



2025

ISKF CENTRAL ALBERTA SHOTOKAN KARATE CHAMPIONSHIP

31st ISKF Central Alberta Kids, Cadets 14-16 & Juniors 16-18 Information Package

DATE:	Saturday, November 08 , 2025
LOCATION:	Penhold Regional Multiplex #1 Waskasoo Avenue, Box 10 Penhold, AB T0M 1R0
HOSTED BY:	ISKF Shotokan Karate Club of Red Deer web site: www.reddeerkarate.com email: info@reddeerkarate.com or reddeerkarate@gmail.com Phone: (403)872-8735 (403)318-8174
COMPETITORS LIST DEADLINE:	Each dojo needs to submit their competitors list, judges before October 31st .
REGISTRATION:	Registration starts at 8:00 am Athletes are required to confirm their events with the posted draw sheets before 9 am. Report any errors to the Help Desk Immediately!
TIME:	8:00 am Registration 8:30 am Officials meeting 9:15 am Tournament Starts 12:00 Lunch break 1:00 pm Finals Matches (All times are approximated)
FEES:	Fees: Kata & Kumite \$50.00 and Team Kata \$15 Registration Deadline: October 31st, 2025 Cheques payable to : Shotokan karate club of Red Deer or e-transfers Email: info@reddeerkarate.com All registrations should come from the dojo.
EVENTS AND CATEGORIES	Events: Kata, Kumite, & Team Kata. Categories: Will be decided according to age, belt & number of competitors. <u>ALL COMPETITORS MUST HAVE GLOVES & MOUTH GUARD</u>

Individual Events

The below chart represents the approximate categories that will be offered, with a note that male and female divisions may be combined or separated (when appropriate, not combination in Shobu ippon kumite) dependent on the number of registrants.

The ISKF Canada Technical Director reserves the right to combine or separate any categories.

Belt Level	Ages	Kata	Ippon Kumite	Jiyu-Ippon Kumite	Shobu-Ippon Kumite
White to Orange Belts	6 – 8	X	X		
	9 – 11	X	X		
	12 – 14	X	X		
	15 – 18	X	X		
Green to Purple Belts	6 – 8	X	X		
	9 – 11	X	X		
	12 – 14	X	X		
	15 – 18	X	X		
Brown to Black Belts	11 and under	X		X	
	12 – 14	X		X	X
	15 – 18	X			X

Team Kata Categories

Belt Level	Ages	Team Kata
White to Purple Belts	Children	X
	Youth	X
Brown to Black Belts	Children	X
	Youth	X

**Categories may change dependent upon the number, age and rank of the participants

Competitors' checklist

Please make sure all competitors have the following approved equipment:

- Current 2025 ISKF Membership Card If they do not have a current ISKF card, a charge as per the ISKF Official website will be payable at check-in.
- Mouthpiece (Gum guard)
- Fist protectors (white mits / gloves)
- **Under 18s from others Karate Shotokan associations can wear equivalent white gloves.**
- Standard White Karate Gi / Standard belt
- Chest protection for ladies (optional)
- Contestants shall keep their nails short and shall not wear metallic objects or any other objects on their person that may cause injury to their opponents or themselves.
- All competitors **MUST HAVE GLOVES AND MOUTH GUARD.**

Tournament Dress Code

All judges, are to wear the official ISKF judge's uniform (whistle, burgundy necktie, white long sleeves shirt and grey pants)

All athletes must wear a white karate gi and those competing in the kumite division must wear a mouth guard and approved white fist protectors.

Notes

- **All rules for the tournament can be found at ISKF Tournament Rule book**
- **<https://iskf.com/tournament-rules/>**
- For 6th, 5th and 4th Kyu, participation consists of Kata and Structured Kumite (Kihon & Jiyu Ippon Kumite) as per **ISKF Tournament Rule book**, no free style Kumite.
- Contact is not permitted under any circumstances. This rule will be strictly enforced.
- Contestants may not perform Kata in competition higher than that required for their next promotion examination.
- Individual kata will be assessed using a flag system in the elimination rounds. The last four competitors will be assessed by point system.
- Team kata consists of three participant's boys and girls compete together, mixed teams are allowed.
- Red Deer Shotokan Karate Club reserves the right to combine, subdivide, change age categories or cancel any event.
- Athletes are required to confirm their events with the posted draw sheets and report any discrepancies to the 'Help Desk' prior to competition starting.
- **Other Shotokan associations by invitation only**