – 1 <sup>30</sup> pm	<b>non-hosted LUNCH</b>	
1 <sup>30</sup> pm – 6 pm	Seminar (Focus: Kata & Kumite)	RPYCC gymnasium
<i>(when done)</i>	Non-hosted Dinner	
Sunday July 5 <sup>th</sup>		
9 am – NOON	Adult Tournament	RPYCC gymnasium
12 <sup>30</sup> pm – 6 pm	Youth Tournament (starting with 9 <sup>th</sup> kyu)	RPYCC gymnasium
<i>(when done)</i>	Non-hosted Dinner	

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## Competition Events

The competition events for the Tournament are below:

Competition Event	Description
<p>形</p> <p>INDIVIDUAL KATA</p>	<p>Demonstration of traditional karate kata</p>
<p>団体形</p> <p>TEAM KATA</p>	<p>Three athletes perform a synchronized kata</p> <p>Mixed gender acceptable.</p>
<p>組手</p> <p>KUMITE</p>	<p>A match between two athletes employing free sparring without contact. Please watch: <a href="#">Kumite Scoring</a>, by Sensei Avi Rokah demonstrating elements required for scoring in Kumite.</p> <p>Ages 7 years old and younger will be doing flag kumite</p>
<p>団体組手</p> <p>TEAM KUMITE</p>	<p>Kumite between two 3-athlete teams — the winning team is that with the highest cumulative score</p> <p>Kumite; only for 3<sup>rd</sup> kyu and higher ranks (same gender)</p>
<p>演武</p> <p>ENBU</p>	<p>Two athletes perform a choreographed demonstration of offense/defense techniques</p> <p>Only for Adaptive Program</p>

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## Tournament Structure - Age Groups

### Youth Tournament

GROUP A (ages 7 & Younger)

GROUP B (ages 8-10)

GROUP C (ages 11-13)

GROUP D (ages 14-17)

### Adult Tournament

GROUP E (18-25 Years old)

GROUP F (26 - 45 Years old)

GROUP G (46 & Older)

**Note:** Age groups may be combined, depending on registration.

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## Categories

Competition categories are defined by breaking each age group by rank. Ranks are organized into three levels:

9 kyu – 7 kyu:	Beginners
6 kyu – 4 kyu:	Intermediate
3 kyu - dan:	Advanced

## Youth Tournament

### GROUP A (ages 7 & Younger)

9 kyu – 7 kyu	Individual Kata, Flag Kumite
6 kyu – 4 kyu	Individual Kata, Team Kata, Flag Kumite
3 kyu – dan	Individual Kata, Team Kata, Flag Kumite

### GROUP B (ages 8-10)

9 kyu – 7 kyu	Individual Kata, Kumite
6 kyu – 4 kyu	Individual Kata, Team Kata, Kumite
3 kyu – dan	Individual Kata, Team Kata, Kumite

### GROUP C (ages 11-13)

9 kyu – 7 kyu	Individual Kata, Kumite
6 kyu – 4 kyu	Individual Kata, Team Kata, Kumite
3 kyu – dan	Individual Kata, Team Kata, Kumite

### GROUP D (ages 14-17)

9 kyu – 7 kyu	Individual Kata, Kumite
6 kyu – 4 kyu	Individual Kata, Team Kata, Kumite
3 kyu – dan	Individual Kata, Team Kata, Kumite, Team Kumite

## Adult Tournament

### Group E (18-25 Years old)

9 kyu – 4 kyu	Individual Kata, Team Kata, Kumite
3 kyu – dan	Individual Kata, Team Kata, Kumite, Team Kumite

### Group F (26-45 Years old)

9 kyu – 4 kyu	Individual Kata, Team Kata, Kumite
3 kyu – dan	Individual Kata, Team Kata, Kumite, Team Kumite

### Masters (46 & Older)

9 kyu – 4 kyu	Individual Kata, Team Kata, Kumite
3 kyu – dan	Individual Kata, Team Kata, Kumite, Team Kumite

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## Adapted Tournament

### **YOUTH** (10-18 years old)

9 kyu – 4 kyu      Individual Kata, Enbu  
3 kyu – dan        Individual Kata, Enbu

### **SENIORS** (19 & Older)

9 kyu – 4 kyu      Individual Kata, Enbu  
3 kyu – dan        Individual Kata, Enbu

### **Special Notes:**

Depending on number of competitors, the ages in the groups may change.

## Competition Schedule

The tournament will begin with the adult divisions, followed by the youth divisions. Youth competitors will start with the youngest age group and progress from the lowest to the highest ranks. As a result, older athletes will compete earlier in the day, while younger athletes will compete later.

Within each age group, events proceed from the lowest rank, beginning with white belts, to the highest ranks, ending with black belts.

Exact event times depend on several factors, but this ordering can help athletes and families estimate when they will be called to compete. The typical event sequence is Individual Kata, Individual Kumite, Team Kata, Enbu (adapted group only) and Team Kumite. Exceptions may occur, so this order may not be followed strictly for every division.

Kata and kumite events will be ordered with the expectation that most athletes competing in kata will also compete in kumite.

For this reason, athletes should bring all required kumite equipment, including mouth guards and gloves, and be prepared to compete in kumite immediately after completing kata.

## Team Events

Teams can form as they please for the Tournament but note that the team will compete in the age category corresponding to the oldest team member and rank category of the highest-ranking team member.

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## Judges

### Judges' Seminar

The Judges' seminar is a specialized seminar for judges; therefore, all participants should have read the competition rule book as well as the Judges Handbook for the adapted karate division and have a working knowledge of the ITKF competition rules. The ITKF competition rulebook can be [purchased on Amazon](#).

### Judging

- Judges must be qualified judges who have completed the Judges' Seminar (refresher course) offered on Friday, July 3<sup>rd</sup>.
- Final judge selection will be made during the Judges' seminar
- The standard uniform for judges is a white traditional karate gi with a hakama ([link](#))(recommended for center judges)
- Judges wear no socks or shoes when judging.
- Tournament judges and technical officials should report to event by 8:30 am on Sunday

## Athletes

- Traditional white karate gi – no rolled or cuffed pants or sleeves will be allowed
- Kumite athletes must have a mouth guard
- Kumite athletes must use competition gloves with padding (~4oz) like ([link](#))
- For medical safety, hand protectors may not be shared between athletes
- Athletes may wear groin protection (men) or chest protection (women)
- No eyeglasses or safety glasses permitted during kumite (free sparring)
- No jewelry of any type will be permitted to be worn by athletes (male or female)
- Only soft hair accessories will be permitted
- Fingernails and toenails must be trimmed short
- Hair must not impede the vision of the athlete
- No headgear, footpads, shoes, shin guards, or hard plastic/metal braces may be worn

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## Resources




The following are links to resources referenced in this document.

<b>Register for the Championship</b>	<a href="#">Registration</a>
<b>Budo First NL</b>	<a href="http://www.budofirst.ca">www.budofirst.ca</a>
<b>ITKF Rule Book</b>	<a href="#">ITKF Rule Book (Amazon)</a>
<b>Crossroads Inn and Suite</b>	<a href="#">Crossroads</a> Inn and Suites
<b>St. John's International Airport</b>	<a href="#">St. John's International Airport</a>
<b>Kumite gloves</b>	( <a href="#">link</a> ) (recommended vendor)
<b>Hakama</b>	<a href="#">KI International</a>
<b>Seminar &amp; Tournament Contact</b>	<a href="mailto:budofirstnl@gmail.com">budofirstnl@gmail.com</a>
<b>Adaptive Tournament Contact</b>	<a href="mailto:budofirstnl.adapted@gmail.com">budofirstnl.adapted@gmail.com</a>

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## Other Hotels Nearby

	<p><b>JAG Boutique Hotel</b></p> <p>★★★★☆</p> <p>115 George Street, St. John's NL, A1C 0B7</p>
	<p><b>Alt Hotel St. John's</b></p> <p>★★★</p> <p>125 Water Street, St. John's NL, A1C 5X4</p>
	<p><b>Sandman Signature St. John's Hotel</b></p> <p>★★★★☆</p> <p>227 Kenmount Road, St. John's NL, A1B 3P9</p>

## Restaurants:

St. John's boasts a lively and welcoming dining culture that celebrates both its rich coastal heritage and contemporary culinary creativity. From fresh Atlantic seafood and local game to globally inspired menus, you'll find a variety of excellent places to eat.

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Here are some restaurants in St John's area (along with their availability) [24 Best Casual Restaurants in St. John's, Atlantic Canada | OpenTable](#)

## **Fine Dining**

- Terre Restaurant – Elevated, globally inspired cuisine featuring local Newfoundland ingredients.
- Portage – Seasonal tasting menus highlighting hyper-local and foraged fare.
- The Merchant Tavern – Refined comfort food with a strong focus on fresh seafood.

## **Seafood & Local Cuisine**

- The Adelaide Oyster House – Fresh oysters and creative small plates in a lively setting.
- Saltwater Restaurant – Classic seafood dishes and harbour views.

## **Casual Dining & Pubs**

- YellowBelly Brewery & Public House – Local craft beer and hearty pub fare in a historic setting.
- The Duke of Duckworth – A local favourite for traditional fish and chips.
- The Gypsy Tea Room – Eclectic menu with global influences.

## **Breakfast & Cafés**

- Bannerman Brewing Co. – Craft brewery with excellent brunch options.
- Rocket Bakery & Fresh Food – Great coffee, baked goods, and light meals.

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## Must-See & Must Do in St. John's

These are the essentials — the things that make St. John's feel like St. John's.

### Signal Hill National Historic Site

- Iconic views of the harbour and the Atlantic
- Great for photos, hikes, and history
- Cabot Tower is a classic stop



### Cape Spear – Easternmost Point in North America

- Rugged coastline, lighthouse, dramatic waves
- A quick 15 to 20-minute drive from the city



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## Quidi Vidi Village (see the [guide](#) here)

- Charming fishing village inside the city
- Quidi Vidi Brewery (tastings + tours)
- Artisan Studios & craft shops



## The Rooms

- Newfoundland's premier museum + art gallery
- Amazing panoramic view of the city
- Perfect for a rainy or windy day
- Fully Accessible - blue zone parking, elevators, lifts, stairs, and mobility aids are available. Noise cancelling headphones are available for free at the front desk. Also, ASL interpretation services are available and attendants supporting persons with disabilities receive free admission.



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## George Street

- In the middle of downtown St John’s, George Street is famous for nightlife, pubs, and live music. In the summer, the pedestrian mall is a popular spot!
- Great spot for out-of-province visitors to experience local culture



## Downtown & Jellybean Row

- Colourful row houses
- Boutique shops, galleries, and cafés
- Easy to walk and explore

