

5TH JKA ALBERTA INVITATIONAL PROVINCIAL CHAMPIONSHIP 2026

KATA . KUMITE . TEAM KATA

Bowness High School
4627 77 St NW
Calgary, AB T3B 2N6

- March 22, 2026
- 9:00 AM – 6:00 PM

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5th JKA INVITATIONAL ALBERTA PROVINCIAL CHAMPIONSHIP

**Sunday, March 22nd, 2026
Bowness High School
4627 77th street NW, Calgary, Alberta**

**Tournament Set Up Saturday
Saturday, March 21st, 2026 at 7:00PM - 9:00PM
(mats, tables, signage, rings/tatamis, equipment)**

March 22nd - JKA Alberta Championships Registration

<https://www.kihapp.com/tournaments/24094-alberta-jka-tournament-spring-2026>

JKA Alberta is pleased to invite all JKA/Shotokan/**and practitioners from other karate styles** to attend our Annual JKA Provincial Tournament. This tournament welcomes all karate-kas to participate, and is an opportunity for athletes to showcase their skills, challenge themselves, and build friendships across dojos.

Kata note: For the kata divisions, only Shotokan katas will be performed and judged.

We are planning to have 3 tatamis running with the help of our volunteers and officials.

The deadline to register is March 13, 2026. We cannot accept late registrations/withdrawals and/or changes (without a monetary penalty of \$20/athlete), exceptions will only be made for medical reasons with a doctor's note.

As always, we are looking for volunteers to help marshal competitors, keep score and time, set up the mats and tables. Your help is always very much appreciated. We would not be able to run this tournament without the help of volunteers.

Alex Vasiliev
Jonard Corotan
Daniel Verzotti

DATE	Saturday, March 21st 2026 - Set up mats from 7 pm to 9 pm Sunday, March 22nd 2026 - Tournament starts at 9:00 am
REGISTRATION DEADLINE	March 13th, 2026 - late registrations/withdrawals and/or changes (monetary penalty of \$20/athlete) - No registrations will be accepted on the day of the tournament
MANDATORY KUMITE EQUIPMENT	Green belts and up: <ul style="list-style-type: none"> - JKA gloves or similar design, - Mouth guard, - Groin protector, - Female chest protector (mandatory for 12/13 and older), - Male Body protector (optional for under 18). Please check in advance if your gloves will be authorized.
ENTRY FEES	\$45/person - single event - kata or kumite \$35/person for second event kata or kumite \$15/team - team kata Any changes after deadline is \$20 Payment via eTransfer to danverzotti@gmail.com within 24 hours of registration. eTransfer notes must include the participant's name and event(s).
REGISTRATION FOR COMPETITORS, COACHES, AND OFFICIALS	JKA Alberta registrations Judges' meeting at 8:30 am, March 22nd
VOLUNTEER SIGN-UP SHEET	https://www.signupgenius.com/go/10C0449ADA823A5FCC61-62055440-5thjka
VOLUNTEER TUTORIAL	Kihapp training for table volunteer https://www.youtube.com/watch?v=gVMzhpV5Gks

INFORMATION

General

Please ensure you are in the correct division prior to the tournament.

Consolidation or Separation of divisions will occur at the discretion of the tournament organizers. Competitors may be moved up or down in an age group depending on the number of competitors in the age division.

Refunds will only be given for medical reasons OR when the consolidation of divisions results in the cancellation of a match for the competitor.

For safety reasons, competitors will not be allowed to wear regular eye glasses. Safety glasses and contact lenses are allowed. No jewelry or body piercing ornaments.

Hair: tied back (male & female).

Nails: short.

The tournament will be run following the rules established by the Japan Karate Association with modifications allowed by the organizers:

<https://www.jka.or.jp/wp/wp-content/uploads/2017/04/Tournament-Rules-Regulations-Text-2015rev.pdf>

Judges Attire

Gray pants, white long sleeve shirt, JKA/burgundy tie, please bring your own whistle.

Kata

For kata divisions (white to black belts) only shotokan Katas will be performed/judged. For eliminations, Taikyoku Shodan, Heian Shodan to Heian Godan, and Tekki Shodan will be asked. Please refer to the table below.

For black belt divisions, in addition to Shitei katas (Heian Shodan to Heian Godan and Tekki Shodan), Sentei Kata might be asked if all participants know them.

For kata divisions with a low number of participants, we might directly go to Tokui kata (your choice of kata).

Here is the list of Shotokan Katas accepted:

Taikyoku Shodan - Heian Shodan - Heian Nidan - Heian Sandan - Heian Yondan - Heian Godan - Tekki Shodan - Tekki Nidan - Tekki Sandan - Jion - Bassai-Dai - Kanku-Dai - Empi - Hangetsu - Jitte - Gankaku - Bassai-Sho - Kanku-Sho - Chinte - Unsu - Sochin - Nujushiho - Gojushiho - Dai - Goshushiho-Sho - Meikyo - Wankan

Tiebreak Rule for Kata Matches (Item 39 JKA Rules) Flag System The Head Judge will randomly choose another kata to be performed by the 2 competitors. For scoring, the competitors will perform the same kata again. If there is still a draw, the lowest score that was dropped will be added for a total score. If there is still a draw, the highest score that was dropped will be added as well for a total score. If finally there is still a draw, the competitors will perform a different kata.

Jyu Kumite (free sparring)

In a match, all techniques – punches, kicks, strikes, have to be done with control. **For brown and black belts**, jodan/head area techniques can score when stopped approximately within 5 cm of the target for kicks and 2 cm for hand techniques, and may be delivered with light touch (skin touch), without causing impact. A light touch to the target/skin touch is only permitted for brown and black belts.

From green to purple belts, jodan/head area can score when stopped approximately within 10 cm of the target for kicks and 5 cm for hand techniques. Any contact to the head will be penalized.

Any contact to the throat, unless received by the recipient's own fault, must result in a warning or penalty.

If there is a draw, another match will be held. This re-match is called **Sai-Shiai**. If this re-match ends up in a draw, a second re-match called **Sai-Sai-Shiai** will be held. However, the Head Judge will order that this second re-match is a “**sudden death**” match meaning that the competitor that scores first is declared the winner. After a second re-match the Judges must determine a winner.

Round Robin Jyu Kumite (for 3 and 4 competitors in a division)

The winner of a group in Individual round robin-competition is the athlete having the most victory points.

A win is 3 points, a draw with a Wasari for each competitor is 1 point each, a loss is 0 point.

In cases where there is a tie between two or more Athletes in a division, having the same number of victory points, the criteria below will be applied in the specified order. This means that if a winner is found after one of the criteria, the following criteria will not have to be applied.

- 1) Winner of the bout between the Athletes involved in the tie.
- 2) Higher number of total scores obtained in favour through all bouts.
- 3) Extra bout allowing HANTEI (Sai-Shiai - sudden death)

BELT	KATA ELIMINATIONS FLAGS	KATA FINALS SCORING Last 4 competitors (might change depending on numbers)	KUMITE
White to Red (11th to 9th Kyu)	Taikyoku 1//Heian 1	Kata of choice/Tokui kata	Sanbon Kumite/3 step sparring (Jodan & Chudan) If tie, do migi (left)
Yellow (8th Kyu)	Taikyoku 1/Heian 1	Kata of choice/Tokui kata	Sanbon Kumite/3 step sparring (Jodan & Chudan) If tie, do migi (left)
Orange (7th Kyu)	Taikyoku 1/Heian 1	Kata of choice/Tokui kata	Sanbon Kumite/3 step sparring (Jodan & Chudan) If tie, do migi (left)
Green (6th Kyu)	Heian 1, 2	Kata of choice/Tokui kata	Jyu Kumite/Free sparring - no contact to the head 1.5 minutes
Blue (5th Kyu)	Heian 1, 2, 3	Kata of choice/Tokui kata	Jyu Kumite/Free sparring - no contact to the head 1.5 minutes
Purple (4th Kyu)	Heian 1, 2, 3, 4	Kata of choice/Tokui kata	Jyu Kumite/Free sparring - no contact to the head 1.5 minutes
Brown (3rd to 1st Kyu)	Heian 1, 2, 3, 4, 5/Tekki 1,	Jion - Kanku-Dai - Empi - Bassai-dai	Jyu Kumite/Free sparring - Skin contact to the head allowed 2 minutes
Black (Shodan to Rokudan)	Heian 2, 3, 4, 5/Tekki 1 Sentei Katas Jion - Kanku-Dai - Empi - Bassai-Dai	Kata of choice/Tokui kata	Jyu Kumite/Free sparring - Skin contact to the head allowed 2 minutes

Individual Kata and kumite

Divisions	Kata M	Kumite M	Kata F	Kumite F	Kata/Kumite
5/6 years old (white to red)	A 1	A2	A5	A6	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
5/6 years old (yellow - orange)	A3	A4	A7	A8	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
7/8/9 years old (white to red)	B1	B2	B7	B8	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
7/8/9 years old (yellow/orange)	B3	B4	B9	B10	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
7/8/9 years old (green/blue)	B5	B6	B11	B12	Kata (single elimination and Scoring)) Kumite (repechage or Round Robin)
10/11 years old (white to red)	C1	C2	C9	C10	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
10/11 years old (yellow - orange)	C3	C4	C11	C12	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
10/11 years old (green to purple)	C5	C6	C13	C14	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
10/11 years old (brown)	C7	C8	C15	C16	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
12/13 years old (white to red)	D1	D2	D11	D12	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
12/13 years old (yellow - orange)	D3	D4	D13	D14	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
12/13 years old (green to purple)	D5	D6	D15	D16	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
12/13 years old (brown)	D7	8	D17	D18	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
12/13 years old (black)	D9	D10	D19	D20	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
14/15 years old (white to red)	E1	E2	E11	E12	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
14/15 years old (yellow - orange)	E3	E4	E13	E14	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
14/15 years old (green to purple)	E5	E6	E15	E16	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
14/15 years old (brown)	E7	E8	E17	E18	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
14/15 years old (black)	E9	E10	E19	E20	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
16/17 years old (white to red)	F1	F2	F11	F12	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
16/17 years old (yellow - orange)	F3	F4	F13	F14	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
16/17 years old (green to purple)	F5	F6	F15	F16	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)

16/17 years old (brown)	F7	F8	F17	F18	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
16/17 years old (black)	F9	F10	F19	F20	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
18+ years old (white to red)	G1	G2	G11	G12	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
18+ years old (yellow - orange)	G3	G4	G13	G14	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
18+ years old (green to purple)	G5	G6	G15	G16	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
18+ years old (brown)	G7	G8	G17	G18	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
18+ years old (black)	G9	G10	G19	G20	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
40+ years old (white to red)	H1	H2	H11	H12	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
40+ years old (yellow - orange)	H3	H4	H13	H14	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
40+ years old (green to purple)	H5	H6	H15	H16	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
40+years old (brown)	H7	H8	H17	H18	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)
40+ years old (black)	H9	H10	H19	H20	Kata (single elimination and Scoring) Kumite (repechage or Round Robin)

Team Kata

Each team must consist of 3 contestants, any combination of males or females. A team will compete in the rank division of the highest-ranking team member. A team will also compete in the age division of the older team member. Your club can enter more than one team. Note: competitors are allowed to participate in one team only.

Rank	Divisions	Divisions	Divisions
White to orange belts	11 years old and younger - mixed or not - T1	12 to 15 years old - mixed or not - T4	16 years old and older - mixed or not - T7
Green to purple belts	11 years old and younger - mixed or not - T2	12 to 15 years old - mixed or not - T5	16 years old and older - mixed or not - T8
Brown and Black belts	11 years old and younger - mixed or not - T3	12 to 15 years old - mixed or not - T6	16 years old and older - mixed or not - T9

