



I.K.O.N.  
2023 INTERNATIONAL FRIENDSHIP KARATE  
CHAMPIONSHIPS

Sunday, December 10, 2023

中村道場  
IKO NAKAMURA

**CATEGORY GUIDELINE**

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## 1. Kumite Categories #1-56

### A) Children “Soft Class”: Divisions #1-4

The “Soft Class” is for students at entry and intermediate levels. A student who enters this category must have at least one tournament experience in their country.

Division #	Gender	Born Between	Description
1-A	Boys & Girls	April 2, 2017 and 2020	Entry Level / Open Belt Rank
1-B	Boys & Girls	April 2, 2017 and 2020	Intermediate Level / Open Belt Rank
2-A	Boys & Girls	April 2, 2016 and April 1, 2017	White-Orange Belt
2-B	Boys & Girls	April 2, 2015 and April 1, 2016	White-Blue Belt
2-C	Boys & Girls	April 2, 2014 and April 1, 2015	White-Blue Belt
2-D	Boys & Girls	April 2, 2013 and April 1, 2014	White-Blue Belt
2-E	Boys & Girls	April 2, 2012 and April 1, 2013	White-Blue Belt
2-F	Boys & Girls	April 2, 2011 and April 1, 2012	White-Blue Belt
3-A	Boys & Girls	April 2, 2016 and April 1, 2017	Blue-Brown Belt
3-B	Boys & Girls	April 2, 2015 and April 1, 2016	Yellow-Brown Belt
3-C	Boys & Girls	April 2, 2014 and April 1, 2015	Yellow-Brown Belt
3-D	Boys & Girls	April 2, 2013 and April 1, 2014	Yellow-Brown Belt
3-E	Boys & Girls	April 2, 2012 and April 1, 2013	Yellow-Brown Belt
3-F	Boys & Girls	April 2, 2011 and April 1, 2012	Yellow-Brown Belt
4-A	Girls	April 2, 2013 and April 1, 2015	White-Brown Belt
4-B	Girls	April 2, 2011 and April 1, 2013	White-Brown Belt

- Divisions #1-A to #3-F are Boys & Girls mixed divisions.
- Division #4-A and #4-B are only Girls divisions.
- Division #1-A is for students born between April 2<sup>nd</sup> 2017 and 2020, who have very little tournament experience.
- Students born between April 2<sup>nd</sup> 2017 and 2020, who placed 1<sup>st</sup> or 2<sup>nd</sup> of the Division #1-B in 2022, are not allowed to enter the same division. They must move up to the “Champion Class” this year.
- Students born between April 2<sup>nd</sup> 2011 and April 1<sup>st</sup> 2017, who placed 1<sup>st</sup> or 2<sup>nd</sup> of the Division #2-A to #2-F in 2022, must move up to the Division 3-A to 3-F or “Champion Class” this year regardless of their belt color.
- Students born between April 2<sup>nd</sup> 2011 and April 1<sup>st</sup> 2017, who placed 1<sup>st</sup> or 2<sup>nd</sup> of the Division #3-A to #3-F in 2022, must move up to the “Champion Class” this year.
- Students born between April 2<sup>nd</sup> 2011 and April 1<sup>st</sup> 2015, who have placed 1<sup>st</sup> or 2<sup>nd</sup> of the Division #4-A or Division #4-B in 2022, must move up to the “Champion Class”
- In case that the number of entries reached 11 or more, the division will be divided into two weight categories. A cut-off weight will be an average weight calculated from the total weight of competitors.
- Multiple divisions may be jointed together in case that the number of entries did not reach four.
- The protective gear below is mandatory for all “Soft Class” divisions. Refer to the IKO Nakamura Protective Gear Guideline for our standardized gear.
  - Head Gear
  - Body/Chest Pad
  - Shin/Instep Pad
  - Groin Cup for Boys
  - Gloves

## B) Children “Champion Class”: Divisions #5-6

The “Champion Class” is for students at advanced levels who have fought and placed 1<sup>st</sup> to 3<sup>rd</sup> at national and international tournaments. They should have enough experience to compete internationally.

Division #	Gender	Born Between			Description
5-A	Boys & Girls	April 2, 2017	and	2020	Open Belt Rank and Open Weight
5-B	Boys	April 2, 2016	and	April 1, 2017	Open Belt Rank and Open Weight
5-C	Boys	April 2, 2015	and	April 1, 2016	Open Belt Rank and Open Weight
5-D	Boys	April 2, 2014	and	April 1, 2015	Open Belt Rank and Open Weight
5-E	Boys	April 2, 2013	and	April 1, 2014	Open Belt Rank Lightweight Under 33kg
5-F	Boys	April 2, 2013	and	April 1, 2014	Open Belt Rank Heavyweight 33kg and over
5-G	Boys	April 2, 2012	and	April 1, 2013	Open Belt Rank Lightweight Under 35kg
5-H	Boys	April 2, 2012	and	April 1, 2013	Open Belt Rank Heavyweight 35kg and over
5-I	Boys	April 2, 2011	and	April 1, 2012	Open Belt Rank Lightweight Under 40kg
5-J	Boys	April 2, 2011	and	April 1, 2012	Open Belt Rank Heavyweight 40kg and over
6-A	Girls	April 2, 2015	and	April 1, 2017	Open Belt Rank and Open Weight
6-B	Girls	April 2, 2013	and	April 1, 2015	Open Belt Rank and Open Weight
6-C	Girls	April 2, 2011	and	April 1, 2013	Open Belt Rank Lightweight Under 40kg
6-D	Girls	April 2, 2011	and	April 1, 2013	Open Belt Rank Heavyweight 40kg and over

- Division #5-A is a Boys & Girls mixed division.
- Body/Chest Pad is mandatory for Girls Divisions #6-A to #6-D.
- Body/Chest Pad is not allowed to be put on for Divisions #5-A to #5-J.
- Other than the Body/Chest Pad, the protective gear below is mandatory for all “Champion Class” divisions (#5 and #6). Refer to the IKO Nakamura Protective Gear Guideline for our standardized gear.
  - ✓ Head Gear
  - ✓ Shin/Instep Pad
  - ✓ Groin Cup for Boys
  - ✓ Gloves

## C) Youths and Adults: Divisions #7-56

Division #	Gender	Born Between			Description
7	Boys	April 2, 2010	and	April 1, 2011	White-Green Belt Lightweight Under 45kg
8	Boys	April 2, 2010	and	April 1, 2011	White-Green Belt Heavyweight 45kg and over
9	Boys	April 2, 2010	and	April 1, 2011	Brown-Black Belt Lightweight Under 45kg
10	Boys	April 2, 2010	and	April 1, 2011	Brown-Black Belt Heavyweight 45kg and over
11	Boys	April 2, 2008	and	April 1, 2010	White-Green Belt Lightweight Under 50kg
12	Boys	April 2, 2008	and	April 1, 2010	White-Green Belt Heavyweight 50kg and over
13	Boys	April 2, 2008	and	April 1, 2010	Brown-Black Belt Lightweight Under 50kg
14	Boys	April 2, 2008	and	April 1, 2010	Brown-Black Belt Heavyweight 50kg and over

15	Girls	April 2, 2008	and	April 1, 2011	White-Green Belt Lightweight Under 45kg
16	Girls	April 2, 2008	and	April 1, 2011	White-Green Belt Heavyweight 45kg and over
17	Girls	April 2, 2008	and	April 1, 2011	Brown-Black Belt Lightweight Under 45kg
18	Girls	April 2, 2008	and	April 1, 2011	Brown-Black Belt Heavyweight 45kg and over
Division #	Gender	Born Between			Description
19	Boys	April 2, 2005	and	April 1, 2008	White-Green Belt Lightweight Under 65kg
20	Boys	April 2, 2005	and	April 1, 2008	White-Green Belt Heavyweight 65kg and over
21	Boys	April 2, 2005	and	April 1, 2008	Brown-Black Belt Lightweight Under 65kg
22	Boys	April 2, 2005	and	April 1, 2008	Brown-Black Belt Heavyweight 65kg and over
23	Girls	April 2, 2005	and	April 1, 2008	White-Green Belt Lightweight Under 53kg
24	Girls	April 2, 2005	and	April 1, 2008	White-Green Belt Heavyweight 53kg and over
25	Girls	April 2, 2005	and	April 1, 2008	Brown-Black Belt Lightweight Under 53kg
26	Girls	April 2, 2005	and	April 1, 2008	Brown-Black Belt Heavyweight 53kg and over
Division #	Gender	Age on Tournament Day			Description
27	Men	35-39			White-Green Belt Lightweight Under 70kg
28	Men	35-39			White-Green Belt Heavyweight 70kg and over
29	Men	35-39			Brown-Black Belt Lightweight Under 70kg
30	Men	35-39			Brown-Black Belt Heavyweight 70kg and over
31	Men	40-49			White-Orange Belt Lightweight Under 70kg
32	Men	40-49			White-Orange Belt Heavyweight 70kg and over
33	Men	40-49			Blue-Green Belt Lightweight Under 70kg
34	Men	40-49			Blue-Green Belt Heavyweight 70kg and over
35	Men	40-44			Brown-Black Belt Lightweight Under 70kg
36	Men	40-44			Brown-Black Belt Heavyweight 70kg and over
37	Men	45-49			Brown-Black Belt Lightweight Under 70kg
38	Men	45-49			Brown-Black Belt Heavyweight 70kg and over
39	Men	50-59			White-Green Belt Lightweight Under 70kg
40	Men	50-59			White-Green Belt Heavyweight 70kg and over
41	Men	50-59			Brown-Black Belt Lightweight Under 70kg
42	Men	50-59			Brown-Black Belt Lightweight 70kg and over
43	Men	60 and older			Open-Rank and Open-Weight
44	Women	40 and older			White-Green Belt and Open-Weight
45	Women	40 and older			Brown-Black Belt and Open-Weight
Division #	Gender	Born on or before			Description
46	Women	April 1, 2005			White-Green Belt Lightweight Under 53kg
47	Women	April 1, 2005			White-Green Belt Heavyweight 53kg and over
48	Women	April 1, 2005			Open Belt Rank Lightweight Under 53kg

49	Women	April 1, 2005	Open Belt Rank Heavyweight 53kg and over
50	Men	April 1, 2005	White-Blue Belt Lightweight Under 70kg
51	Men	April 1, 2005	White-Blue Belt Heavyweight 70kg and over
52	Men	April 1, 2005	Yellow-Brown Belt Lightweight Under 70kg
53	Men	April 1, 2005	Yellow-Brown Belt Heavyweight 70kg and over
54	Men	April 1, 2005	Open Belt Rank Lightweight Under 65kg
55	Men	April 1, 2005	Open Belt Rank Middleweight Under 75kg
56	Men	April 1, 2005	Open Belt Rank Heavyweight 75kg and over

### Important Notes

- Please refer to the Protective Gear Guideline for the mandatory gear of each division.
- For Division #27 to #45, an older and/or lower belt student can sign up for a higher division. For example, a 43-year-old orange belt lightweight fighter can fight in the Division #27 instead of #31
- For Division #46 to #56, a fighter born between Apr 2, 2005 and Apr 1, 2008 can enter these adults' divisions with branch chief's approval.
- Multiple divisions may be jointed together in case that the number of entries did not reach three. When this happens, the related Branch Chiefs and HDDOs will be notified of the combined divisions. Then, they have to make a decision and let Honbu know by **October 15** whether they accept the combined division or withdraw their fighters from the tournament.
- A division which only has three fighters will have a match to determine 2<sup>nd</sup> place.
- If any of these divisions has only one entry from overseas, the fighter's branch chief or HDDO will be notified after **September 30**. Then, they are required to make a decision and let Honbu know by **October 15** whether they want to withdraw from the tournament or they want Honbu to move the fighter to other division.
- The tournament draws will be determined on **November 10**. After this date, we cannot make any changes in match-ups because Honbu will forward them to a printing company on **November 11**.
- A weigh-in will be conducted either on the tournament day or the day before the tournament.
- Competitors will be disqualified by the weight discrepancies described below.
  - If his or her weight at the weigh-in exceeds the limit of the weight category they have registered, the competitor will be disqualified.
  - If his or her weight at the weigh-in is lighter or heavier by more than 5kg from their registered weight, the competitor will be disqualified.
- Please do not choose a weight category that forces your fighter to lose too much weight. To a team representative: Please advise your competitors, underage students in particular, to select an appropriate weight division according to their natural weights.

## 2. Match Duration

Category #	Main Rd.	1 <sup>st</sup> Extension	**2 <sup>nd</sup> Extension
#1-6	1 min	1 min	<b>X</b>
#5 and 6 Top 8 Finals	1.5 min	1.5 min	
#7-18, #27-45	1.5 min	1.5 min	
#19-26, #46-47, #50-53	2 min	2 min	
#48-49	2 min	2 min	2 min
#54-56	2 min	2 min	2 min
#54-56 Top 8 Finals	3 min	2 min	2 min

\*No weight decision for any of the divisions. Judges must make a decision at the last extension round.

### 3. Kata Categories #101-116

Division #	Gender	Born Between	
101	Boys & Girls	April 2, 2017 and 2020	Open Belt Rank
102	Boys & Girls	April 2, 2015 and April 1, 2017	White-Blue Belt
103	Boys & Girls	April 2, 2013 and April 1, 2015	White-Blue Belt
Division #	Gender	Born Between	
104	Boys & Girls	April 2, 2015 and April 1, 2017	Yellow-Brown Belt
105	Boys & Girls	April 2, 2013 and April 1, 2015	Yellow-Brown Belt
106	Boys & Girls	April 2, 2011 and April 1, 2013	Yellow-Brown Belt
107	Women & Men	Born on or before April 1, 2011	White-Green Belt
Division #	Gender	Born Between	
108	Boys & Girls	April 2, 2015 and April 1, 2017	Open Belt Rank
109	Boys & Girls	April 2, 2013 and April 1, 2015	Open Belt Rank
110	Boys & Girls	April 2, 2011 and April 1, 2013	Open Belt Rank
111	Boys & Girls	April 2, 2008 and April 1, 2011	Open Belt Rank
Division #	Gender	Born on or before	
112	Men	April 1, 2008	Open Belt Rank
113	Women	April 1, 2008	Open Belt Rank
Division #	Gender	Age on Tournament Date	
114	Men	35-49	Open Belt Rank
115	Women	35-49	Open Belt Rank
116	Men & Women	50 and over	Open Belt Rank

- Competitors are required to choose their kata at the time of a registration. Taikyoku or Sokugi Taikyoku are not allowed to be picked except for #101 and #102. All other Katas are valid.
- A competitor is to perform the registered Kata only once. There is no preliminary round.
- Multiple divisions may be jointed together in case that the number of entries did not reach three.

### 4. Entry Fees

	Kumite Only	Kata Only	Kumite and Kata
1) Members	US\$50	US\$50	US\$70
2) Non-Members	US\$100	US\$100	US\$150

- 1) **Members:** A student who belongs to an IKO Nakamura Branch and possesses its Membership Card.
- 2) **Non-Members:** Any other students

### 5. Registration

- On-line registration forms will be distributed to all Branch Chiefs and HDDOs on **July 20**.
- A deadline of the registration is **September 30**. No late registration is accepted without exception.
- The forms will be sent to non-members upon request.