



KELOWNA KARATE CHAMPIONSHIP 2026

DATE: Saturday, May 2nd, 2026

START TIME: 9:00am – 3:00pm (Doors open at 8:30am)

LOCATION: Immaculata Regional High School
1493 K.L.O. Road Kelowna, BC, V1W 3N8

REGISTRATION ENTRY FEE: (No registration after April 10th will be accepted.)

Registration must be in by Friday, April 10th, 2026
(4 years old to adult division/All belt ranks) (Non-refundable)

1-Division: \$35 2-Divisions: \$60 3-Divisions: \$80 4-Divisons: \$95

* **Must submit signed waiver and fee to complete registration ***

SPECTACTOR FEE: \$10.00 per person (6 years old and under free.)

Spectator fee must be paid via cash or cheque at the door

PAYMENT:

Cash or Cheque: Kelowna Karate and Fitness Inc.
#1-2520 Juliann Rd. West Kelowna, B.C. V1Z-3R4

E-transfer to: kelownashotokan@gmail.com

(Add detail of what payment is for with your E-transfer.)

CONTACT INFO:

Paul Atkin: Head Instructor/Owner (Kelowna/West Kelowna Karate)
(250) 870-3662 kelownashotokan@gmail.com



KELOWNA KARATE CHAMPIONSHIP – WAIVER

I, the undersigned, do hereby voluntarily submit my application for attendance to participate in the Kelowna Karate championship to be held on May 2nd, 2026 at Immaculata Regional High School, 1493 K.L.O. Road Kelowna.

I do hereby assume full responsibility for any and all damages, personal injury, illnesses or losses that I may sustain or incur, however caused, by attending or participating in the said competition. I hereby release the promoters, organizers, and sponsors of the competition, individually or otherwise, including, but not limited to, KELOWNA KARATE CHAMPIONSHIP and its directors, officers, agents, employees, successors and assigns, of and from any and all claims, demands, debts, sums of money, actions, administrative proceedings, causes of action or suits, of whatever kind of nature, and costs arising from my attendance at or participation in this Kelowna Karate Championship, which I or my executors, administrators, legal representative, or assigns, has or will have including, but not limited to, those arising as a result or in connection personal injury or bodily harm or death or other injury, whether mental, psychological or physical, which I may sustain or incur during my attendance at and participation in said Competition. I do hereby acknowledge and fully understand that any medical treatment given to me during said Competition will be of the “first aid” type only. I understand and acknowledge that medical assistance other than that of the “first aid” type shall not be present or available on site.

I hereby give my consent that any pictures taken or supplied are solely for the use of Kelowna Karate & Fitness Inc/West Kelowna Karate, and I waive and forgo my right and entitlement to receive any compensation in regard thereto.

I have read and fully understand the above waiver. (If you are under 18 years of age, your parent or guardian must sign this waiver).

PRINT name of contestant _____

Signature of Contestant or Parent/Guardian _____

Date: _____

KELOWNA KARATE CHAMPIONSHIP 2026

DATE: Saturday, May 2nd, 2026

DOJO NAME & LOCATION:

*Divisions are subject to change, or combine from low, or high attendance to accommodate all participants. *

Competition Rules and Regulations

RULES FOR KATA

1-Head official / 2- Corner officials / 1-Time keeper / 1-Score Keeper

First round - Kata elimination

2 participants **Flag System**

Second round to finals

Point system – Each referee will award a score.

Base number being 7.0

Lowest score due to disqualification would be 6.4

A perfect score would receive a 7.6

RULES FOR KUMITE

1-Head Official / 2 or 4-corner officials / 1-Score Keeper / 1-Time Keeper

Each match is **3 minutes** continues running time monitored by **Chief referee** stopping time with **timekeeper** and communicating point allotment with **scorekeeper**.

Ippon Shobu 1 point match)- The competitor who has scored one full point or 2 half points first, within the allotted time is declared the winner.

Final matches will be Sanbon Shobu (Youth/Adult)- The competitor who has scored 2 full points first, with the allotted time, is the declared winner.

Target Areas:

Head, chest and stomach, back

If participant is foot swept or thrown to receive a point it must be followed up by a strike of foot or hand
What is considered a fair point

For a participant to receive a point his intent must have maximum spirit and to focus to area which his hand or foot is visually seen **touching** opponent by one of two referees.

Excessive contact will not be tolerated.

First time warning, **second time point awarded to other side.**

If dangerous technique is executed with intention to hurt opponent or excessive contact were blood is drawn, individuals will be disqualified from the match

Other Match Discrepancies

Out of bounds – first time warning, second time warning, **third time point awarded to other side.**

If match has not been decided in the allotted 3 minutes or if there is a tie there will be a two minutes overtime match to 3 points.

If match is still not decided then Head official will make decision on winner based on spirit, aggressiveness, out of bounds etcetera.

RULES FOR KIHON IPPON KUMITE

Kihon Ippon Kumite consists of both participants doing 3 attacks from one side announcing before their attack Jodan, Chudan, Mae-geri.

Person defending will block and counter with a punch after.

Only the right side for attacking, and if it's a draw they will reset and do their left side after the flags have indicated a draw.

Brown and Black belt divisions: Jiyu Ippon Kumite (Semi free sparring) Jodan, Chudan, Mae-geri.

Only right side, and if a draw will reset and do left side.

***All competitors must wear proper protective equipment to compete in Kumite which includes a mouth guard, JKA approved fist protectors, groin protector are mandatory. Extra protective gear is optional.**

RULES FOR FAMILY TEAM KATA

Family teams must consist of a minimum of 2 members.

Divisions can be male/female combined.

Teams can vary in belt ranks.

If unclear please speak with Tournament Director – Sensei Paul Atkin before the competition.