ENGLISH KARATE FEDERATION

KATA / PARA KATA / KUMITE

AUTUMN OPEN CHAMPIONSHIPS 2026

SUNDAY 22 NOVEMBER 2026

NORTH SOLIHULL SPORTS CENTRE

CONWAY ROAD, CHELMSLEY WOOD, B37 5LA

Open to all clubs and associations

A valid karate licence including insurance is required

ENTRIES CLOSE 15 NOVEMBER 2026

23:59 UK time (GMT)

ENGLISH KARATE FEDERATION

Welcome message

ENGLISH KARATE FEDERATION

EKF AUTUMN OPEN CHAMPIONSHIPS
SUNDAY 22 NOVEMBER 2026
NORTH SOLIHULL SPORTS CENTRE

We are delighted to welcome you to the EKF Autumn Open Championships 2026.

This event brings together karateka of all ages, abilities and associations to celebrate skill, respect, determination and the spirit of fair competition. It is an opportunity to test yourself, inspire others and enjoy the sport we all share.

Our aim is to provide a safe, professional and enjoyable championship experience for athletes, coaches, officials and spectators. Thank you for being part of what promises to be an exciting and memorable day.

We wish all competitors the best of luck and hope you leave the tatami proud of your performance, whatever the result. Most importantly, enjoy the experience.

Thank you for supporting karate. Thank you for supporting the EKF.

Steve Coupland
EKF President
English Karate Federation

KEY CONTACTS
For further information you should, in the first instance, contact our event manager as detailed below.

EVENT ORGANISER
Gavin Bowen, EKF Event Manager
ekftournamentorganiser@outlook.com

Entries and key details

How to enter

Entries for the EKF Autumn Open Championships 2026 are open through Sportdata. Please pay entry fees via Sportdata by the closing date to complete your registration. Entries will remain on the waiting list until we receive payment. We may remove unpaid entries after the closing date.

Entries are welcome from all clubs and associations. All competitors must hold a current karate licence with insurance covering participation in the competition and meet the eligibility requirements stated in this bulletin.

Gi and belts

Wear a plain white gi. Red/blue shoulder embroidery and association badges are permitted. National federation badges are not permitted. Red/blue belts without embroidery are required in all categories.

Coaches and competitor welfare

All coaches are required to register on Sportdata, wear their club or association tracksuit, and display their accreditation at all times. Formal suits are not required. To ensure a safe and organised environment, only one coach per athlete is permitted around the tatami. Coaching should take place from the designated coach's chair.

Coaches who are supporting athletes across multiple tatami may join after a bout has started, following the officials' direction. Coaches must ensure they have parental consent for all under-18 competitors, as well as up-to-date medical and emergency contact details. All children must be properly supervised throughout the event to ensure their safety and well-being.

DISCLAIMER: Please remember that karate is a contact sport and, while we do everything we can to keep our training and events safe, injuries can happen. By entering or giving permission to enter this event, you acknowledge and accept this risk. If you have any medical conditions that could affect your participation, please let us know in writing before the event.

Photography and video

We will take photographs on the day. Photos and videos may be used for promotional and educational material on EKF social media platforms and website. By registering, you consent to your image being used for social media purposes. To withdraw consent please email Admin@englishkaratefederation.com.

Kata categories

ENGLISH KARATE FEDERATION

Code	Category	Code	Category
1	9 & UNDER FEMALE KATA 7TH KYU & BELOW	27	SENIOR FEMALE KATA 4TH KYU & BELOW
2	9 & UNDER MALE KATA 7TH KYU & BELOW	28	SENIOR MALE KATA 4TH KYU & BELOW
3	9 & UNDER FEMALE KATA 6TH TO 4TH KYU	29	SENIOR FEMALE KATA 3RD KYU & ABOVE
4	9 & UNDER MALE KATA 6TH TO 4TH KYU	30	SENIOR MALE KATA 3RD KYU & ABOVE
5	9 & UNDER FEMALE 3RD KYU & ABOVE	31	VETERAN FEMALE KATA 4TH KYU & BELOW
6	9 & UNDER MALE 3RD KYU & ABOVE	32	VETERAN MALE KATA 4TH KYU & BELOW
7	10-11 YRS FEMALE 7TH KYU & BELOW	33	VETERAN FEMALE KATA 3RD KYU & ABOVE
8	10-11 YRS MALE 7TH KYU & BELOW	34	VETERAN MALE KATA 3RD KYU & ABOVE
9	10-11 YRS FEMALE 6TH TO 4TH KYU	35	U14 VISUALLY IMPAIRED KATA
10	10-11 YRS MALE KATA 6TH TO 4TH KYU	36	U14 INTELLECTUALLY IMPAIRED KATA K21
11	10-11 YRS FEMALE KATA 3RD KYU & ABOVE	37	U14 INTELLECTUALLY IMPAIRED KATA K22
12	10-11 YRS MALE KATA 3RD KYU & ABOVE	38	U14 INTELLECTUALLY IMPAIRED KATA K23
13	12-13 YRS FEMALE KATA 7TH KYU & BELOW	39	U14 WHEELCHAIR KATA K30
14	12-13 YRS MALE KATA 7TH KYU & BELOW	40	U14 PHYSICALLY IMPAIRED STANDING K40
15	12-13 YRS FEMALE KATA 6TH - 4TH KYU	41	14+ VISUALLY IMPAIRED KATA
16	12-13 YRS MALE KATA 6TH - 4TH KYU	42	14+ INTELLECTUALLY IMPAIRED KATA K21
17	12-13 YRS FEMALE KATA 3RD KYU & ABOVE	43	14+ INTELLECTUALLY IMPAIRED KATA K22
18	12-13 YRS MALE KATA 3RD KYU & ABOVE	44	14+ INTELLECTUALLY IMPAIRED KATA K23
19	CADET FEMALE KATA 4TH KYU & BELOW	45	14+ WHEELCHAIR KATA K30
20	CADET MALE KATA 4TH KYU & BELOW	46	14+ PHYSICALLY IMPAIRED STANDING K40
21	CADET FEMALE KATA 3RD KYU & ABOVE	47	U10 PAIRS KATA
22	CADET MALE KATA 3RD KYU & ABOVE	48	U10 TEAM KATA
23	JUNIOR FEMALE KATA 4TH KYU & BELOW	49	10-13 YRS PAIRS KATA
24	JUNIOR MALE KATA 4TH KYU & BELOW	50	10-13 YRS TEAM KATA
25	JUNIOR FEMALE KATA 3RD KYU & ABOVE	51	14 YRS+ PAIRS KATA
26	JUNIOR MALE KATA 3RD KYU & ABOVE	52	14 YRS+ TEAM KATA

Kata categories

Kata rules and guides

Para sections are mixed unless entries allow a split. Competitors must choose para kata or open sections, not both. Contact the organiser before entering if classification or eligibility is unclear.

Pairs consist of 2 competitors; kata teams consist of 3 competitors. Pairs and team kata may repeat their kata throughout. All members must be eligible for the stated age group and belong to the same association.

4th kyu and below

Only Pinan / Heian kata may be performed in low-grade sections.

Section	Kata requirement
Children under 12, 4th kyu and below	Kata may be repeated.
Age 12 and over, 4th kyu and below	Two kata are required.
Pairs and team kata	Kata may be repeated throughout.

3rd kyu and above - including Dan grades

This competition applies the WKF 2026 Kata Competition Rules to the higher-grade individual kata sections. Use kata from the official WKF list and follow the current repetition rules.

Para kata

Para kata is offered in under-14 and age-14-and-over sections. Competitors must check their impairment-group eligibility and classification requirements with the organiser before entering. Use the category codes on page 4.

Athletes may enter para kata or the open sections, not both. Para sections are currently mixed; they may be divided if entries are sufficient.

Kumite categories

ENGLISH KARATE FEDERATION

Code	Category
53	7 YRS & UNDER FEMALE KUMITE
54	7 YRS & UNDER MALE KUMITE
55	8-9 F KUMITE 6TH KYU & BELOW -30KG
56	8-9 F KUMITE 6TH KYU & BELOW 30KG+
57	8-9 F KUMITE 5TH KYU & ABOVE -30KG
58	8-9 F KUMITE 5TH KYU & ABOVE 30KG+
59	8-9 M KUMITE 6TH KYU & BELOW -35KG
60	8-9 M KUMITE 6TH KYU & BELOW 35KG+
61	8-9 M KUMITE 5TH KYU & ABOVE -35KG
62	8-9 M KUMITE 5TH KYU & ABOVE 35KG+
63	10-11 F KUMITE 4TH KYU & BELOW -35KG
64	10-11 F KUMITE 4TH KYU & BELOW 35KG+
65	10-11 F KUMITE 3RD KYU & ABOVE -35KG
66	10-11 F KUMITE 3RD KYU & ABOVE 35KG+
67	10-11 M KUMITE 4TH KYU & BELOW -40KG
68	10-11 M KUMITE 4TH KYU & BELOW 40KG+
69	10-11 M KUMITE 3RD KYU & ABOVE -40KG
70	10-11 M KUMITE 3RD KYU & ABOVE 40KG+
71	12-13 F KUMITE 4TH KYU & BELOW -47KG
72	12-13 F KUMITE 4TH KYU & BELOW 47KG+
73	12-13 F KUMITE 3RD KYU & ABOVE -47KG
74	12-13 F KUMITE 3RD KYU & ABOVE 47KG+
75	12-13 M KUMITE 4TH KYU & BELOW -50KG
76	12-13 M KUMITE 4TH KYU & BELOW 50KG+
77	12-13 M KUMITE 3RD KYU & ABOVE -50KG
78	12-13 M KUMITE 3RD KYU & ABOVE 50KG+
79	CADET F KUMITE 4TH KYU & BELOW
80	CADET F KUMITE 3RD KYU & ABOVE -54KG
81	CADET F KUMITE 3RD KYU & ABOVE 54KG+
82	CADET M KUMITE 4TH KYU & BELOW
83	CADET M KUMITE 3RD KYU & ABOVE -63KG
84	CADET M KUMITE 3RD KYU & ABOVE 63KG+
85	JUNIOR F KUMITE 4TH KYU & BELOW
86	JUNIOR F KUMITE 3RD KYU & ABOVE -59KG
87	JUNIOR F KUMITE 3RD KYU & ABOVE 59KG+
88	JUNIOR M KUMITE 4TH KYU & BELOW
89	JUNIOR M KUMITE 3RD KYU & ABOVE -68KG
90	JUNIOR M KUMITE 3RD KYU & ABOVE 68KG+
91	SENIOR F KUMITE 4TH KYU & BELOW
92	SENIOR F KUMITE 3RD KYU & ABOVE -61KG
93	SENIOR F KUMITE 3RD KYU & ABOVE 61KG+
94	SENIOR M KUMITE 4TH KYU & BELOW
95	SENIOR M KUMITE 3RD KYU & ABOVE -75KG
96	SENIOR M KUMITE 3RD KYU & ABOVE 75KG+
97	VETERAN F KUMITE 4TH KYU & BELOW
98	VETERAN F KUMITE 3RD KYU & ABOVE
99	VETERAN M KUMITE 4TH KYU & BELOW
100	VETERAN MALE KUMITE 3RD KYU & ABOVE

Code	Team category
101	9 & BELOW MIXED TEAM KUMITE M-F-M
102	10-11 MIXED TEAM KUMITE M-F-M
103	12-13 MIXED TEAM KUMITE M-F-M
104	14-15 MIXED TEAM KUMITE M-F-M
105	16-17 MIXED TEAM KUMITE M-F-M
106	18 & ABOVE MIXED TEAM KUMITE M-F-M

Kumite categories

ENGLISH KARATE FEDERATION

Kumite rules and guides

3rd kyu and above, including Dan grades: bouts follow the WKF 2026 Kumite Competition Rules for scoring, contact, penalties and decisions, with the event adaptations stated in this bulletin.

ALL UNDER-14, VETERAN AND 4TH KYU AND BELOW CATEGORIES: 1 MINUTE 30 SECONDS
This fixed safety requirement covers individual and team kumite. Two minutes for higher-grade cadet/junior individual bouts and three minutes for higher-grade senior individual bouts, consistent with the standard WKF durations.

Under-8 kumite: open grade, open weight; bouts last 1 minute 30 seconds. Any category without a listed weight division is open weight.

Mixed-team kumite: Open grade and open weight; 3 competitors, including 1 female and 2 males from the same association or club. Every under-14 team bout is fixed at 1 minute 30 seconds. Team bouts for ages 14 and over are 3 minutes.

We will be able to provide some spare helmets for the under 14 competitors. Glasses are forbidden. Soft contact lenses can be worn at the competitor's own risk.

Who	Required protection
All kumite competitors	Gumshield, WKF-style red/blue mitts, shin pads and foot protection.
Males aged 14+	WKF-style body protector and groin guard.
Females aged 14+	WKF-style chest and body protectors, or an integrated chest/body protector.
All under-14 competitors	WKF-style white helmet with face mask and external body protector. Boys also need a groin guard; girls also need a chest protector.

Weigh ins

For inclusivity and safeguarding, any weigh-ins will be conducted with athletes wearing clothes or a karate gi. Questions about weigh ins should be directed to the event organiser. The following event allowances apply to the weight shown on the scales:

Athletes	Allowance
Male competitors, all ages	0.5 kg
Female competitors, all ages	0.8 kg

Registration and eligibility

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Licensing

WEIGHT & LICENCE CHECK

The person submitting an entry must ensure that the competitor meets the relevant licence, insurance, age, grade and weight requirements. Evidence of eligibility must be available on request. The organisers may request licence evidence where eligibility concerns arise and may carry out weight checks.

Competitors who do not meet their category's requirements cannot compete in that category. Any change of category is subject to organiser approval, timing and availability.

Athlete ages are determined as of 22 November 2026. Cadets are aged 14 to 15, juniors are 16 to 17, seniors are 18 and above, and veterans are 35 and above.

Any athlete entering a para category cannot compete in a main stream category.
Any athlete entering a main stream category cannot compete in a para category.

Entry fees

Athlete Entry type	Fee
Individual kata or kumite	**£25 per category entry**
Pairs kata	**£40 per pair**
Team kata or team kumite	**£50 per team**
Spectator Entry type	**Fee**
16 and above	**£10**
Children 10-15	**£5**
Children under 10	**Free**

Start time

Doors will open at 9am in preparation for a 9:30am start with staggered start times for each category throughout the day. Competitors scheduled before 10:30 should arrive when doors open; later competitors should arrive at least 90 minutes before their category. Should the event run ahead of schedule category start times may be brought forward.

A full event schedule confirming start times will be published on Sportdata prior to the event.