



CHAMPION
KARATE

CHAMPION TOURNAMENT



**CENTENNIAL
HIGH SCHOOL**
(55 SUN VALLEY BLVD SE, CALGARY,
AB T2X 3W7)

NOV 14

REGISTRATION OPTIONS

Online Registration - available until November 11, 2026 (11:59 PM MST)
Late Registration starting November 12 - penalty fee \$25

LOCATION ADDRESS

Centennial High School - 55 Sun Valley Blvd SE, Calgary, AB T2X 3W7

REGISTRATION LINK

Champion Karate Tournament 2026

VOLUNTEERS

Set up*Take Down*Registration*Scorekeeping*First Aid*Hospitality Room
Please arrive at 8:30 AM at the tournament venue - Centennial High School

PRICES

Entry fee: 1 category - \$50; 2 categories - \$70; 3 categories - \$90; Team - \$45
Every change or extra category after November 11 - fee \$25

OVERVIEW*

8:30 AM Officials/Volunteers Meetings & Set Up
10:00 AM Tournament starts
Detailed schedule will be available on November 12

*Tentative schedule, subject to change, if ahead of schedule we will continue without competitor!
All competitors receive medals according to the achieved place (Gold/Silver/Bronzes)

SAFETY EQUIPMENT

Phantom Divisions: Same color (AKA / AO)- gloves and belt, additional equipment optional
Kumite Divisions: Hand & foot protection and mouth guard mandatory, additional equipment optional.

WKF / PHANTOM - RULES

All categories ages 4 to 11 years will be split into 4.
If there are less than 4 competitors in the category - Round Robin applies.

PD (Workout): 6-10 push-ups (depends on age); 10 times core exercises; exercise on a ladder (in-out run) -
Come back like a bear (monkey); Multi-stage fitness test;
Each participant will have 2 attempts. Ranking by best result.

Kumite: 8-9 years - 60 sec; 10-11, 12-13 years - 90 sec 14+ - WKF Rules
Phantom: Phantom events shall be - 45 sec

WKF Rules: [World Karate Federation \(wkf.net\)](http://www.wkf.net)

DIVISIONS

PD (WORKOUT)		PHANTOM	
Male	Female	Male	Female
4-5 years	4-5 years	4-5 years	4-5 years
6-7 years	6-7 years	6-7 years	6-7 years
KUMITE			
Male	Female		
8-9 years	8-9 years		
10-11 years (-40 kg/+40 kg)	10-11 years (-38 kg/+38 kg)		
12-13 years (-45 kg/+45 kg)	12-13 years (-42 kg/+42 kg)		
14-15 years (-57 kg/+57 kg)	14-15 years (-54 kg/+54 kg)		
16-17 years (-68 kg/+68 kg)	16-17 years (-59 kg/+59 kg)		
18+ years (-67 kg, -75 kg, +75 kg)	18+ years (-61 kg, +61 kg)		
Master's (35+ years)	Master's (35+)		
Team Kumite Male	Team Kumite Female		
8-9 years	8-9 years		
10-11 years	10-11 years		
12-13 years	12-13 years		
KATA			
Male	Female		
6-7 years	6-7 years		
8-9 years	8-9 years		
10-11 years	10-11 years		
12-13 years	12-13 years		
14-15 years	14-15 years		
16-17 years	16-17 years		
18+ years	18+ years		
35+ years			
Team Kata: 8-9, 10-11, 12-13, 14-17, 18+ years	Team Kata: 8-9, 10-11, 12-13, 14-17, 18+ years		
PARA KATA			
Male	Female		
18+ years	18+ years		

*Tournament Director reserves the right to combine or divide divisions in a safe and competitive manner.