



IJKA Continental Cup 2026 JAPAN -OUTLINE

Tournament Title	IJKA Continental Cup 2026 JAPAN
Dates	May 4 (Mon) – May 5 (Tue), 2026
Venue	Yokohama Budokan, Martial Arts Hall 2-9-10 Oimachi, Naka-ku, Yokohama-shi, Kanagawa, Japan https://www.yokohama-budokan.com/
Organizer	International Japan Karate Association (IJKA) Headquarters
Competition Schedule	<p><u>May 4 (Mon) – Yokohama Budokan</u></p> <ul style="list-style-type: none"> ▶ Opening Ceremony ▶ Individual Kata: U12(IJKA JAPAN CUP), U15, U17, Senior, Veteran ▶ Individual Kumite: U12(IJKA JAPAN CUP), U15, U17, Senior, Veteran ▶ Team Kumite Match Draw (Male & Female) <p><u>May 5 (Tue) – Yokohama Budokan</u></p> <ul style="list-style-type: none"> ▶ Individual Kata: Placement Matches ▶ Individual Kumite: Placement Matches ▶ Team Kumite: Preliminary to Final ▶ Special Match: Japan Team vs. World Team ▶ Awarding & Closing Ceremony
Categories	<ul style="list-style-type: none"> • Individual Kata (Male/Female U12): 7–12 yrs, No participant limit • Individual Kata (Male/Female U15): 13–15 yrs, max 4 per continent • Individual Kumite (Male/Female U12): 7–12 yrs, No participant limit • Individual Kumite (Male/Female U15): 13–15 yrs, max 4 per continent • Individual Kata (Male/Female U17): 16–17 yrs, max 4 per continent • Individual Kumite (Male/Female U17): 16–17 yrs, max 4 per continent • Individual Kata (Male/Female 18–44 yrs): max 4 per continent • Individual Kumite (Male/Female 18–44 yrs): max 4 per continent • Veteran Kata (Male 45+ / Female 40+): max 4 per continent • Veteran Kumite (Male 45+ / Female 40+): max 4 per continent • Team Kumite (Male/Female 18+): 3 members per team, 1 team per continent
Match Rules	<ul style="list-style-type: none"> • Kumite: Tournament style, 2 min/shobu ippon ; Final – 5 min/shobu sanbon • Kata: (Scoring System) <ul style="list-style-type: none"> - Up to Best 16: Heian kata (Heian Shodan–Heian Godan) - Up to Best 8: Assigned kata (Bassai Dai, Kanku Dai, Enpi, Jion) - Finals: Free choice from list (Bassai Dai, Kanku Dai, Enpi, Jion, Jitte, Hangetsu, Gankaku, Tekki 2–3, Bassai Sho, Kanku Sho, Nijushiho, Sochin, Meikyo, Gojushiho Dai/Sho, Unsu, Chinte, Wankan, Jiin)

Eligibility	<ol style="list-style-type: none"> 1. Must belong to an IJKA-affiliated organization or club 2. Must hold an official IJKA membership registration 3. Must be selected by respective continent (Except for the U12 category)
Protective Equipment	<ul style="list-style-type: none"> • IJKA-approved fist protectors (provided) • Mandatory mouth guard
Entry Fees	<ul style="list-style-type: none"> • Individual Kata/Kumite: 5,000 yen each (including protectors) • Team Kumite: 15,000 yen per team (up to 5 registered members)
Application Deadline	31 December, 2025
Application	<p>Each continent has an allocated number of entry slots. The representative of each continent will collect and submit all entries to the Headquarters.</p> <p>If you wish to participate, please contact your continental representative. For regions without a continental representative, please contact the Headquarters directly.</p>
Participation Fee Payment Deadline	Please pay the participation fee to your continental representative.
Accommodation	<ul style="list-style-type: none"> • Airport pick-up not provided • Participants to arrange for accommodation individually https://drive.google.com/file/d/1WF7EKYotqtLs4Z-KGbLrl5T6SwDDbz2I/view?usp=sharing
Notes	<ol style="list-style-type: none"> 1. Each continent provide at least 3 referees (lunch provided). 2. Participants requesting lunch must inform IJKA HQ by May 1, 2026 (extra fee). 3. Participation in seminar/tour only is possible (advance registration required; no same-day entry).
Inquiries	Email: ijka@karate-japan.org

Related Events

<Technical seminars & Special Karate Exchange Program>

IJKA members are welcome to join.

Technical seminars	<p>May 2 (Sat) – 3 (Sun)</p> <p><Outline> https://drive.google.com/file/d/1w6fkhgYIPstsUncqgzptmB11S2kUXwyC/view?usp=drive_link <Schedule> https://drive.google.com/file/d/1FYw0cLY9j5Mfk9WzIEYsxu2xOKoKrHKx/view?usp=drive_link</p>
Special Karate Exchange Program	<p>May 7(Thu) - 8(Fri)</p> <p>We are preparing an exclusive Karate exchange experience that you can only enjoy with IJKA. Full details will be announced in January — stay tuned for something truly special.</p>
Application	<p>Apply here → https://forms.gle/zVbYUgKfXu3VkSGHA</p> <p><Deadline: February 28, 2026></p>