

2022
National Championships
&
US Team Trials



Where Olympic Journeys Begin

June 29 – July 3
Spokane, WA

At The Podium
Spokane, WA

Version 10 – June 26, 2022



Dear Competitors, Officials, Coaches and Friends,

On behalf of USA Karate, I would like to invite you to join us at the 2022 USA National Karate Championships & US Team Trials. This exciting event features competition for all ages and skill levels, and selects the members of our Junior and Senior National Teams.

This year's competition will be hosted at The Podium in Spokane, Washington. This fantastic venue will play host to four days of exciting competition. Our Headquarters Hotel will be The Centennial by Davenport Hotels.

In addition to top-level competition, we will again host a number of seminars and courses. I encourage everyone to take part in one of our high-level seminars and courses. Be it the technical seminars, referee certification course or our coach education course that is based on the latest training our National coaches are receiving from the USOPC, make your plans to participate in these events that will make you a better all-around karate-ka.

Each year, the National Championships continues to grow and reassure its reputation as the premier domestic karate event in the United States, and this year's event is looking to be outstanding. I hope you will be able to join us in Spokane for this exciting event.

Best Regards,

Phil Hampel
Chief Executive Officer
USA National Karate-do Federation





Where Olympic Journeys Begin

USA National Karate-do Federation National Championships & Team Trials General Schedule – List of Events



Monday, June 27, 2022

Arrival of Delegations

Tuesday, June 28, 2022 - The Podium

12:00pm-5:00pm

Registration & Credential Desk Open

Wednesday, June 29, 2022 - The Podium

8:30am-12:00pm

Registration & Credential Desk Open

8:30am-6:00pm

Referee Certification Course

9:00am-9:30am

*Junior Elite Athlete Weigh-In (ages 12-17)

9:30am-10:00am

*Senior Elite Athlete Weigh-In (ages 18-34)

10:30am-5:00pm

Board of Directors Meeting

1:00pm-5:00pm

Registration & Credential Desk Open

2:00pm-2:30pm

*Junior Athlete Weigh-In (ages 12-17)

2:30pm-3:00pm

*Senior Athlete Weigh-In (ages 18-34)

2:00pm-6:00pm

Dan Certification (by appointment with Technical Committee)

5:00pm-6:00pm

Volunteer Meeting

6:00pm-7:00pm

Referee Briefing – **Mandatory for All Officials**

6:00pm-7:00pm

Coach Briefing / Elite Kata Draws – **Mandatory for All Coaches**

7:00pm-8:00pm

Karate General Assembly

Thursday, June 30, 2022 - The Podium

8:00am

Competition Begins

Elite Kata (Jr. & Sr. Team Trials) Divisions

Elite Team Kata (Sr. Team Trials) Divisions

Non Elite Kata Divisions

Long & Short Weapons Divisions

Team Kata Divisions (Male, Female, Family, & Mixed Gender)

Style Specific Kata Divisions (Shotokan, Shito-ryu, Goju-ryu, Wado-ryu)

Masters Caucus

11:00am-12:00pm

*Final Junior Elite Athlete Weigh-In

12:00pm-12:30pm

*Sr. Elite Athlete Weigh-In

12:30pm-1:00pm

Draws Elite Divisions (Staging)

5:00pm-5:30pm

World Games Pep Rally/US Team sendoff

6:00pm-6:45pm

Friday, July 1, 2022 - The Podium

8:00am

Competition Continues

12-20 Elite Kumite (Jr. Team Trial) Divisions

Non-Elite Kata Divisions

Para-Karate Divisions

Long & Short Weapons Divisions

12:30pm-1:00pm

*Final Senior Athlete Weigh-In

5:00pm-5:30pm

Draws for Elite Divisions (Staging)

Saturday, July 2, 2022 - The Podium

8:00am

Competition Continues

Non-Elite Kumite Divisions

18-34 Elite Kumite (Sr. Team Trials) Divisions

Elite Para Kata Divisions

All Team Kumite Divisions

Sunday, July 3, 2022 - The Podium

8:00am

Competition Continues

Junior Non-Elite Kumite

Long & Short Weapons

Athlete Town Hall

11:00am-12:00pm

Jr National Team Meeting

12:00pm-1:00pm

7:00pm

Junior Elite Division Finals

***Elite Athletes must bring their current passport & credentials to weigh in.**



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Schedule of Competition



Thursday June 30, 2022

The following divisions need to be in the competition venue and prepared to be called to Staging. This does not mean you will be called to staging at this time, this is only a general estimate for your convenience.

7:30am	All Shotokan Kata Divisions All Wado-Ryu Kata Divisions 12 Year Old FEMALE Kata Divisions All 12-13 Years Elite Kata	SK302-SK303 SK306-SK307 K350-K353 EK500 & EK501
8:00am	All Shito-Ryu Kata Divisions 12 Year Old MALE Kata Divisions	SK300-SK301 K354-K357
8:45am	13 Year Old FEMALE Kata Divisions All 14-15 Years Elite Kata	K358-K361 EK502 & EK503
9:30am	13 Year Old MALE Kata Divisions All 18-34 Years Kobudo	K362-K365 WB328-WB333 & WS328-WS333
10:30am	14 Year Old FEMALE Kata Divisions All 35 Years and Up Kobudo All Goju-Ryu Kata Divisions All 16-17 Years Elite Kata	K366-K369 WB334-WB335 & WS334-WS335 SK304-SK305 EK504 & EK505
11:30am	14 Year Old Male Kata Divisions All 18-20 Years Elite Kata	K370-K373 EK506 & EK507
12:00pm	All 15 Year Old Kata Divisions	K374-K381
12:30pm	All 16 Year Old Kata Divisions All 17 Year Old Kata Divisions	K382-K389 K390-K397
1:00pm	All 17 and Under Team Kata Divisions	TK300-TK305 & TK310-TK315
1:30pm	All 18-34 Years Team Kata Divisions All 35 and Up Team Kata Divisions	TK306-TK307 & TK316-TK317 TK308-TK309 & TK318-TK319
2:00pm	All 16-34 Years Old Elite Kata All Mixed Team Kata Divisions	EK600 & EK601 TK320-TK329
2:30pm	All Family Team Kata Divisions All 18-20 Years Elite Team Kata	TK330-TK331 ETK502 & ETK503
3:00pm	All 14-17 Years Elite Team Kata All 18-34 Years Elite Team Kata	ETK500 & ETK501 ETK600 & ETK601



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USA National Karate-do Federation National Championships & Team Trials Schedule of Competition



Friday July 1, 2022

The following divisions need to be in the competition venue and prepared to be called to Staging.
This does not mean you will be called to staging at this time, this is only a general estimate for your convenience.

7:30am	All 5 Year Old and Under Kata Divisions All 6 Year Old Kata Divisions All 7 Year Old Kata Divisions 14-15 Year Old Male Elite Kumite	K300 & K301 K302-K309 K310-K317 ES508-ES512
8:15am	All 8 Year Old Kata Divisions 14-15 Year Old Female Elite Kumite	K318-K325 ES513-ES515
9:00am	All 9 Year Old Kata Divisions	K326-K333
9:30am	10 Year Old FEMALE Kata Divisions	K334-K337
10:00am	10 Year Old MALE Kata Divisions 18-20 Year Old Male Elite Kumite	K338-K341 ES525-ES529
10:30am	11 Year Old FEMALE Kata Divisions	K342-K345
11:00am	18-20 Year Old Female Elite Kumite	ES530-ES534
11:30am	11 Year Old MALE Kata Divisions 12-13 Year Old Male Elite Kumite	K346-K349 ES500-ES504
12:00pm	All Para-Karate Divisions All ages Iaido Divisions	PK300-PK341 IS300-IS302
1:00pm	12-13 Year Old Female Elite Kumite	ES505-ES507
1:30pm	16-17 Year Old Male Elite Kumite All 9 and Under Kobudo	ES516-ES520 WB300-WB303 & WS300-WS303
2:00pm	All 10-11 Years Kobudo	WB304-WB309 & WS304-WS309
2:30pm	16-17 Years Old Female Elite Kumite	ES521-ES524
3:00pm	All 18-34 Years Old Kata Divisions All 35 and Up Kata Divisions All 18-34 Years Old Advanced Kata	K398-K403 K404-K415 K416 & K417



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USA National Karate-do Federation National Championships & Team Trials Schedule of Competition



Saturday July 2, 2022

The following divisions need to be in the competition venue and prepared to be called to Staging. This does not mean you will be called to staging at this time, this is only a general estimate for your convenience.

7:30am	All 7 and Under Kumite Divisions 18-34 Years Old Elite Male Kumite	S300-S317 ES600-ES602
8:00am	All 8 Year Old Kumite Divisions Male and Female Elite-Para Kata	S318-S325 EPK400-EPK405
8:30am	18-34 Years Old Elite Male Kumite	ES603-ES604
9:30am	9 Year Old Female Kumite Divisions	S326-S329
10:00am	9 Year Old Male Kumite Divisions	S330-S333
10:30am	All 18-34 Years Old Elite Female Kumite	ES605-ES609
12:00pm	18-34 Year Old NON Elite Kumite	S398-S407
1:30pm	All 35 and Up Female Kumite Divisions	S408-S411
2:30pm	Open Kumite Divisions All 35 and Up Male Kumite Divisions	ES610 & ES611 S412-S415
3:00pm	All 11 and Under Team Kumite	TS300-TS311
3:30pm	All 18-34 Year Old Team Kumite	TS324-TS327
4:00pm	All 12-15 Year Old Team Kumite	TS312-TS319
4:30pm	All 16-17 Year Team Kumite All 35 and Up Team Kumite	TS320-TS323 TS328-TS331



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USA National Karate-do Federation National Championships & Team Trials Schedule of Competition



Sunday July 3, 2022

The following divisions need to be in the competition venue and prepared to be called to Staging.
This does not mean you will be called to staging at this time, this is only a general estimate for your convenience.

7:30am	All 10 Year Old Kumite Divisions All 11 Year Old Female Kumite Divisions All 14-15 Years Kobudo	S334-S341 S342-S345 WB316-WB321 & WS316-WS321
8:15am	All 11 Year Old Male Kumite Divisions	S346-S349
8:30am	All 12 Year Old Female Kumite Divisions All 16-17 Kobudo Divisions	S350-S353 WB322-WB327 & WS322-WS327
9:00am	All 12 Year Old Male Kumite Divisions	S354-S357
10:00am	All 13 Year Old Female Kumite Divisions	S358-S361
10:30am	All 13 Year Old Male Kumite Divisions	S362-S365
11:00am	All 14 Year Old Female Kumite Divisions	S366-S369
11:30am	All 14 Year Old Male Kumite Divisions	S370-S373
12:00pm	All 15 year Old Kumite Divisions All 12-13 Years Kobudo	S374-S381 WB310-WB315 & WS310-WS315
12:30pm	All 16 Year Old Kumite Divisions All 17 Year Old Kumite Divisions	S382-S389 S390-S397

7:00 Finals

14-15 Years Old Elite Kata & Kumite Divisions
16-17 Years Old Elite Kata & Kumite Divisions
18-20 Years Old Elite Kata & Kumite Divisions



USA National Karate-do Federation National Championships & Team Trials Kumite & Kata Referee Course Schedule



Wednesday, June 29, 2022

8:30am – 9:00am	Officials check-in and submission of referee books to Referee Certification Committee
9:00am – 9:50am	Kumite lecture
9:50am – 10:00am	Break
10:00am – 10:50am	Kata lecture
10:50am – 11:00am	Break
11:00am - 12:00pm	USA under AA-level officials Kata and Kumite practical training
11:00am – 12:00pm	USA AA-Level PKF-level & WKF-level officials video review & Kata tablet practical training
12:00pm – 1:00pm	Lunch break
1:00pm – 2:00pm	USA Sr. National Team & USA Coaching Staff collaborative training with ALL officials
2:00pm - 2:30pm	Time reserved for answering any remaining questions
2:30pm – 4:00pm	Kata and Kumite written examinations
6:00pm - 7:00pm	Briefing: Mandatory for all officials

Important:

The practical component for kata and kumite testing will occur during the tournament.

The results for those who tested will be given upon the conclusion of the tournament.

USA Karate Kata Judge A and Kumite Referee A, PKF, and WKF officials are exempt from taking the written test(s) to renew their licenses but must participate at the lecture of the rules of competition.

USA Karate will not allow any official to officiate if they are not in compliance with their annual USA Karate membership, SafeSport™ Training, and Background Check (NCSI).

No PKF or WKF officials will be allowed to coach if they want to represent USA Karate at international competitions in the capacity of an official in 2022.

If you are testing for a license at any signature event, you need to be available at all times for evaluation and, therefore, no coaching is permitted.



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USA National Karate-do Federation National Championships & Team Trials Hotel Information



Host Hotel

The Centennial Spokane – SOLD OUT

303 W North River Dr, Spokane, WA 99201
(509) 326-8000

- Group Rate: \$159.00 +tax, per night for attendees
- Cutoff date: May 27, 2022
- Cancellation policy: All individual reservations must be guaranteed by a first night room deposit, purchase order or credit card. If the room is guaranteed and the individual does not arrive, the individual will be responsible for the first night payment of the room rate, plus applicable taxes.
- A \$4.00 per night Tourism Promotion and Assessment Fee will be charged to each guestroom.

Call **1-844-733-3305** and request USA National Karate-do Federation Rate Quote special rates

Click here for [The Centennial Spokane Online Reservations](#)

Last Day to Book: Friday, May 27, 2022

DoubleTree by Hilton Spokane City Center – SOLD OUT

322 North Spokane Falls Court, Spokane, WA 99201
(509) 455-9600

Group Rate:

Room	Single Rate	Double Rate	Triple Rate	Quad Rate
1 King Bed Standard	\$155.00	\$155.00	\$175.00	\$195.00
2 Queen Beds Standard	\$155.00	\$155.00	\$175.00	\$195.00

- Complimentary Breakfast Buffet Included
- Basic guestroom internet included
- Cutoff date: Monday June 7, 2022
- Cancellation policy: A deposit equal to one night’s stay is required to hold each individual’s reservation. Should a guest cancel a reservation, the deposit will be refunded if notice is received at least 3 DAYS prior to arrival and a cancellation number is obtained.
- Early Departure Fee: If a guest who has requested a room within the Room Block checks out prior to the guest's reserved checkout date, the Hotel will add an early checkout fee to that guest's individual account equal to one night's room and tax. Guests wishing to avoid an early checkout fee should advise the Hotel at or before check-in of any change in planned length of stay.

Click here for the [Double Tree by Hilton Spokane City Center Online Reservations](#)

Last Day to Book: Monday, June 7, 2022



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USA National Karate-do Federation National Championships & Team Trials Hotel Information



The Davenport Tower, Autograph Collection

111 South Post Street
Spokane, WA 99201
(509) 789-6965

Group Rate: \$209.00 Double Queen

Call (509) 789-6965 to reserve a room and let them know you are with USA National Karate-do Federation.

[Book your group rate for USA National Karate-do Federation 2022](#)

Last Day to Book: Friday, June 24, 2022



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USA National Karate-do Federation National Championships & Team Trials Hotel Information Additional Hotels



Downtown Hotels:	Rate:	Distance to The Podium:	Concessions:	Hotel Phone Number:
Oxford Suites Downtown	\$149 K \$159 QQ	0.7 miles	breakfast and parking	(509) 353-9000
Best Western Plus City Center	\$145	1.0 mile	Complimentary breakfast and parking	(509) 623-9727
Spokane Valley Hotels:	Rate:	Distance to The Podium:	Concessions:	Hotel Phone Number:
Oxford Suites Spokane Valley	\$165	12 miles	Complimentary breakfast and parking	(509) 847-1000
Mirabeau Park Hotel and Convention Center	\$169	13 miles	Complimentary breakfast and parking	(509) 924-9000
West Plains Hotels:	Rate:	Distance to The Podium:	Concessions:	Hotel Phone Number:
Holiday Inn Spokane Airport	\$169	4.8 miles	Complimentary breakfast and parking	(509) 838-1170
Best Western Plus Peppertree Airport Inn	\$150	6.6 miles	Complimentary breakfast and parking	(509) 289-2760
Sleep Inn	\$179	6.7 miles	Complimentary breakfast and parking	(509) 315-8922
Springhill Suites	\$199	7.7 miles	Complimentary breakfast and parking	(509) 838-9540
Stratford Suites	\$189	9.3 miles	Complimentary parking	(509) 321-1600
Northern Quest Resort & Casino	10% OFF	9.7 miles	Complimentary parking	(509) 838-9540
Holiday Inn Express Hotel & Suites Cheney	\$149	16 miles	Complimentary breakfast and parking	(509) 235-1100
North Spokane & Cheney Hotels:	Rate:	Distance to The Podium:	Concessions:	Hotel Phone Number:
Quality Inn Oakwood	\$17	5.0 miles	Complimentary breakfast and parking	(509) 467-4900



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



Competition Venue

The competition, courses and briefings will be held at the Podium in Spokane Washington. The Podium is a world class competition venue located at 511 W Dean Ave, Spokane Washington. Visit The Podium website for information on the venue at <https://www.thepodiumusa.com>. The Podium has a clear bag policy for spectators. No outside food or beverage is allowed. Athletes can bring in bottled water. Check out the [Know Before You Go page](#) on their website.

Covid-19 Protocols

USA Karate is concerned for the safety of our athletes, officials, staff members, volunteers and spectators. N95 or KN95 Masks are recommended for all individuals regardless of vaccination status within the tournament and event space. Protocols may change if additional restrictions are put on by the convention center, hotels, federal, state, or local health departments.

Rules of Competition

This tournament will utilize the current World Karate Federation Rules of Competition for the Elite Divisions. We will make minor adjustments for non-elite divisions and follow the USA-NKF Rules. [Click here to access the rules of competition.](#)

Membership Fees

To be eligible to compete you must be a member in good standing. Athlete, Coach and Official Members are eligible to compete. Membership platform is at usankf.sport80.com

Athlete Annual Membership	\$60
Coach or Official Annual Membership	\$75
USA-NKF Patch – REQUIRED	\$10

Event Fees

COMPETITION REGISTRATION FEES

First Division	\$100
Second thru Fourth Divisions	\$60 / division
Each Division after Fourth	\$70 / division



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USA National Karate-do Federation National Championships & Team Trials



Event and Registration Information

Elite (Team Trial Divisions)	\$125 / division
Team Non-Elite Divisions	\$160 per team
Team Elite Divisions	\$200 per team

LATE REGISTRATION FEES

Online Late Registration Fee
Registrations completed after June 14, 2022 \$50

On-site Registration Fee \$100

SMS TEXT MESSAGES

SMS Text Messaging Alerts per number \$10

SPECTATOR PASSES

Coming Soon – tickets will be purchased through Ticket West.

Competitor Registration

Athletes compete at their age as of the 1st day of competition – June 30, 2022

Online Registration

Using our convenient online registration is the fastest, easiest and best way to register for this event. Visit usakaratenationals.com to register – registration will be opening soon.

Late fees will begin on June 14, 2022, at 11:59 PM Mountain Time Zone and online registration will close on June 27, 2022, at 11:59 PM Mountain Time Zone.

USA Karate Referee/Judge Certification Course

USA Karate will host a Referee/Judge Certification Course Wednesday, June 29 that will issue certifications up to Kumite Referee A & Kata Judge A. You must be a current member in good standing. Referee licenses are available to Official and Coach members. Your registration fee will cover both Kata and Kumite course, and every official is encouraged to work to attain both licenses.

Kumite & Kata Referee/Judge Certification Course Fee: \$200

Referee/Judge Certification Course Registration is available online only!



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



USA Karate Officials who have attained the Karate Referee standard (Kumite Referee A & Kata Judge A) may participate in the course at no charge. USA Karate Officials who have a Kumite Referee A are entitled to a 50% discount. Please contact natoffice@usankf.org for more details.

Referees not participating in the certification course, but attending the championships are required to register online at usakaratenationals.com. Registration opening soon.

**Please note all officials will be required to hold a current USANKF official or coach membership – Safe Sport compliance is a condition of membership per our bylaws this requires completed NCSI Background Check, SafeSport™ Training and review of the Participant Safety Handbook. Information available at safesport.usankf.org. SafeSport™ Training and Background Screens can be completed from your membership profile on [our Sport:80 membership platform](#). Background Screens have been taking longer than previous years and could take up to 10 days.

Athlete Town Hall

Message from the USANKF Athlete Representatives and Athlete Advisory Council

As part of our continued effort to improve communications within USANKF, the Athlete representatives and Athlete Advisory Council would like to invite you to the Athlete Town Hall on Sunday, July 3rd at 11am at the competition venue, The Podium in Spokane, Washington.

This Athlete Town hall is open to all athlete members and their parents. Here is an agenda of what we would like to cover:

- Introduction and message from the USANKF Board Chair, Mr Rahul Bawa
- Information to-date on NKF, PKF and WKF events for 2022-23
- Information on current Athlete support
- Feedback from participants: What would you like to see improved regarding athlete support?



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



- Feedback from participants: What suggestions do you have for improved communication around USA Karate sanctioned events (ex. USA Open, Nationals, official team trips)?

We anticipate that there will be a lot of enthusiastic conversation, and we encourage a respectful discussion by all. The event will be moderated so that we may hear from as many participants as possible.

If you have any questions, please do not hesitate to reach out to your Board member athlete reps.

Sincerely,

USANKF Athlete Representatives and Athlete Advisory Council

World Games Pep Rally/US Team Sendoff

Spokane Sports Commission and USA Karate will be hosting a Pep Rally and Sendoff for our athletes who will be competing at the World Games July 7-8 in Birmingham Alabama. The rally will be on Thursday from 6pm-6:45pm at The Deck outside The Podium. It is open to everyone and is free to attend. There will be a DJ, MC introducing the US Team, ice cream and food vendors. Come out for plenty of flag waiving and hometown spirit as we send our athletes off to the World Games.

Live Streaming

USA Karate has partnered with BallerTV to provide Live Streams of the National Championships and Team Trials.



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



Watch USA National Karate Championships & Team Trials Live on BallerTV

BallerTV will be broadcasting every match of USA National Karate Championships & Team Trials live!

[Sign-up now](#) to access live matches, scores and highlights **plus** post-event match replays

[Access the Livestream](#)



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



View Replays

Catch every match, every play, every replay, on BallerTV.



Highlight Reels

Order custom made highlight reels and showcase your skills!



Download Matches

Purchase full length match downloads to share with friends and family.



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



GET YOUR EVENT SHIRT NOW!

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**Customize Online
or at the Event**



- 1. Choose the Shirt**
- 2. Choose the Size**
- 3. Choose the logos to Customize**



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USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



USA Karate Coaches Floor Access Pass Credential

Credential Fee: \$125 – Online only

To obtain a Coaches Floor Access Pass Credential, you must register in advance, online by visiting the USA Karate National Championships page at usakaratenationals.com. You must be a current USANKF official or coach member – Safe Sport compliance is a condition of membership per our bylaws this requires completed NCSI Background Check and SafeSport™ Training and review of the Participant Safety Handbook. There will be no way to register for the Coaches Floor Access Pass Credential on-site. The Safe Sport compliance must be completed and verified by USA Karate in advance of the competition. SafeSport™ Training and Background Screens can be completed from your membership profile on [our Sport:80 membership platform](#). Background Screens have been taking longer than previous years and could take up to 10 days.

Late fees will begin on June 14, 2022 at 11:59 PM Mountain Time Zone

Online registration will close on June 27, 2022 at 11:59 PM Mountain Time Zone

NO EXCEPTIONS!



Where Olympic Journeys Begin

USA National Karate-do Federation National Championships & Team Trials Event and Registration Information



Press Credentials

The criteria for obtaining a Press Credential to access the competition floor is as follows:

You must either be:

- Representative of an accredited news agency

OR

- Approved by a registered club with over 5 competitors

USA Karate Safe Sport program requires all credential holders (including some accredited media*) to complete the following:

- NCSI Background Check – allow at least 10 days for the background check to be processed
- U.S. Center for SafeSport™ Training
- SafeSport™ Training and Background Screens can be completed from your profile on [our Sport:80 membership platform](#). Background Screens have been taking longer than previous years and could take up to 10 days.

*National and local newspapers, cable and television outlets will be excluded.

If you are a representative of an accredited news agency please contact the national office for information on completing the background check and SafeSport™ Training. You can contact the national office via email natoffice@usankf.org or by phone 719-477-6925

***By being granted access to the competition floor USA Karate has the right to access your photos for use.

You can apply for a press credential at <https://usakarate.wufoo.com/forms/2022-press-pass-app-national-championships/>

PROUD HOST CITY OF
2022 USA KARATE NATIONAL CHAMPIONSHIPS
JUNE 30 - JULY 3

WELCOME TO
Spokane
WASHINGTON, USA



ERIC SAWYER
CEO, SPOKANE SPORTS

On behalf of the Spokane Sports, I personally welcome each of you to Spokane, Washington, located in the heart of the Pacific Northwest. It's an honor to host all Karate athletes for this important competition. We are working hard to develop an exceptional championship experience for all athletes, officials, coaches and fans. In Spokane, you'll experience a top-notch championship venue, amazing summer weather, a vibrant and walkable city. Our community is counting down the days. Good luck with your training and we'll see you soon.

Safe travels,

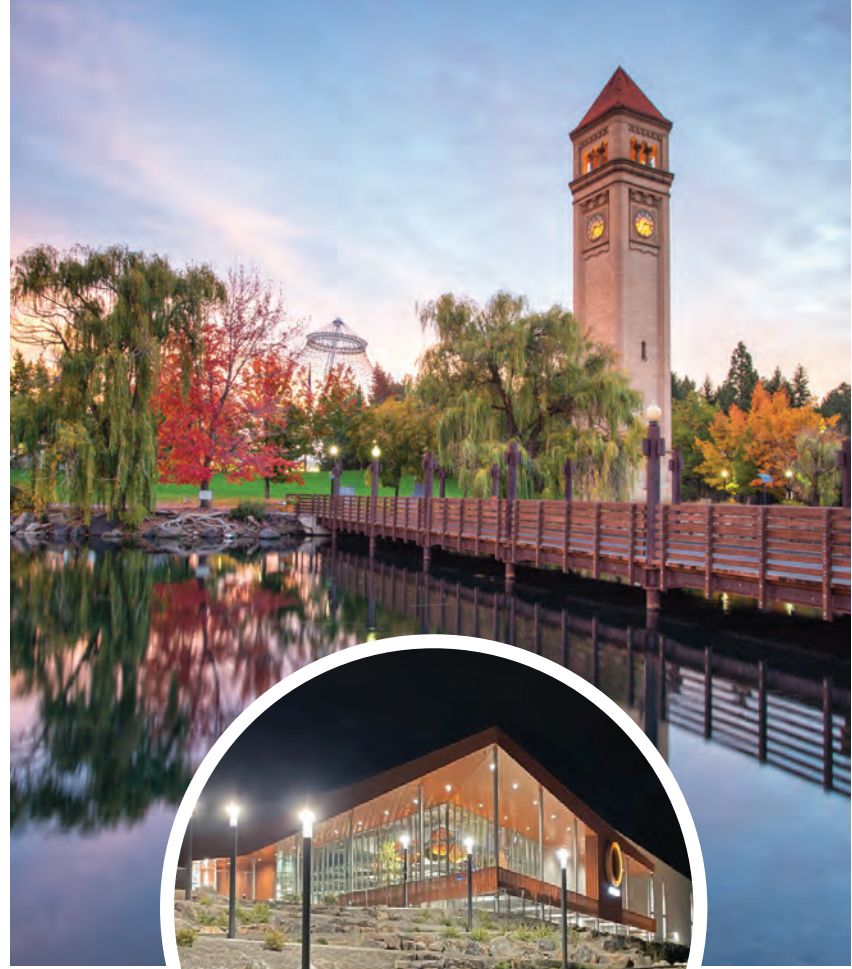
Eric Sawyer
Spokane Sports



Spokane: A city designed for athletes and fans.

- Walkable, safe and friendly downtown.
- Shopping, dining and entertainment just outside the venue.
- Friendly, athlete-orientated community.
- Easy airport—just 10 minutes from downtown, Spokane.
- Endless day trip options—from lakes to theme parks.
- Culinary journeys for every budget and taste.





All New Championship Venue: The Podium

- Located in the heart of a vibrant, walkable city.
- Positioned with a spectacular view of Riverfront Park.
- Walking distance to hotels, restaurants, and entertainment.
- Conveniently located just eight miles to the Spokane International Airport.
- Free wifi and on-site concessions offering healthy options.



ATHLETES LOVE THE SPOKANE EXPERIENCE

Event location has everything to do with event success. It's why something special happens to sporting events in the Spokane region. They thrill fans. They make the news. They break records. They win awards. They go down in history.

AND HERE ARE SOME OF THE REASONS WHY:

FOUR PERFECT SEASONS

Spokane has four distinct seasons with just-right temperatures and low humidity. These predictable seasons make planning easy, travel a breeze, and events such as golf, cycling, running, snow sports, and outdoor field and court sports a perfect match.

Spokane's natural playground includes five ski resorts, more than three dozen golf courses, hundreds of miles of paved and single-track bike routes, mile-high mountains for hiking and 76 lakes and rivers for the ultimate experience in Northwest water sports.

VIBRANT DOWNTOWN

Spokane boasts one of the most unique urban centers in the United States. With waterfalls, parks, shopping and entertainment, Downtown Spokane is friendly, walkable, and trendy—perfect for athletes and families.



TRADITIONAL TO TRENDY DINING

Spokane's dining scene compares to those found in larger, expected culinary hotspots like New York and San Francisco. From cozy and delicious gastropubs, to exhilarating fusion fare, to organic coffee houses, Spokane feeds the stomach and the soul, no matter what your taste or style.

CHEF INSPIRED DINING

Foodies looking to experience local eateries in Spokane will have their schedules, and stomachs full of the diverse options Spokane boasts. From fine dining to authentic restaurants, guests will love sampling cuisine while experiencing the Spokane vibe in an interactive atmosphere. Many restaurants focus on locally sourced or made-from-scratch dishes that capitalize on the unique tastes of the Pacific Northwest. Some of the most sought-after restaurant locations include options with a view of the Spokane River, hidden in the energy filled streets of downtown, or local spots tucked into neighborhoods.

RAISE A GLASS

The Inland Northwest is home to more than forty-six breweries, many of them located in Spokane. These brewers are passionate about their craft, each bringing their unique perspective to an ever-expanding variety of flavors and styles. Check out the "Ale Trail", a list of local breweries in the area to find your way to the best brews in the Pacific Northwest. If wine is more your style, Spokane is home to over 20 tasting rooms and wineries – now known as the Cork District. The large majority of these tasting rooms are located in the urban core of downtown Spokane, making many within walking distance of each other.

COFFEE CULTURE

From cozy coffee shops with warm pastries filling up aromas in the room, to hipster espresso bars tucked inside vintage buildings, the Spokane coffee scene is unlike most. Even though the state is the origin of Starbucks Coffee, Spokane brings it game by crafting unique drinks with locally roasted beans and every connoisseur adding their special touch to each creation. With over 300 coffee establishments in the area, you will never run out of places to try the next, best brew.

CONVENIENT OFFERINGS

Spokane is home to many budget eateries, fast food, chain restaurants, and can be found throughout the city. Many grocery stores are in and surrounding the downtown area, each bringing their own reputable offerings. Multiple stores offer hot bars with pre-made bites and dishes or are available to simply pick up grocery items. Whether looking to grab a quick bite, or find ingredients for dinner, Spokane has an option for everyone.



GATEWAY TO THE PACIFIC NORTHWEST

Spokane makes for the perfect launching pad to a Pacific Northwest vacation—with easy trips from the mountains of Montana to the waterfront of Seattle.

COEUR D'ALENE, IDAHO

The city of Coeur d'Alene is located just 30-minutes from downtown Spokane, situated on the shores of beautiful Lake Coeur d'Alene. Defined by its vibrant downtown, abundant recreational opportunities, and scenic views, this is a favorite stop by many when visiting the region. Five-star amenities, exciting attractions, and thrilling adventures will keep you busy whether teeing up at the Coeur d'Alene Resort Golf Course, or taking a lake cruise and getting a lakeside view of the town, there is something for everyone.

LEAVENWORTH, WASHINGTON

Just a short drive to the middle of the state is Leavenworth, Washington, a Bavarian-styled village nestled in the Cascade mountain range. Strolling the streets of this charming little town, the Alpine inspired structures will take you back in time to Old Germany. Whether it's hiking along the Wenatchee River or in the mountains, stopping at dozens of award-winning wineries and tasting rooms, or sampling bratwursts at every restaurant, this "Little Bavaria" will not disappoint.

WINE COUNTRY/SOUTHEAST WASHINGTON

A short drive southwest of Spokane puts you right into the Columbia Basin, the heart of Washington wine country—where some of the best-rated wines in the world are produced. Walla Walla is a quaint town that boasts 31 wineries and is often referred to as the "next Napa Valley." Tree-lined streets will lead to you to local restaurants, vintage shops, cafes, boutiques, and of course tasting rooms galore.

SEATTLE, WASHINGTON/PUGET SOUND

Seattle is known for its world-famous Space Needle and Pike's Place Market—but has unexpected adventures, major attractions and an unparalleled food scene that will give you just another reason to brag on this Pacific Northwest favorite. As Washington's largest city, and only a 4-hour drive from Spokane, Seattle offers a city vibe unlike any other. From Seattle, visit unique coastal islands featuring some of the best Orca-watching places in the world.

NORTH CASCADES, WASHINGTON STATE

The North Cascades are home to beautiful, jagged peaks and mountain views. With more than half a million acres of rugged wilderness, mountainous trails and multiple national forests, the outdoor enthusiast will always have enough to do in this haven.



Coeur d'Alene, Idaho, 30-minute drive



Seattle, Washington, 50 minute flight/4 hour drive

ADDITIONAL RESOURCES

We have strong partnerships with both Visit Spokane (Spokane's tourism center) as well as our state tourism organization, Experience Washington. We will be working with them to provide ample destination information to traveling athletes and their families. To learn more about Spokane and Washington State, we encourage you to review the resources below:

WASHINGTON STATE VISITORS GUIDE

<https://online.fliphtml5.com/nxcu/xszx/>

WASHINGTON STATE WEBSITE

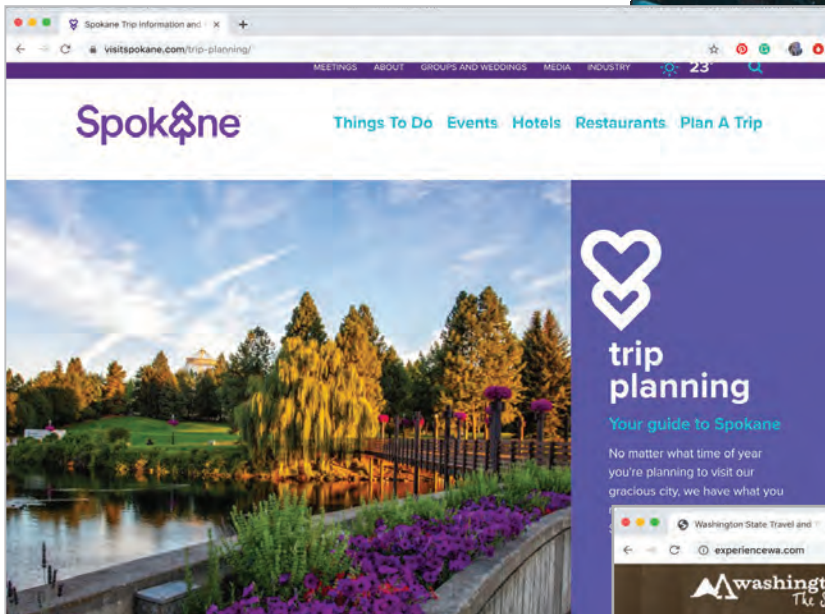
www.experiencewa.com

VISIT SPOKANE WEBSITE

www.visitspokane.com

VISIT SEATTLE WEBSITE

www.visitseattle.org





SPOKANE SPORTS COMMISSION

Spokane Sports is a non-profit, publicly funded organization founded in 1989 to promote and facilitate successful sporting events in the Spokane region.

**GET IN TOUCH AND WE'LL GET
THE BALL ROLLING.**

www.spokanesports.org





Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Team Selection Information



United States of America National Team Selection

Each year USA Karate selects the Junior and Senior National Teams that will officially represent the USA in international competition. Members of the USA Karate are recognized as the official representatives of the United States, no other organization has the ability to enter international competitions like the WKF World Championship, World Games, World University Games, the PKF Continental Championships, Pan American Games, and the Olympic Games.

Athletes who compete in Junior Team Trial divisions are trying out for a place on the 2022 USA Junior National Karate Team. These are also called Junior Elite Divisions because they represent the highest level of competition the US has to offer. The Junior National Teams works off of a team pool that is selected at the National Championships & Team Trials. The top 4 places are in the team pool for the Jr. Age Divisions 12-13, 14-15, 16-17, and 18-20 years of age. The Jr. Pan American Karate Federation (PKF) Championships allow 2 athletes in each of the categories of those age divisions. The Jr. PKF Championship is scheduled for August 25-28, 2022 in Mexico. The Jr. World Karate Federation (WKF) Championships will allow 1 athlete in each of the age categories 14-15, 16-17 and 18-20 and are planned for October 26-30, 2022 in Konya, Turkey.

Senior Athletes are competing for a spot in the 2nd stage of the team selection process to be held early in 2023. The 2nd Stage will select the top 4 places that make up the Sr. National Team for the pool. Like the juniors, The Sr. PKF Championships allow 2 athletes in each of the categories of those age divisions. The Sr. WKF World Championships allow 1 athlete in each of the categories.

The PKF Championships is held annually for both Juniors and Seniors. The WKF World Championships are every other year –2023 is the Senior Championship and 2022 is the Junior Championship.

Junior National Team Selection based on the National Championships & Team Trial

- A. The top 4 athletes in each Jr. Elite Division at the National Championships will qualify for the Junior National Team Pool.
- B. These athletes are determined by the current method of single elimination and repechage.
- C. Both winners of the bronze medal matches would qualify for the team pool. The Bronze Medalist who lost to the Gold Medalist is the number 3 seat and the



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Team Selection Information



other Bronze Medalist is the number 4 seat

- D. Athletes for international competition are selected from the team pool. If for any reason the number 1 or 2 seats cannot attend the international event the next highest seed will then have an opportunity to attend.

All athletes competing in a Junior Elite Division must be in that age division on the first day of competition at the National Championship and Team Trials. Athletes must bring their US passport when picking up their competitor pass (passport must be current and be valid for at least 6 months after the start of the first international event following the selection). If you do not provide proof of US citizenship with a valid passport you will not be allowed to compete in the Elite Divisions. Athletes are only allowed to compete for one country regardless of citizenship.

Non-US Citizens or US Citizens that are members of another countries national team seeking high-level competition are encouraged to compete in our advanced divisions.

if your birthday is between the Jr. Pan American Championships and the Jr. World Championships you can compete in both age categories. You must register for the second division ON SITE.

On Sunday of the National Championships there will be a Jr. Team meeting to discuss any updates on the Jr. Pan American Championships

Senior National Team Selection

- I. Purpose
 - a. Select the best athlete to represent the USA in international competitions
 - b. Separate the formal US Team Trials from the National Championships
 - c. Select the US Team positions by using an international standard used by the IOC/PASO and not based on single elimination.
 - d. Select the Official USA Senior National Team at the start of the calendar year and be eligible for events in that calendar year.
- II. National Championships as a Qualifier
 - a. To be eligible to compete in the Elite Division (Team Trial Division) at the National Championships an athlete must be 18 years of age or older for kumite and 16 years of age or older for kata on December 31st of year of the National Championship.



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials

Team Selection Information



- b. Athletes must bring their US passport when picking up their competitor pass (passport must be current and be valid for at least 6 months after the start of the first international event following the selection). If you do not provide proof of US citizenship with a valid passport you will not be allowed to compete in the Elite Divisions.
 - c. Athletes are only allowed to compete for one country regardless of citizenship.
 - d. Non-US Citizens or US Citizens that are members of another countries national team seeking high-level competition are encouraged to compete in our advanced divisions.
 - e. The top 6 athletes from the elite individual kumite and kata divisions and the top 6 teams from the elite team kata divisions from the National Championships would qualify for the US Team Trials.
 - f. The top 6 athletes/teams would be determined by the current method of single elimination and repechage. All athletes in medal rounds would be qualified for the US Team Trials. (1 gold, 1 silver, 2 bronze, 2 losing athletes from the bronze medal matches).
 - g. This would eliminate the need for a match to determine the “true” (Super) third place. Both winners of the bronze medal matches would be equal and qualify for the US Team Trials.
- III. Protection of Seniority and Current Pool
- a. The current seat 1 and 2 athletes/teams would be prequalified for the trials each year and not required to compete at the National Championships if they have a conflicting international event or medically verified injury recognized and approved by the USA National Karate-do Federation (USA-NKF). If they do not have a USA-NKF approved exemption based on a conflicting international event or injury, they would be required to compete in the National Championships.
 - b. If the seat 1 or 2 athletes are unable to compete at the National Championships due to a USA-NKF approved conflicting international event or medically verified injury, or they fail to finish in the top 6, the top 6 from the Nationals are qualified along with the seat 1 or 2 athletes and the US Trials will run up to a maximum of 8.
 - c. This allows the current US Team members to compete at international events such as the Pan Am Games, World University Championships, Olympic Festival, and others events that often conflict with the National Championships.
- IV. Format of the US Team Trials



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials

Team Selection Information



- a. The US Team Trials would have a maximum number of 8 athletes/teams per category selected from the National Championships and previous year team.
- b. The format would run as Pool Play.
- c. This is the current format used by PASO for the Pan Am Games and by the EOC for the European Games.
- d. This method allows for the greatest likelihood of selecting the best athlete/team by allowing more matches and removing single elimination.
- e. For those divisions not large enough to run Pool Play (4 or smaller), Double Elimination or best 2 out of 3 formats would be used.
- f. The top 1-4 athletes/teams would be determined and placed in the US Team Pool according to ranking as currently done.

The team would be selected early in the calendar year and be eligible for events in that calendar year.

All athletes competing in a Senior Elite Division must bring their USA passport when picking up their competitor pass (passport must be current and be valid for at least 6 months after the start of the international event. If you do not provide proof of US citizenship you will not be allowed to compete in the Elite Divisions. Athletes are only allowed to compete for one country regardless of citizenship.

Non-US Citizens or US Citizens that are members of another countries national team seeking high-level competition are encouraged to compete in our advanced divisions.

Selection procedures can be found on the USA Karate Website at <https://www.teamusa.org/usa-karate/athlete-resources/documents-and-resources>



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Equipment Information



Protective Equipment

The following protective equipment is required for all Non- Elite Kumite competitors:

- USA Karate or WKF approved red & blue Gloves/Mitts
- USA Karate or WKF approved Shin and Instep Protectors - either red/blue, or white
- Mouth Guard
- Groin Protector (All Male competitors)
- WKF Approved Chest Protector for Females in age 14+ Advanced Kumite Divisions all other female divisions are optional
- Head gear (optional)
- WKF approved Body Armor (optional)

The following protective equipment is required for all Elite Kumite competitors:

- WKF approved red & blue Gloves/Mitts.
- WKF approved red & blue Shin and Instep Protectors.
- Mouth Guard
- Groin Protector (All Male competitors).
- WKF Approved Chest Protector (All Female competitors)
- WKF approved Body Armor
- Head gear (optional)

Gis

Only white traditional Gis are allowed in signature events. The Karate1 Red and Blue striped Gis are not allowed. The Gi must have a USA-NKF patch on it. Flag patches cannot be worn at signature events. Due to SafeSport requirements individuals cannot be changing Gi tops within the competition area



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Equipment Information



Official Equipment Supplier

Equipment licensed with the USA Karate logo is available exclusively through Century Martial Arts. You can purchase their full line of offerings at <http://www.centurymartialarts.com/>

USA KARATE

OFFICIAL SUPPLIERS

CENTURY
World Leader in Martial Arts Since 1976

PUNOK

WWW.CENTURYMARTIALARTS.COM
STARTING ON JUNE 1st 2019



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Equipment Information



Full lines of WKF approved equipment, as well as top quality uniforms and training aids, are available through many of our great vendors. Their full line of offerings can be found by using the information below.

	https://www.afsgear.com
	https://www.arawaza.com
	https://www.awma.com
	http://www.budomartamerica.com
	http://www.punok.com



USA National Karate-do Federation National Championships and Team Trials Division Lists



NON ELITE KATA

A competitor may compete in exactly ONE of the following divisions

K300	5 & Under Female Beg/Nov Kata	K344	11 Female Intermediate Kata	K388	16 Male Intermediate Kata
K301	5 & Under Male Beg/Nov Kata	K345	11 Female Advanced Kata	K389	16 Male Advanced Kata
K302	6 Female Beginner Kata	K346	11 Male Beginner Kata	K390	17 Female Beginner Kata
K303	6 Female Novice Kata	K347	11 Male Novice Kata	K391	17 Female Novice Kata
K304	6 Female Intermediate Kata	K348	11 Male Intermediate Kata	K392	17 Female Intermediate Kata
K305	6 Female Advanced Kata	K349	11 Male Advanced Kata	K393	17 Female Advanced Kata
K306	6 Male Beginner Kata	K350	12 Female Beginner Kata	K394	17 Male Beginner Kata
K307	6 Male Novice Kata	K351	12 Female Novice Kata	K395	17 Male Novice Kata
K308	6 Male Intermediate Kata	K352	12 Female Intermediate Kata	K396	17 Male Intermediate Kata
K309	6 Male Advanced Kata	K353	12 Female Advanced Kata	K397	17 Male Advanced Kata
K310	7 Female Beginner Kata	K354	12 Male Beginner Kata	K398	18-34 Female Beginner Kata
K311	7 Female Novice Kata	K355	12 Male Novice Kata	K399	18-34 Female Novice Kata
K312	7 Female Intermediate Kata	K356	12 Male Intermediate Kata	K400	18-34 Female Intermediate Kata
K313	7 Female Advanced Kata	K357	12 Male Advanced Kata	K401	18-34 Male Beginner Kata
K314	7 Male Beginner Kata	K358	13 Female Beginner Kata	K402	18-34 Male Novice Kata
K315	7 Male Novice Kata	K359	13 Female Novice Kata	K403	18-34 Male Intermediate Kata
K316	7 Male Intermediate Kata	K360	13 Female Intermediate Kata	K404	35 & Over Female Beg/Nov Kata
K317	7 Male Advanced Kata	K361	13 Female Advanced Kata	K405	35 & Over Female Int/Adv Kata
K318	8 Female Beginner Kata	K362	13 Male Beginner Kata	K406	45 & Over Female Beg/Nov Kata
K319	8 Female Novice Kata	K363	13 Male Novice Kata	K407	45 & Over Female Int/Adv Kata
K320	8 Female Intermediate Kata	K364	13 Male Intermediate Kata	K408	55 & Over Female Beg/Nov Kata
K321	8 Female Advanced Kata	K365	13 Male Advanced Kata	K409	55 & Over Female Int/Adv Kata
K322	8 Male Beginner Kata	K366	14 Female Beginner Kata	K410	35 & Over Male Beg/Nov Kata
K323	8 Male Novice Kata	K367	14 Female Novice Kata	K411	35 & Over Male Int/Adv Kata
K324	8 Male Intermediate Kata	K368	14 Female Intermediate Kata	K412	45 & Over Male Beg/Nov Kata
K325	8 Male Advanced Kata	K369	14 Female Advanced Kata	K413	45 & Over Male Int/Adv Kata
K326	9 Female Beginner Kata	K370	14 Male Beginner Kata	K414	55 & Over Male Beg/Nov Kata
K327	9 Female Novice Kata	K371	14 Male Novice Kata	K415	55 & Over Male Int/Adv Kata
K328	9 Female Intermediate Kata	K372	14 Male Intermediate Kata	K416	Female 18-34 Advanced Kata*
K329	9 Female Advanced Kata	K373	14 Male Advanced Kata	K417	Male 18-34 Advanced Kata*
K330	9 Male Beginner Kata	K374	15 Female Beginner Kata	*These divisions are to both US Citizens & Non-US Citizens. Competitors in these divisions may not compete in Senior (Adult) Elite/Team Trial Kata	
K331	9 Male Novice Kata	K375	15 Female Novice Kata		
K332	9 Male Intermediate Kata	K376	15 Female Intermediate Kata		
K333	9 Male Advanced Kata	K377	15 Female Advanced Kata		
K334	10 Female Beginner Kata	K378	15 Male Beginner Kata		
K335	10 Female Novice Kata	K379	15 Male Novice Kata		
K336	10 Female Intermediate Kata	K380	15 Male Intermediate Kata		
K337	10 Female Advanced Kata	K381	15 Male Advanced Kata		
K338	10 Male Beginner Kata	K382	16 Female Beginner Kata		
K339	10 Male Novice Kata	K383	16 Female Novice Kata		
K340	10 Male Intermediate Kata	K384	16 Female Intermediate Kata		
K341	10 Male Advanced Kata	K385	16 Female Advanced Kata		
K342	11 Female Beginner Kata	K386	16 Male Beginner Kata		
K343	11 Female Novice Kata	K387	16 Male Novice Kata		

BEGINNER (Beg):=10th kyu-8th kyu/1 Year of Training & Under NOVICE (Nov):=7th kyu-5th kyu/1-2 Years of Training
INTERMEDIATE (Int):=4th kyu-2nd kyu/2-4 Years of Training ADVANCED (Adv):=1st kyu & higher/4+ Years of Training
ELITE (Elt): Recommended Minimum Rank of 1st Dan & 5+ Years of Training

A competitor must compete at the same age level in all event categories in which they compete.

Note: A competitor over 34 years of age may choose to compete in divisions restricted to 18-34 years of age, however if they do so they must compete as 18-34 in ALL event categories.



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships and Team Trials Division Lists



NON ELITE KUMITE

A competitor may compete in exactly ONE of the following divisions

S300	5 & Under Female Beg/Nov Kumite	S343	11 Female Novice Kumite	S386	16 Male Beginner Kumite	S398	18-34 Female Beginner Kumite
S301	5 & Under Male Beg/Nov Kumite	S344	11 Female Intermediate Kumite	S387	16 Male Novice Kumite	S399	18-34 Female Novice Kumite
S302	6 Female Beginner Kumite	S345	11 Female Advanced Kumite	S388	16 Male Intermediate Kumite	S400	18-34 Female Intermediate Kumite
S303	6 Female Novice Kumite	S346	11 Male Beginner Kumite	S389	16 Male Advanced Kumite	S401	18-34 Male Beginner Kumite
S304	6 Female Intermediate Kumite	S347	11 Male Novice Kumite	S390	17 Female Beginner Kumite	S402	18-34 Male Novice Kumite
S305	6 Female Advanced Kumite	S348	11 Male Intermediate Kumite	S391	17 Female Novice Kumite	S403	18-34 Male Intermediate Kumite
S306	6 Male Beginner Kumite	S349	11 Male Advanced Kumite	S392	17 Female Intermediate Kumite	S404	18-34 Female Adv Kumite* -65Kg
S307	6 Male Novice Kumite	S350	12 Female Beginner Kumite	S393	17 Female Advanced Kumite	S405	18-34 Female Adv Kumite* +65Kg
S308	6 Male Intermediate Kumite	S351	12 Female Novice Kumite	S394	17 Male Beginner Kumite	S406	18-34 Male Adv Kumite* -75Kg
S309	6 Male Advanced Kumite	S352	12 Female Intermediate Kumite	S395	17 Male Novice Kumite	S407	18-34 Male Adv Kumite* +75Kg
S310	7 Female Beginner Kumite	S353	12 Female Advanced Kumite	S396	17 Male Intermediate Kumite	S408	35+ Female Beginner Kumite
S311	7 Female Novice Kumite	S354	12 Male Beginner Kumite	S397	17 Male Advanced Kumite	S409	35+ Female Novice Kumite
S312	7 Female Intermediate Kumite	S355	12 Male Novice Kumite			S410	35+ Female Intermediate Kumite
S313	7 Female Advanced Kumite	S356	12 Male Intermediate Kumite			S411	35+ Female Advanced Kumite
S314	7 Male Beginner Kumite	S357	12 Male Advanced Kumite			S412	35+ Male Beginner Kumite
S315	7 Male Novice Kumite	S358	13 Female Beginner Kumite			S413	35+ Male Novice Kumite
S316	7 Male Intermediate Kumite	S359	13 Female Novice Kumite			S414	35+ Male Intermediate Kumite
S317	7 Male Advanced Kumite	S360	13 Female Intermediate Kumite			S415	35+ Male Advanced Kumite
S318	8 Female Beginner Kumite	S361	13 Female Advanced Kumite				
S319	8 Female Novice Kumite	S362	13 Male Beginner Kumite				
S320	8 Female Intermediate Kumite	S363	13 Male Novice Kumite				
S321	8 Female Advanced Kumite	S364	13 Male Intermediate Kumite				
S322	8 Male Beginner Kumite	S365	13 Male Advanced Kumite				
S323	8 Male Novice Kumite	S366	14 Female Beginner Kumite	ES610	18-34 Male Open Kumite**	ES611	18-34 Female Open Kumite**
S324	8 Male Intermediate Kumite	S367	14 Female Novice Kumite				
S325	8 Male Advanced Kumite	S368	14 Female Intermediate Kumite				
S326	9 Female Beginner Kumite	S369	14 Female Advanced Kumite				
S327	9 Female Novice Kumite	S370	14 Male Beginner Kumite				
S328	9 Female Intermediate Kumite	S371	14 Male Novice Kumite				
S329	9 Female Advanced Kumite	S372	14 Male Intermediate Kumite				
S330	9 Male Beginner Kumite	S373	14 Male Advanced Kumite				
S331	9 Male Novice Kumite	S374	15 Female Beginner Kumite				
S332	9 Male Intermediate Kumite	S375	15 Female Novice Kumite				
S333	9 Male Advanced Kumite	S376	15 Female Intermediate Kumite				
S334	10 Female Beginner Kumite	S377	15 Female Advanced Kumite				
S335	10 Female Novice Kumite	S378	15 Male Beginner Kumite				
S336	10 Female Intermediate Kumite	S379	15 Male Novice Kumite				
S337	10 Female Advanced Kumite	S380	15 Male Intermediate Kumite				
S338	10 Male Beginner Kumite	S381	15 Male Advanced Kumite				
S339	10 Male Novice Kumite	S382	16 Female Beginner Kumite				
S340	10 Male Intermediate Kumite	S383	16 Female Novice Kumite				
S341	10 Male Advanced Kumite	S384	16 Female Intermediate Kumite				
S342	11 Female Beginner Kumite	S385	16 Female Advanced Kumite				

*These divisions are open to both US Citizens & Non-US Citizens. Competitors in these divisions may not compete in Senior (Adult) Elite/Team Trial Kumite

**These divisions are open to both US Citizens & Non-US Citizens. Advance Competitors may also compete in the open weight division

BEGINNER (Beg):=10th kyu-8th kyu/1 Year of Training & Under NOVICE (Nov):=7th kyu-5th kyu/1-2 Years of Training
INTERMEDIATE (Int):=4th kyu-2nd kyu/2-4 Years of Training ADVANCED (Adv):=1st kyu & higher/4+ Years of Training
ELITE (Elite): Recommended Minimum Rank of 1st Dan & 5+ Years of Training

A competitor must compete at the same age & skill level in all event categories in which they compete.

Note: A competitor over 34 years of age may choose to compete in divisions restricted to 18-34 years of age, however if they do so they must compete as 18-34 in ALL event categories.

USA National Karate-do Federation National Championships and Team Trials Division Lists



A Competitor may compete in ONE of the following divisions

LONG WEAPONS - KOBUDO

WB300	9 & Under Female Beg/Nov Bo	WB313	12-13 Male Beg/Nov Bo	WB325	16-17 Male Beg/Nov Bo
WB301	9 & Under Female Int/Adv Bo	WB314	12-13 Male Int Bo	WB326	16-17 Male Int Bo
WB302	9 & Under Male Beg/Nov Bo	WB315	12-13 Male Adv Bo	WB327	16-17 Male Adv Bo
WB303	9 & Under Male Int/Adv Bo	WB316	14-15 Female Beg/Nov Bo	WB328	18-34 Female Beg/Nov Bo
WB304	10-11 Female Beg/Nov Bo	WB317	14-15 Female Int Bo	WB329	18-34 Female Int Bo
WB305	10-11 Female Int Bo	WB318	14-15 Female Adv Bo	WB330	18-34 Female Adv Bo
WB306	10-11 Female Adv Bo	WB319	14-15 Male Beg/Nov Bo	WB331	18-34 Male Beg/Nov Bo
WB307	10-11 Male Beg/Nov Bo	WB320	14-15 Male Int Bo	WB332	18-34 Male Int Bo
WB308	10-11 Male Int Bo	WB321	14-15 Male Adv Bo	WB333	18-34 Male Adv Bo
WB309	10-11 Male Adv Bo	WB322	16-17 Female Beg/Nov Bo	WB334	35+ Female Bo
WB310	12-13 Female Beg/Nov Bo	WB323	16-17 Female Int Bo	WB335	35+ Male Bo
WB311	12-13 Female Int Bo	WB324	16-17 Female Adv Bo		
WB312	12-13 Female Adv Bo				

SHORT WEAPONS - KOBUDO

(Sai, Tonfa, Kama & Nunchaku)					
WS300	9 & Under Female Beg/Nov Short Weapons	WS313	12-13 Male Beg/Nov Short Weapons	WS325	16-17 Male Beg/Nov Short Weapons
WS301	9 & Under Female Int/Adv Short Weapons	WS314	12-13 Male Int Short Weapons	WS326	16-17 Male Int Short Weapons
WS302	9 & Under Male Beg/Nov Short Weapons	WS315	12-13 Male Adv Short Weapons	WS327	16-17 Male Adv Short Weapons
WS303	9 & Under Male Int/Adv Short Weapons	WS316	14-15 Female Beg/Nov Short Weapons	WS328	Female 18-34 Beg/Nov Short Weapons
WS304	10-11 Female Beg/Nov Short Weapons	WS317	14-15 Female Int Short Weapons	WS329	Female 18-34 Int Short Weapons
WS305	10-11 Female Int Short Weapons	WS318	14-15 Female Adv Short Weapons	WS330	Female 18-34 Adv Short Weapons
WS306	10-11 Female Adv Short Weapons	WS319	14-15 Male Beg/Nov Short Weapons	WS331	Male 18-34 Beg/Nov Short Weapons
WS307	10-11 Male Beg/Nov Short Weapons	WS320	14-15 Male Int Short Weapons	WS332	Male 18-34 Int Short Weapons
WS308	10-11 Male Int Short Weapons	WS321	14-15 Male Adv Short Weapons	WS333	Male 18-34 Adv Short Weapons
WS309	10-11 Male Adv Short Weapons	WS322	16-17 Female Beg/Nov Short Weapons	WS334	35+ Female Short Weapons
WS310	12-13 Female Beg/Nov Short Weapons	WS323	16-17 Female Int Short Weapons	WS335	35+ Male Short Weapons
WS311	12-13 Female Int Short Weapons	WS324	16-17 Female Adv Short Weapons		
WS312	12-13 Female Adv Short Weapons				

IAIDO/SWORD

A competitor may compete in exactly ONE of the following divisions

IS300	Iaido/Sword Nov Division	IS301	Iaido/Sword Int Division	IS302	Iaido/Sword Adv Division
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BEGINNER (Beg):=10th kyu-8th kyu/1 Year of Training & Under **NOVICE (Nov):**=7th kyu-5th kyu/1-2 Years of Training
INTERMEDIATE (Int):=4th kyu-2nd kyu/2-4 Years of Training **ADVANCED (Adv):**=1st kyu & higher/4+ Years of Training
ELITE (Elt): Recommended Minimum Rank of 1st Dan & 5+ Years of Training

A competitor must compete at the same age level in all event categories in which they compete.

Note: A competitor over 34 years of age may choose to compete in divisions restricted to 18-34 years of age, however if they do so they must compete as 18-34 in ALL event categories.



Where Olympic Journeys Begin

USA National Karate-do Federation National Championships and Team Trials Division Lists



SENIOR ELITE DIVISIONS

YOU MUST BE A U.S. CITIZEN TO ENTER ANY DIVISION ON THIS PAGE!
READ THESE INSTRUCTIONS CAREFULLY BEFORE REGISTERING.

Elite Divisions are for those competitors that are attempting to become members of the US Senior or Junior National Teams. To enter any of these divisions the competitor **MUST** be a U.S. Citizen at the time the registration is submitted. Competitors that medal in these divisions are eligible to become a member of the National Team Pool in accordance with the USA-NKF team guidelines. Any person competing in an Elite Division must compete as Advanced or higher in ALL other divisions in which they compete.

Be prepared to show proof of citizenship even if you have already submitted it!

SENIOR ELITE KATA

A competitor may compete in exactly ONE of the following divisions

EK600	16-34 Male Elite Kata		EK601	16-34 Female Elite Kata
Blind Visually Impaired Divisions		Wheelchair Divisions		Intellectually Impaired Divisions
EPK400	18+ Female Elite Para-Kata	EPK402	18+ Female Elite Para-Kata	EPK404 18+ Female Para-Kata
EPK401	18+ Male Elite Para-Kata	EPK403	18+ Male Elite Para-Kata	EPK405 18+ Male Para-Kata

ELITE TEAM KATA

Competitors in these categories must be prepared to demonstrate Bunkai in appropriate rounds as perscribed by WKF/USA Karate Rules of Competition

ETK600	16-34 Male Elite Team Kata		ETK601	16-34 Female Elite Team Kata

SENIOR ELITE KILO KUMITE

A competitor may compete in exactly ONE of the following divisions

ES600	18-34 Male Elite Kumite -60 Kg		ES605	18-34 Female Elite Kumite -50 Kg
ES601	18-34 Male Elite Kumite -67 Kg		ES606	18-34 Female Elite Kumite -55 Kg
ES602	18-34 Male Elite Kumite -75 Kg		ES607	18-34 Female Elite Kumite -61Kg
ES603	18-34 Male Elite Kumite -84 Kg		ES608	18-34 Female Elite Kumite -68Kg
ES604	18-34 Male Elite Kumite +84 Kg		ES609	18-34 Female Elite Kumite +68Kg

SENIOR KUIMTE

A competitor may compete in exactly ONE of the following divisions

*These divisions are open to both US Citizens & Non-US Citizens. Advance and Elite competitors ages 18-34 may compete in Open Kumite

ES610	18-34 Male Open Kumite		ES611	18-34 Female Open Kumite
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USA National Karate-do Federation National Championships and Team Trials Division Lists



STYLE SPECIFIC KATA			
A competitor may compete in exactly ONE of the following divisions			
Shito-Ryu Kata		Goju-Ryu Kata	
SK300	16-34 Female Adv Shito-Ryu Kata	SK304	16-34 Female Adv Goju-Ryu Kata
SK301	16-34 Male Adv Shito-Ryu Kata	SK305	16-34 Male Adv Goju-Ryu Kata
Shotokan Kata		Wado-Ryu Kata	
SK302	16-34 Female Adv Shotokan Kata	SK306	16-34 Female Adv Wado-Ryu Kata
SK303	16-34 Male Adv Shotokan Kata	SK307	16-34 Male Adv Wado-Ryu Kata

PARA-KARATE					
Blind Visually Impaired Divisions		Wheelchair Divisions		Para-Weapons	
PK300	17 & Under Female Beg/Nov Para-Kata	PK316	17 & Under Female Beg/Nov Para-Kata	PK332	17 & Under Female Beg/Nov
PK301	17 & Under Female Int/Adv Para-Kata	PK317	17 & Under Female Int/Adv Para-Kata	PK333	17 & Under Female Int/Adv
PK302	17 & Under Male Beg/Nov Para-Kata	PK318	17 & Under Male Beg/Nov Para-Kata	PK334	17 & Under Male Beg/Nov
PK303	17 & Under Male Int/Adv Para-Kata	PK319	17 & Under Male Int/Adv Para-Kata	PK335	17 & Under Male Int/Adv
PK304	18+ Female Beg/Nov Para-Kata	PK320	18+ Female Beg/Nov Para-Kata	PK336	18+ Female Beg/Nov
PK305	18+ Female Int/Adv Para-Kata	PK321	18+ Female Int/Adv Para-Kata	PK337	18+ Female Int/Adv
PK306	18+ Male Beg/Nov Para-Kata	PK322	18+ Male Beg/Nov Para-Kata	PK338	18+ Male Beg/Nov
PK307	18+ Male Int/Adv Para-Kata	PK323	18+ Male Int/Adv Para-Kata	PK339	18+ Male Int/Adv
Intellectually Impaired Divisions		Physical Disability (Non Wheelchair bound) without Intellectual Disability Divisions		PARA TEAM KATA	
PK308	17 & Under Female Beg/Nov Para-Kata	PK324	17 & Under Female Beg/Nov Para-Kata	PK340	Male/Female Beg/Nov
PK309	17 & Under Female Int/Adv Para-Kata	PK325	17 & Under Female Int/Adv Para-Kata	PK341	Male/Female Int/Adv
PK310	17 & Under Male Beg/Nov Para-Kata	PK326	17 & Under Male Beg/Nov Para-Kata		
PK311	17 & Under Male Int/Adv Para-Kata	PK327	17 & Under Male Int/Adv Para-Kata		
PK312	18+ Female Beg/Nov Para-Kata	PK328	18+ Female Beg/Nov Para-Kata		
PK313	18+ Female Int/Adv Para-Kata	PK329	18+ Female Int/Adv Para-Kata		
PK314	18+ Male Beg/Nov Para-Kata	PK330	18+ Male Beg/Nov Para-Kata		
PK315	18+ Male Int/Adv Para-Kata	PK331	18+ Male Int/Adv Para-Kata		

BEGINNER (Beg):=10th kyu-8th kyu/1 Year of Training & Under
NOVICE (Nov):=7th kyu-5th kyu/1-2 Years of Training
INTERMEDIATE (Int):=4th kyu-2nd kyu/2-4 Years of Training
ADVANCED (Adv):=1st kyu & higher/4+ Years of Training



USA National Karate-do Federation National Championships and Team Trials Division Lists



TEAM KUMITE

A competitor may compete in exactly ONE of the following divisions

**3 athletes per team with 1 alternate*

TS300	7 & Under Beg/Nov Female Team Kumite	TS311	10-11 Int/Adv Male Team Kumite	TS322	16-17 Beg/Nov Male Team Kumite
TS301	7 & Under Int/Adv Female Team Kumite	TS312	12-13 Beg/Nov Female Team Kumite	TS323	16-17 Int/Adv Male Team Kumite
TS302	7 & Under Beg/Nov Male Team Kumite	TS313	12-13 Int/Adv Female Team Kumite	TS324	18-34 Beg/Nov Female Team Kumite
TS303	7 & Under Int/Adv Male Team Kumite	TS314	12-13 Beg/Nov Male Team Kumite	TS325	18-34 Int/Adv Female Team Kumite
TS304	8-9 Beg/Nov Female Team Kumite	TS315	12-13 Int/Adv Male Team Kumite	TS326	18-34 Beg/Nov Male Team Kumite
TS305	8-9 Int/Adv Female Team Kumite	TS316	14-15 Beg/Nov Female Team Kumite	TS327	18-34 Int/Adv Male Team Kumite
TS306	8-9 Beg/Nov Male Team Kumite	TS317	14-15 Int/Adv Female Team Kumite	TS328	35+ Beg/Nov Female Team Kumite
TS307	8-9 Int/Adv Male Team Kumite	TS318	14-15 Beg/Nov Male Team Kumite	TS329	35+ Int/Adv Female Team Kumite
TS308	10-11 Beg/Nov Female Team Kumite	TS319	14-15 Int/Adv Male Team Kumite	TS330	35+ Beg/Nov Male Team Kumite
TS309	10-11 Int/Adv Female Team Kumite	TS320	16-17 Beg/Nov Female Team Kumite	TS331	35+ Int/Adv Male Team Kumite
TS310	10-11 Beg/Nov Male Team Kumite	TS321	16-17 Int/Adv Female Team Kumite		

TEAM KATA

These categories are not for National Team Selection. Please see the Elite Division listing if you are interested in participating in Team Kata on the Senior or Junior National Teams.

Teams in these categories will NOT perform Bunkai in any round

Female Divisions		Male Divisions		Mixed Gender Divisions	
TK300	9 & Under Beg/Nov Female Team Kata	TK310	9 & Under Beg/Nov Male Team Kata	TK320	9 & Under Beg/Nov Mixed Team Kata*
TK301	9 & Under Int/Adv Female Team Kata	TK311	9 & Under Int/Adv Male Team Kata	TK321	9 & Under Int/Adv Mixed Team Kata*
TK302	10-13 Beg/Nov Female Team Kata	TK312	10-13 Beg/Nov Male Team Kata	TK322	10-13 Beg/Nov Mixed Team Kata*
TK303	10-13 Int/Adv Female Team Kata	TK313	10-13 Int/Adv Male Team Kata	TK323	10-13 Int/Adv Mixed Team Kata*
TK304	14-17 Beg/Nov Female Team Kata	TK314	14-17 Beg/Nov Male Team Kata	TK324	14-17 Beg/Nov Mixed Team Kata*
TK305	14-17 Int/Adv Female Team Kata	TK315	14-17 Int/Adv Male Team Kata	TK325	14-17 Int/Adv Mixed Team Kata*
TK306	18-34 Beg/Nov Female Team Kata	TK316	18-34 Beg/Nov Male Team Kata	TK326	18-34 Beg/Nov Mixed Team Kata*
TK307	18-34 Int/Adv Female Team Kata	TK317	18-34 Int/Adv Male Team Kata	TK327	18-34 Int/Adv Mixed Team Kata*
TK308	35+ Beg/Nov Female Team Kata	TK318	35+ Beg/Nov Male Team Kata	TK328	35+ Beg/Nov Mixed Team Kata*
TK309	35+ Int/Adv Female Team Kata	TK319	35+ Int/Adv Male Team Kata	TK329	35+ Int/Adv Mixed Team Kata*
Family Divisions				<p>*These divisions are for team kata of mixed gender of males and females. Team may be comprised of two males and one female or one male and two females. All competitors must meet the age requirements.</p>	
TK330	Beg/Nov Family Team Kata**				
TK331	Int/Adv Family Team Kata**				
<p>**These divisions are for team kata whose members are of the same immediate family. There are no gender or age requirements</p>					

BEGINNER (Beg):=10th kyu-8th kyu/1 Year of Training & Under NOVICE (Nov):=7th kyu-5th kyu/1-2 Years of Training

INTERMEDIATE (Int):=4th kyu-2nd kyu/2-4 Years of Training ADVANCED (Adv):=1st kyu & higher/4+ Years of Training

ELITE (Elt): Recommended Minimum Rank of 1st Dan & 5+ Years of Training

A competitor must compete at the same age level in all event categories in which they compete.

Note: A competitor over 34 years of age may choose to compete in divisions restricted to 18-34 years of age, however if they do so they must compete as 18-34 in ALL event categories.



USA National Karate-do Federation National Championships and Team Trials Division Lists



JUNIOR ELITE (NATIONAL TEAM TRIAL) DIVISIONS

YOU MUST BE A U.S. CITIZEN TO ENTER ANY DIVISION ON THIS PAGE!

Elite Divisions are for those competitors that are attempting to become members of the US Senior or Junior National Teams. To enter any of these divisions the competitor **MUST** be a U.S. Citizen at the time the registration is submitted. Competitors that medal in these divisions are eligible to become a member of the National Team Pool in accordance with the USA-NKF team guidelines. Any person competing in an Elite Division must compete as Advanced or higher in ALL other divisions in which they compete. **Be prepared to show proof of citizenship even if you have already submitted it!**

JR CADET, CADET, JUNIOR & UNDER 21 ELITE KUMITE

A competitor may compete in exactly ONE of the following divisions

ES500	12-13 Male Elite Kumite -40 Kg	ES513	14-15 Female Elite Kumite -47 Kg	ES525	18-20 Male Elite Kumite -60 Kg
ES501	12-13 Male Elite Kumite -45 Kg	ES514	14-15 Female Elite Kumite -54 Kg	ES526	18-20 Male Elite Kumite -67 Kg
ES502	12-13 Male Elite Kumite -50 Kg	ES515	14-15 Female Elite Kumite +54 Kg	ES527	18-20 Male Elite Kumite -75 Kg
ES503	12-13 Male Elite Kumite -55 Kg			ES528	18-20 Male Elite Kumite -84 Kg
ES504	12-13 Male Elite Kumite +55 Kg	ES516	16-17 Male Elite Kumite -55 Kg	ES529	18-20 Male Elite Kumite +84 Kg
		ES517	16-17 Male Elite Kumite -61 Kg		
ES505	12-13 Female Elite Kumite -42 Kg	ES518	16-17 Male Elite Kumite -68 Kg	ES530	18-20 Female Elite Kumite -50 Kg
ES506	12-13 Female Elite Kumite -47 Kg	ES519	16-17 Male Elite Kumite -76 Kg	ES531	18-20 Female Elite Kumite -55 Kg
ES507	12-13 Female Elite Kumite +47 Kg	ES520	16-17 Male Elite Kumite +76 Kg	ES532	18-20 Female Elite Kumite -61 Kg
				ES533	18-20 Female Elite Kumite -68 Kg
ES508	14-15 Male Elite Kumite -52 Kg	ES521	16-17 Female Elite Kumite -48 Kg	ES534	18-20 Female Elite Kumite +68 Kg
ES509	14-15 Male Elite Kumite -57 Kg	ES522	16-17 Female Elite Kumite -53 Kg		
ES510	14-15 Male Elite Kumite -63 Kg	ES523	16-17 Female Elite Kumite -59 Kg		
ES511	14-15 Male Elite Kumite -70 Kg	ES524	16-17 Female Elite Kumite +59 Kg		
ES512	14-15 Male Elite Kumite +70 Kg				

JR CADET, CADET, JUNIOR & UNDER 21 ELITE KATA

A competitor may compete in exactly ONE of the following divisions

EK500	12-13 Male Elite Kata	EK504	16-17 Male Elite Kata	EK506	18-20 Male Elite Kata
EK501	12-13 Female Elite Kata	EK505	16-17 Female Elite Kata	EK507	18-20 Female Elite Kata
EK502	14-15 Male Elite Kata				
EK503	14-15 Female Elite Kata				

ELITE TEAM KATA

Medaling in these categories does NOT guarantee participation at any international event. Final decisions regarding Team Kata participation will be made by the USA Karate National Team Committee

Competitors in these categories must be prepared to demonstrate Bunkai in appropriate rounds as prescribed by WKF/USA Karate Rules of Competition

ETK500	14-17 Male Elite Team Kata		ETK502	18-20 Male Elite Team Kata
ETK501	14-17 Female Elite Team Kata		ETK503	18-20 Female Elite Team Kata



Where Olympic Journeys Begin

USA National Karate-do Federation National Championships & Team Trials

TEAM KATA Registration Form

TEAM NAME: _____

PRICE: \$160 per Non-elite team, \$200 per Elite team **All athletes must meet the age requirements.

CATEGORY: Team Kata (3 athletes maximum)

- | | |
|---|---|
| <input type="checkbox"/> TK300 9 & Under Beg/Nov Female Team Kata | <input type="checkbox"/> TK310 9 & Under Beg/Nov Male Team Kata |
| <input type="checkbox"/> TK301 9 & Under Int/Adv Female Team Kata | <input type="checkbox"/> TK311 9 & Under Int/Adv Male Team Kata |
| <input type="checkbox"/> TK302 10-13 Beg/Nov Female Team Kata | <input type="checkbox"/> TK312 10-13 Beg/Nov Male Team Kata |
| <input type="checkbox"/> TK303 10-13 Int/Adv Female Team Kata | <input type="checkbox"/> TK313 10-13 Int/Adv Male Team Kata |
| <input type="checkbox"/> TK304 14-17 Beg/Nov Female Team Kata | <input type="checkbox"/> TK314 14-17 Beg/Nov Male Team Kata |
| <input type="checkbox"/> TK305 14-17 Int/Adv Female Team Kata | <input type="checkbox"/> TK315 14-17 Int/Adv Male Team Kata |
| <input type="checkbox"/> TK306 18-34 Beg/Nov Female Team Kata | <input type="checkbox"/> TK316 18-34 Beg/Nov Male Team Kata |
| <input type="checkbox"/> TK307 18-34 Int/Adv Female Team Kata | <input type="checkbox"/> TK317 18-34 Int/Adv Male Team Kata |
| <input type="checkbox"/> TK308 35+ Beg/Nov Female Team Kata | <input type="checkbox"/> TK318 35+ Beg/Nov Male Team Kata |
| <input type="checkbox"/> TK309 35+ Int/Adv Female Team Kata | <input type="checkbox"/> TK319 35+ Int/Adv Male Team Kata |

CATEGORY: Mixed Gender Team Kata *Team may be made up of males and/or females. (3 athletes maximum)*

- | | |
|--|--|
| <input type="checkbox"/> TK320 9 & Under Beg/Nov Mixed Team Kata | <input type="checkbox"/> TK326 18-34 Beg/Nov Mixed Team Kata |
| <input type="checkbox"/> TK321 9 & Under Int/Adv Mixed Team Kata | <input type="checkbox"/> TK327 18-34 Int/Adv Mixed Team Kata |
| <input type="checkbox"/> TK322 10-13 Beg/Nov Mixed Team Kata | <input type="checkbox"/> TK328 35+ Beg/Nov Mixed Team Kata |
| <input type="checkbox"/> TK323 10-13 Int/Adv Mixed Team Kata | <input type="checkbox"/> TK329 35+ Int/Adv Mixed Team Kata |
| <input type="checkbox"/> TK324 14-17 Beg/Nov Mixed Team Kata | <input type="checkbox"/> PK340 Para Beg/Nov Mixed Team Kata |
| <input type="checkbox"/> TK325 14-17 Int/Adv Mixed Team Kata | <input type="checkbox"/> PK341 Para Int/Adv Mixed Team Kata |

CATEGORY: Family Team Kata

- | | |
|---|---|
| <input type="checkbox"/> TK330 Beg/Nov Family Team Kata | <input type="checkbox"/> TK331 Int/Adv Family Team Kata |
|---|---|

CATEGORY: Elite Team Kata

- | | |
|--|--|
| <input type="checkbox"/> ETK500 14-17 Elite Male Team Kata | <input type="checkbox"/> ETK503 18-20 Elite Female Team Kata |
| <input type="checkbox"/> ETK501 14-17 Elite Female Team Kata | <input type="checkbox"/> ETK600 18-34 Elite Male Team Kata |
| <input type="checkbox"/> ETK502 18-20 Elite Male Team Kata | <input type="checkbox"/> ETK601 18-34 Elite Female Team Kata |

NAME (please print)	USA KARATE MEMBERSHIP NO.	AGE
1		
2		
3		
4		
5		



USA National Karate-do Federation National Championships & Team Trials **TEAM KATA** Registration Form

CLUB/DOJO NAME: _____

INSTRUCTOR/SENSEI'S NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

Sensei's Signature

Date

Adult & Minor Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the USA National Karate-do Federation (USA Karate) competition and related events and activities, the undersigned:

1. Agrees that prior to participating, they know and understand the Rules of Competition, and that they (if under 18 years of age a Parent or Guardian) will inspect the facilities and equipment to be used, and if the participant and/or Parent or Guardian, believes anything is, or may be, unsafe, they will immediately advise their coach or supervisor and the event personnel of such condition(s) and refuse to participate unless and until such condition is remedied.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at the time. The undersigned assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
3. Release, waive, discharge and covenant not to sue USA National Karate-do Federation, USA Karate, The United States Olympic and Paralympic Committee, Spokane Sports, Spokane Public Facilities District, the City of Spokane, its officers, its affiliated clubs, approved sports organizations, their respective administrators, directors, agents, coaches and other employees, staff, official and volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasees" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise. The undersigned shall indemnify the releasees and hold them harmless for any losses, liability of damages which may result from any failure or defect of such releasee.
4. (a) All entries are final; no refunds will be given. (b) I fully understand that any medical treatment given will be of a first aid treatment type only. (c) I consent that any pictures furnished by me or any and all photographs or video images taken of me in connection with the competition and related events and activities can be reproduced and used for publicity, promotion or other purpose by the USA Karate, its licensees or assigns now or in the future, and published or broadcast by any media whatsoever, and I hereby waive any and all claim for any compensation of any kind in regard thereto. (d) All participation in this competition and related events and activities is by permission only. The Tournament Director or his authorized agent(s) reserve the right to refuse entry to any person, school, team or club.
5. Statement of Health. By my signature below I confirm that I am in sound health and there is no reason why I cannot participate in this championship and/or event. The undersigned having read the above waiver and release in its entirety, understand that they have given up substantial rights by signing it and sign it voluntarily.

- | | | |
|---------------------------------|--|----------------------|
| 1. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 2. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 3. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 4. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 5. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |



Where Olympic Journeys Begin

USA National Karate-do Federation National Championships & Team Trials TEAM KUMITE Registration Form

TEAM NAME: _____

PRICE: \$160 per team ****All athletes must meet the age requirements.**

CATEGORY: Team Kumite (4 athletes maximum)

- | | |
|---|---|
| <input type="checkbox"/> TS300 7 & Under Beg/Nov Female Team Kumite | <input type="checkbox"/> TS316 14-15 Beg/Nov Female Team Kumite |
| <input type="checkbox"/> TS301 7 & Under Int/Adv Female Team Kumite | <input type="checkbox"/> TS317 14-15 Int/Adv Female Team Kumite |
| <input type="checkbox"/> TS302 7 & Under Beg/Nov Male Team Kumite | <input type="checkbox"/> TS318 14-15 Beg/Nov Male Team Kumite |
| <input type="checkbox"/> TS303 7 & Under Int/Adv Male Team Kumite | <input type="checkbox"/> TS319 14-15 Int/Adv Male Team Kumite |
| <input type="checkbox"/> TS304 8-9 Beg/Nov Female Team Kumite | <input type="checkbox"/> TS320 16-17 Beg/Nov Female Team Kumite |
| <input type="checkbox"/> TS305 8-9 Int/Adv Female Team Kumite | <input type="checkbox"/> TS321 16-17 Int/Adv Female Team Kumite |
| <input type="checkbox"/> TS306 8-9 Beg/Nov Male Team Kumite | <input type="checkbox"/> TS322 16-17 Beg/Nov Male Team Kumite |
| <input type="checkbox"/> TS307 8-9 Int/Adv Male Team Kumite | <input type="checkbox"/> TS323 16-17 Int/Adv Male Team Kumite |
| <input type="checkbox"/> TS308 10-11 Beg/Nov Female Team Kumite | <input type="checkbox"/> TS324 18-34 Beg/Nov Female Team Kumite |
| <input type="checkbox"/> TS309 10-11 Int/Adv Female Team Kumite | <input type="checkbox"/> TS325 18-34 Int/Adv Female Team Kumite |
| <input type="checkbox"/> TS310 10-11 Beg/Nov Male Team Kumite | <input type="checkbox"/> TS326 18-34 Beg/Nov Male Team Kumite |
| <input type="checkbox"/> TS311 10-11 Int/Adv Male Team Kumite | <input type="checkbox"/> TS327 18-34 Int/Adv Male Team Kumite |
| <input type="checkbox"/> TS312 12-13 Beg/Nov Female Team Kumite | <input type="checkbox"/> TS328 35+ Beg/Nov Female Team Kumite |
| <input type="checkbox"/> TS313 12-13 Int/Adv Female Team Kumite | <input type="checkbox"/> TS329 35+ Int/Adv Female Team Kumite |
| <input type="checkbox"/> TS314 12-13 Beg/Nov Male Team Kumite | <input type="checkbox"/> TS330 35+ Beg/Nov Male Team Kumite |
| <input type="checkbox"/> TS315 12-13 Int/Adv Male Team Kumite | <input type="checkbox"/> TS331 35+ Int/Adv Male Team Kumite |

NAME	USA KARATE MEMBERSHIP NO.	AGE
1		
2		
3		
4		



Where Olympic Journeys Begin

USA National Karate-do Federation National Championships & Team Trials TEAM KUMITE Registration Form

CLUB/DOJO NAME: _____

INSTRUCTOR/SENSEI'S NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

Sensei's Signature

Date

Adult & Minor Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the USA National Karate-do Federation (USA Karate) competition and related events and activities, the undersigned:

1. Agrees that prior to participating, they know and understand the Rules of Competition, and that they (if under 18 years of age a Parent or Guardian) will inspect the facilities and equipment to be used, and if the participant and/or Parent or Guardian, believes anything is, or may be, unsafe, they will immediately advise their coach or supervisor and the event personnel of such condition(s) and refuse to participate unless and until such condition is remedied.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at the time. The undersigned assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
3. Release, waive, discharge and covenant not to sue USA National Karate-do Federation, USA Karate, The United States Olympic and Paralympic Committee, Spokane Sports, Spokane Public Facilities District, the City of Spokane, its officers, its affiliated clubs, approved sports organizations, their respective administrators, directors, agents, coaches and other employees, staff, official and volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasees" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise. The undersigned shall indemnify the releasees and hold them harmless for any losses, liability of damages which may result from any failure or defect of such releasee.
4. (a) All entries are final; no refunds will be given. (b) I fully understand that any medical treatment given will be of a first aid treatment type only. (c) I consent that any pictures furnished by me or any and all photographs or video images taken of me in connection with the competition and related events and activities can be reproduced and used for publicity, promotion or other purpose by the USA Karate, its licensees or assigns now or in the future, and published or broadcast by any media whatsoever, and I hereby waive any and all claim for any compensation of any kind in regard thereto. (d) All participation in this competition and related events and activities is by permission only. The Tournament Director or his authorized agent(s) reserve the right to refuse entry to any person, school, team or club.
5. Statement of Health. By my signature below I confirm that I am in sound health and there is no reason why I cannot participate in this championship and/or event. The undersigned having read the above waiver and release in its entirety, understand that they have given up substantial rights by signing it and sign it voluntarily.

The undersigned has read the above waiver and release, understand that they have given up substantial rights by signing it and sign it voluntarily.

- | | | |
|--------------------------|---|---------------|
| 1. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 2. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 3. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |
| 4. _____
Athlete Name | _____
Signature of Athlete/Parent/Guardian | _____
Date |