

# 11th JKA CANADIAN NATIONAL CHAMPIONSHIP

## 1. DATE & TIME

Sunday, May 17, 2026

9:00 am – 5:00 pm

## 2. LOCATION

Aréna Raymond-Bourque

2345 Thimens Blvd

Montréal, Québec H4R 3B5

## 3. ELIGIBILITY

Open to all Canadian residents with a valid affiliation with JKA in the member Dojos of JKA SKD or OJKA:

- Ages 9 to 12: 5<sup>th</sup> Kyu and above
- Ages 13 to 18: 3<sup>rd</sup> Kyu and above
- 19 and over: Shodan and above

## 4. REGISTRATION INFORMATION

Registrations are to be submitted to the tournament organizers by each dojo. By the registration deadline, dojo chief instructors are responsible for the following:

- Completing and submitting the Registration Summary Form (Excel sheet) to: [trevorishmael@yahoo.com](mailto:trevorishmael@yahoo.com).
- Ensuring that each competitor has completed the tournament waiver, which can be found online at: <https://forms.gle/sCmjUF8fTRcrvdza8>.
- Sending registration fees electronically to: [jkaskd.can.treasurer@gmail.com](mailto:jkaskd.can.treasurer@gmail.com). You **must use only this password** as an answer to the security question for your e-transfer : National2026.

**Registration deadline: Friday, April 17, 2026.**

**Registration fees: \$50 for one division / \$60 for two or more divisions.**

## 5. CATEGORIES

- “**Junior**” refers to athletes aged 9 to 18 years old on May 17, 2026.
- “**Adult**” refers to athletes aged 19 and over on May 17, 2026.
- “**Veteran**” refers to athletes aged 40 and over for women and athletes aged 50 and over for men. The veteran categories are those of the JKA World Championship.
- Those who will be 19 to 21 years old on May 17, 2026, can participate in the 19-21 category or in the 19 and over category, but not in both. Points earned in the 19-21 category cannot be transferred to the 19 and over category for national team selection.

Category	Belt	Age	Individual Kata & Kumite		Team Kata (1)		
			Male	Female	Male	Female	
Junior	Brown/Black	9	√	√	Boys 9-13	Girls 9-13	
		10	√	√			
		11	√	√			
		12	√	√			
		13	√	√	Boys 14-18	Girls 14-18	
		14	√	√			
		15	√	√			
		16-18	√	√			
Adult	Black	19-21	√	√	Men Black Belt 19+	Women Black Belt 19+	
	Black	19 & +	√	√			
	Black (Veteran)	40-49	n/a	√			√
		50-59	√	√			√
		60 & +	√	√			√

### (1) Team Kata

- Each team must consist of 3 athletes, and each athlete is allowed to participate in one team only.
- Mixed teams are not permitted. (Réf. Specific Guidelines for Kata Tournaments for Boys and Girls Tournaments).
- If any team member is 19 and older, that team must compete in the adult category.

## 6. TOURNAMENT RULES

JKA rules will be used at the tournament, subject only to necessary variations.

<https://www.jka.or.jp/wp/wp-content/uploads/2017/05/Tournament-Rules-Regulations-20250401.pdf>

### **Age and rank divisions**

The Tournament Technical Committee reserves the right to consolidate age and/or rank divisions in any tournament event as it deems necessary. Athletes may be moved up or down in age group depending on the number of athletes in the age division.

### **Repechage**

- *Adults*

A repechage system starting from the top 4 will be used for Individual Kata and Kumite events to award points to the top 8 positions.

- *Juniors*

A simpler system, starting from the top 2, may be used to determine the top 6 positions.

## 7. INDIVIDUAL KUMITE

### **7.1 For all categories**

#### **Shobu Ippon Kumite (One Point System Free Sparring), 2 minute-match**

- Tiebreak Rule for Shobu Ippon Kumite (Item 24 JKA Rules):  
If the outcome of the match or event cannot be decided, a draw or Hikiwake is then declared.
- The Host Organization decides prior to the Tournament at which stage the “sudden death” (Sai-Shiai or Sai-Sai-Shiai) will be used.

### **7.2 Men’s Kumite Final (does not apply to 19-21 category)**

- Shobu Sanbon Kumite, 3 minute-match.

Tiebreak Rule: same as above.

- In the case where there are only three athletes in an event, a Double Elimination system will be used.

## 8. KATA EVENTS

### 8.1 INDIVIDUAL KATA

- **9,10,11,12 Categories (5<sup>th</sup> Kyu and +)**
  - **Preliminary matches (until the final 8 athletes)**  
FLAG SYSTEM; one kata by random draw from: Heian 1, Heian 2, Heian 3, Heian 4, Heian 5 & Tekki Shodan
  - **Final matches (8 athletes or less)**  
POINT SYSTEM; the contestant must choose one kata from the following: Bassai-Dai, Kanku-Dai, Jion, Enpi, Jitte, Hangetsu, Gangaku
- **13 to 15 Category (3<sup>rd</sup> Kyu and +)**
  - **Preliminary matches (until the final 8 athletes)**  
FLAG SYSTEM; SHITEI KATA – one kata by random draw from: Heian 1, Heian 2, Heian 3, Heian 4, Heian 5 & Tekki Shodan
  - **Final matches (8 athletes or less)**  
POINT SYSTEM; TOKUI KATA – the contestant must choose one kata from the following:  
Bassai-Dai, Kanku-Dai, Jion, Enpi, Jitte, Hangetsu, Gangaku, Tekki Nidan, Tekki Sandan, Bassai-Sho, Kanku-Sho, Nijushiho, Sochin, Meikyo, Gojushiho-Sho, Gojushiho-Dai, Unsu, Chinte, Wankan
- **Categories 16 to 18, 19-21 and 19+ including Veterans**
  - **Preliminary matches (until the final 16 athletes)**  
FLAG SYSTEM; SHITEI KATA – one kata by random draw from: Heian 1, Heian 2, Heian 3, Heian 4, Heian 5 & Tekki Shodan
  - **Semi-final matches (until the final 8 athletes)**  
FLAG SYSTEM; SENTEI KATA – one kata by random draw from: Bassai-Dai, Kanku-Dai, Jion, Enpi
  - **Final matches (8 athletes or less)**

POINT SYSTEM; TOKUI KATA – the contestant must choose one kata from the following:

Bassai-Dai, Kanku-Dai, Jion, Enpi, Jitte, Hangetsu, Gangaku, Tekki Nidan, Tekki Sandan, Bassai-Sho, Kanku-Sho, Nijushiho, Sochin, Meikyo, Gojushiho-Sho, Gojushiho-Dai, Unsu, Chinte, Wankan

- **Note: Tiebreak Rule for Individual Kata Matches (Item 38 JKA Rules)**
  - **FLAG SYSTEM**

The head judge will randomly choose another kata to be performed by the 2 athletes.
  - **POINT SYSTEM**

The athletes will perform the same kata again (Sai-Shiai).  
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 there is still a draw, the athletes will perform a different kata (Sai-Sai-Shiai).  
The outcome of this match must be determined using different scores from each judge.

## 8.2 TEAM KATA

- **9 to 13 Category: POINT SYSTEM**

The athlete must choose one kata from the following: Bassai-Dai, Kanku-Dai, Jion, Enpi, Jitte, Hangetsu, Gankaku
- **Categories 14 to 18 & 19 and +: POINT SYSTEM**

The athlete must choose one kata from the following: Bassai-Dai, Kanku-Dai, Jion, Enpi, Jitte, Hangetsu, Gankaku, Tekki Nidan, Tekki Sandan, Bassai-Sho, Kanku-Sho, Nijushiho, Sochin, Meikyo, Gojushiho-Sho, Gojushiho-Dai, Unsu, Chinte, Wankan.

**Note:** Tiebreak Rule same as in Point System Individual Kata Match.

## **9. DRESS CODE & SAFETY EQUIPMENT**

### **9.1 Dress Code**

- Athletes must wear an all-plain white uniform.
- No Canadian flag on the uniform.
- Female athletes must wear a plain white T-shirt beneath the Karate jacket.
- Athletes must have short fingernails and must not wear metallic or other objects, which might injure their opponents; discreet rubber bands for hair are permitted.
- For kumite, glasses are forbidden.
- Dental devices must be approved by the Referee and the Official Doctor.
- **Religiously mandated headwear covering the hair but not the neck nor the throat are permitted.**

### **9.2 Kumite Safety Equipment**

- Compulsory Equipment
  - White gloves, JKA style (colored gloves are not permitted)
  - Transparent mouth guard
  - Groin guard (male)
- Permitted Equipment
  - Breast protector for women
  - JKA-type chest protector worn under the uniform

## **10. SELECTION CRITERIA FOR FUTURE INTERNATIONAL TOURNAMENTS**

Athletes will be awarded points based on their results at this Championship. The total points from the two most recent Canadian national championships (achieved in the same category) prior to an international championship, as well as the results from the latest JKA World Championships and the latest JKA Pan American Championships, will be used to determine the highest-ranked individuals in Kata and Kumite.

Selection for the Team Kumite will be based on the results of individual Kumite.

Refer to the document “Canadian JKA Team Selection Criteria” Revised March 05, 2025, for more details.

## **11. TOURNAMENT JUDGES**

Judges with valid JKA qualifications (“D”, “C”, “B”, and “A”) interested in officiating at the national tournament are invited to register via the online form found at this link: <https://forms.gle/2uJ5niKirYFdcuMMA>.

Any questions about judging at the 2026 JKA National Championship can be addressed to Sensei Jean-Pierre Cusson, at <mailto:karate.jka@videotron.ca>.

## EVENTS REGISTRATION FORM

***Provided for the convenience of dojo instructors.***

***Do not return this form to the organizers.***

Name: \_\_\_\_\_ Male  Female

Dojo: \_\_\_\_\_ Rank: \_\_\_\_\_

Date of Birth (yyyy-mm-dd): \_\_\_\_\_

Junior	9 years old	<input type="checkbox"/>	13 years old	<input type="checkbox"/>
	10 years old	<input type="checkbox"/>	14 years old	<input type="checkbox"/>
	11 years old	<input type="checkbox"/>	15 years old	<input type="checkbox"/>
	12 years old	<input type="checkbox"/>	16-18 years old	<input type="checkbox"/>

Adult	19-21 years old	<input type="checkbox"/>
	19 years old & up	<input type="checkbox"/>

Veteran	40-49 years old	<input type="checkbox"/>	Category for women only
	50-59 yers old	<input type="checkbox"/>	
	60 years old & +	<input type="checkbox"/>	

Contestants must have a valid JKA membership.

Association Name (check one): JKA-SKD  OJKA

Membership Number: \_\_\_\_\_

Black belt, Dan certificate #: \_\_\_\_\_

**Event Fees:**

Individual Kumite   
 Individual Kata   
 Team Kata

1 Event	\$ 50
2 or more	\$ 60

**MANDATORY REQUIREMENT: A signed waiver form must be submitted for a constestant to participate in any event.**

## TEAM KATA EVENT REGISTRATION FORM

***Provided for the convenience of dojo instructors.***

***Do not return this form to the organizers.***

Each team must consist of 3 athletes of the same gender. Mixed teams are not allowed, as specified in article 2 of the section “Specific Guidelines for Kata Tournaments for Boys & Girls”.

Note: Athletes are allowed to participate on one team only.

<b>DOJO NAME &amp; NUMBER:</b>			
<b>TEAM NAME:</b>			
TEAM MEMBERS NAMES	RANK	DOJO	CATEGORY (check one)
			Junior Girls 9-13 <input type="checkbox"/> Junior Girls 14-18 <input type="checkbox"/> Junior Boys 9-13 <input type="checkbox"/> Junior Boys 14-18 <input type="checkbox"/> Black 19+ (F) <input type="checkbox"/> Black 19+ (M) <input type="checkbox"/>
<b>TEAM NAME:</b>			
TEAM MEMBERS NAMES	RANK	DOJO	CATEGORY (check one)
			Junior Girls 9-13 <input type="checkbox"/> Junior Girls 14-18 <input type="checkbox"/> Junior Boys 9-13 <input type="checkbox"/> Junior Boys 14-18 <input type="checkbox"/> Black 19+ (F) <input type="checkbox"/> Black 19+ (M) <input type="checkbox"/>
<b>TEAM NAME:</b>			
TEAM MEMBERS NAMES	RANK	DOJO	CATEGORY (check one)
			Junior Girls 9-13 <input type="checkbox"/> Junior Girls 14-18 <input type="checkbox"/> Junior Boys 9-13 <input type="checkbox"/> Junior Boys 14-18 <input type="checkbox"/> Black 19+ (F) <input type="checkbox"/> Black 19+ (M) <input type="checkbox"/>