

3

EUROPEAN CHAMPIONSHIP

IKO NAKAMURA



P O L A N D
B I A L Y S T O K
13-14.06.2026



Iko Nakamura
Shihan 6 DAN

III IKO NAKAMURA EUROPEAN KARATE CHAMPIONSHIP

POLAND, BIAŁYSTOK

DATE: June 13-14, 2026

LOCATION: UWB Sports Hall, 20A Świerkowa St.

CHIEF JUDGES: Main Judge: Shihan Zbigniew Goliński

Technical Judge: Shihan Artur Wilento

1. SCHEDULE

3rd EUROPEAN KARATE CHAMPIONSHIP

Friday, June 12, 2026

Arrival of competitors and official guests.

15:00-21:00: Weight verification and medical check-ups (competition hall).

17:30-18:15: Press Conference - Villa Tradycja, 5 Włókiennicza St.

18:30-19:45: Draw determination and judging consultations; led by the Main and Technical Judges (Villa Tradycja).

Saturday, June 13, 2026

9:00-11:00: Kata, all 18+ categories (Senior, Masters).

11:00-12:30: Official Opening of the Championship.

13:00: Commencement of kumite for all 18+ categories (Senior, Masters).

13:00 – 19:00: Verification of competitors competing on Sunday - (DOJO SCK, 11 Elewatorska St.)

15:00: Lunch.

16:00: Continuation of fights, Semi-finals, and Finals.

18:00: Award ceremony – kata and kumite (Junior, Senior and Masters).

20:00: Sayonara Party – Villa Tradycja, 5 Włókiennicza St.

Sunday, June 14, 2026

9:00-12:00: Kata categories U12, U14, U16, U18.

12:30: Start of kumite U12, U14, U16, U18.

15:00: Lunch.

16:00: Continuation of kumite.

18:00: Award ceremony – kata and kumite. Official closing of the Championship.

Monday, June 15, 2026

8:30-11:00: DAN Test for I.K.O.N. fighters

12:00-14.00 Seminar with Daihyo Masanaga Nakamura and Shihan Chun Kai Huang (UWB Sports Hall)

2. PARTICIPATION

○ Tournament Regulations

Participation: Teams consisting of any number of competitors in individual weight categories from various contact karate organizations invited by the organizer are eligible to participate. The championships will be conducted according to **IKO Nakamura** world regulations, divided into: **Kumite Tournament** (categories: Cadets, Children, Pre-Juniors, Juniors, Seniors, and Masters) and **Kata Tournament** (age divisions same as Kumite).

Cadet Categories (2016, 2015): Competitors must wear a helmet with a face shield (grill), white shin-instep guards, hand protectors (fist guards), and groin guards. For the **Jodan** zone, all kicks are permitted **except** for: *mae geri jodan*, *hiza geri jodan*, *yoko geri jodan*, and *do mawashi kaiten geri*.

Low Kicks: The use of low kicks (*mawashi geri gedan*) is permitted in all categories.

Youngsters (2014-2013), Pre-Junior (2011-2012), and Junior (2010-2008 – under 18 on the day of the start): Competitors must wear a helmet with a face shield, shin-instep guards, hand protectors, and groin guards. All techniques are permitted.

Senior and Masters Categories: All kicks to the **Jodan** zone are permitted.

Scoring: Waza-ari will be awarded for a technique that has a visible effect on the opponent. **Ippon** will be awarded for a technique that results in the inability to fight for more than 3 seconds.

Penalties: Chui Ichi (no point loss) -> Chui Ni (no point loss) -> Genten Ichi (-0.48 pts) -> Genten Ni (**Shikaku** – Disqualification).

○ Entry Requirements

Competitors will be cleared to start only if they possess:

Valid sports medical certificate confirming fitness to practice karate. Lack of a certificate will result in disqualification.

Photo ID confirming the competitor's age (with exact date of birth).

Clean white Karate-Gi and a full set of required personal protectors.

Written parental/legal guardian consent to participate, using the provided template. Lack of consent results in automatic exclusion.

QR Code Registration: A printed entry form with a QR code from the registration panel: <http://www.karateonline.pl/>. The code is required for efficient verification.

ATTENTION!!! Persons without a QR code entry form risk being skipped during verification, which will result in exclusion from the tournament with no right to appeal.

- **Officials and Referees**

Judges: Invited organizations are requested to delegate several experienced judges to ensure the high level and safety of the Championships.

Uniform: Referees shall wear their respective organizational uniforms.

Briefing: All referees must attend the **Judges' Meeting** on **June 12, 2026, at 20:00 (Villa Tradycja)**. This applies to all judges and team leaders, including those competing only in minor categories.

**THE ORGANIZER, IN CONSULTATION WITH THE COMPETITION JUDGES,
RESERVES THE RIGHT TO DISQUALIFY THE ENTIRE TEAM FOR
UNSPORTSMANLIKE CONDUCT BY A PLAYER OR COACH.**

3. COMPETITIONS

KUMITE

Participation in a specific category is determined by the year of birth, while for the Junior category, the exact date of birth applies. Competitors who have reached the age of 18 by the day of the tournament must compete in the Senior division. Categories are subject to change by the organizer after reviewing the entries, and weight must be provided in the registration form with an accuracy of 1 kg. In the event of a draw, the center referee may order an overtime. If the fight remains undecided, the winner will be determined by weight difference, which is 3 kg for youth categories and 5 kg for Senior and Masters categories, and if necessary, a final overtime will be held after which the judges must reach a definitive decision.

BOYS/MEN

BOYS CADETS 2016, 2015

Fight time 90s / overtime 60s

Protection (helmet with face shield, groin guard, shin-instep guards, fist guards)

-35kg, -40kg, -45kg, -50kg, +50kg

YOUNGSTERS 2014, 2013

Fight time 120s / overtime 60s

Protection (helmet with face shield, groin guard, shin-instep guards, fist guards)

-40kg, -45kg, -50kg, -55kg, -60kg, +60kg

Prohibited techniques Cadet – mae geri jodan, hiza geri jodan, yoko geri jodan, kaiten geri.

PRE-JUNIORS 2012, 2011

Fight time 120s / overtime 60s

Protection (helmet with face shield, groin guard, shin-instep guards, fist guards)

-40 kg, -45kg, -50kg, -55kg, -60kg, -65kg, -70kg, -75kg, +75kg

JUNIORS 2010, 2009, 2008- under 18 years old

Fight time 120s / overtime 60s

Protection (helmet with face shield, groin guard, shin-instep guards, fist guards)

-55kg, -60kg, -65kg, -70kg, -75kg, -80kg, +80kg

GIRLS/WOMEN

GIRLS FEMALE CADETS 2016, 2015

Fight time 90s / overtime 60s

Protection (helmet with face shield, chest protector, shin-instep guards, fist guards)

-30kg, -35kg, -40kg, -45kg, +45kg

Prohibited techniques Female Cadets – mae geri jodan, hiza geri jodan, yoko geri jodan, kaiten geri.

FEMALE YOUNGSTERS 2014, 2013

Fight time 120s / overtime 60s

Protection (helmet with face shield, groin guard, shin-instep guards, fist guards)

-40kg, -45kg, -50kg, -55kg, +55kg

FEMALE PRE-JUNIORS 2011, 2012

Fight time 120s / overtime 60s

Protection (helmet with face shield, groin guard, shin-instep guards, fist guards)

-45kg, -50kg, -55kg, -60kg, +60kg

FEMALE JUNIORS 2010, 2009, 2008-under 18 years old

Fight time 120s / overtime 60s

Protection (helmet with face shield, groin guard, shin-instep guards, fist guards)

-50kg, -55kg, -60kg, +60kg

MEN SENIORS

Fight time 180s / overtime 120s

Protection (groin guard)

-70kg, -80kg, -90kg, +90kg

MASTERS +35

Fight time 120s / overtime 60s

Protection (groin guard, shin-instep guards, fist guards)

35 – 44 years old -85kg, +85kg

45 - 49 years old -85kg, +85kg

+50 (open)

WOMEN SENIORS

Fight time 180s / overtime 120s

Protection (chest protector)

-55kg, -60kg, -65kg, +65kg

FEMALE MASTERS

35 - 39 years old

Fight time 120s / overtime 60s

Protection (chest protector, fist guards, shin -instep guards)

-65kg, +65kg

+ 40 years old

**THE ORGANIZER RESERVES THE RIGHT TO CANCEL OR MERGE CATEGORIES
IN THE EVENT THAT FEWER THAN 4 COMPETITORS ARE REGISTERED!
IN THE EVENT OF SIGNIFICANT WEIGHT DIFFERENCES IN THE HEAVIEST U18
JUNIOR CATEGORIES, THE HEAD REFEREE, IN CONSULTATION WITH THE
ORGANIZER, MAY ESTABLISH A NEW OPEN (HEAVYWEIGHT) CATEGORY.**

KATA

The Kata competition will be divided by age for boys and girls (separately) and held in two rounds. In the first round, scored by points, competitors perform a kata selected by the judges. In the second round, also scored by points, competitors perform a kata chosen from the list. In the second round, a competitor cannot repeat the kata performed in the first round.

U12

Round I - Pinan sono ichi

Round II - Pinan sono ni, Pinan sono san

U14

Round I - Pinan sono ni, Pinan sono san

Round II - Pinan sono yon, Pinan sono go

U16

Round I - Pinan sono san, Pinan sono yon, Pinan sono go

Round II Yantsu, Tsuki -no kata, Geksai dai

U18

Round I - Geksai dai, Yantsu, Tsuki-no kata

Round II - Geksai sho, Saiha, Seienchin, Kanku dai, Garyu

SENIOR

Round I - Geksai sho, Tsuki-no kata, Saiha, Seienchin

Round II - Kanku dai, Seienchin, Seipai, Garyu, Sushiho

MASTERS

Round I - Tsuki-no kata, Saiha, Seienchin

Round II - Kanku dai, Seienchin, Seipai, Garyu, Sushiho

After registration is closed, the starting lists will be sent to the branch chiefs of the organizations registered for the Championships for verification of the accuracy of the entries.

4. REGISTRATION

Online registration: <https://karateonline.pl/3ecin2026/>

Deadline: May 24, 2026. No registrations accepted after this date.

Printed registration cards with QR codes must be presented during verification.

Failure to pass weight or medical checks results in removal from the start list; the club remains liable for the entry fee.

BANK ACCOUNT FOR PAYMENTS: Sport Club Karate, 11 Elewatorska St., Białystok

77 1020 1332 0000 1602 0904 5123

FEES:

Cadet, Child, Pre-Junior, Junior:

70 EUR KATA (300 PLN)

70 EUR KUMITE (300 PLN)

100 EUR KATA + KUMITE (420 PLN)

35 EUR SAYONARA (150 PLN)

Senior, Masters:

80 EUR KATA (340 PLN)

80 EUR KUMITE (340 PLN)

115 EUR KATA + KUMITE (480 PLN)

35 EUR SAYONARA (150 PLN)

35 EUR SEMINAR (150 PLN)

ORGANIZER CONTACT: Shihan Piotr Sawicki, tel: 603 539 283,
piotrkushin@interia.pl

5. AWARDS

1st, 2nd, and 3rd place winners receive commemorative cups, medals, and diplomas.

3rd place fights will be held in all kumite categories.

4th place finishers receive a commemorative diploma.

Special Awards: Best Spirit, Best Technic (Senior categories).

6. INSURANCE

Clubs are responsible for insuring their own representatives.

Organizer provides medical care during the tournament.

7. OTHER INFORMATION

The organizer reserves the right to change the number of categories following the verification on the day of the competition. The organizer accepts no responsibility for lost items. Parents or legal guardians are responsible for the behavior of the competitors and any potential damages caused by them.

Potential protests will be accepted by the technical judge from coaches upon payment of a 500 PLN deposit. This amount is non-refundable, regardless of the outcome of the dispute.

8. HOTELS

Hotel Turkus <http://turkus.jard.pl/>

Willa Tradycja <http://villatradycja.pl/>

Hotel 3 Trio <http://www.hotel3trio.pl/>

Hotel Leśny <http://www.lesny.bialystok.pl/>

Hotel Branicki <https://www.hotelbranicki.com/>

Hotel Hampton by Hilton <https://www.hilton.com/pl/hotels/wmibihx-hampton-bialystok/>