

Tokushima Budo Tourism

Tokushima Governor's Cup: 2nd Open Tokushima Prefecture Karate Championship <Event Guidelines>

★ Date: Sunday, December 6, 2026

* Please note that the tournament may be postponed due to a disease outbreak, natural disaster, or similar circumstances. In the event of a postponement, an announcement will be posted on the Shinkyokushinkai Tokushima-Seinan Branch website either the day before the tournament or early on the morning of the event; individual notifications will not be sent. If postponed, the tournament will be held at a later date.

Schedule: Saturday, Dec. 5, 16:00–18:00 – Pre-event registration and weigh-in.

Sunday, Dec. 7: 09:00 – Doors open (09:00–09:50 – Same-day registration and weigh-in); 10:00 – Matches begin.

*Detailed schedule information will be posted later on the Shinkyokushinkai Tokushima-Seinan Branch website. Tournament details will also be announced on the same website at a later date (scheduled for mid-November).

★Location: Naruto Otsuka Sports Park (Amino Value Hall) (4-mai, Tateiwa, Muya-cho, Naruto City, Tokushima Prefecture 772-0017)

★Competition Categories: Kumite, Kata, Team Kata

★Online Application: Tuesday, September 1 – Wednesday, September 30, 2026

Please submit your application online via the Shinkyokushinkai Tokushima-Seinan Branch website. QR code for the Tokushima Southwest Branch website →



★Eligibility: Healthy male and female practitioners of full-contact karate—ranging from young children to seniors (excluding pregnant women)—as well as competitors and accompanying persons who can strictly adhere to the following guidelines.

<Notes>

◎This tournament aims to foster the spirit of *Bushido*. Competitors are expected to conduct themselves in a manner befitting a martial artist, and seconds must ensure their support does not compromise the dignity of the martial arts.

◎Categories may be consolidated or cancelled if there are few entries. In the event of consolidation, we will consult the athletes regarding their preferences through their team supervisors beforehand.

◎Reserving seats on the first floor is prohibited. Please secure your space in the second-floor seating area.

◎You are required to be seated near the court while waiting for your match (starting five matches prior to your own); please note that no specific instructions or verbal calls to proceed to the court will be provided. Be aware that arriving late for your match will result in disqualification.

◎The opening ceremony is scheduled for 14:00, and the closing ceremony for 16:00. All competitors in the Men's Advanced and Women's Advanced divisions are required to attend the opening ceremony. Prize winners in the Men's Advanced and Women's Advanced divisions are required to attend the closing ceremony.

◎Trophies and plaques will be presented to prize winners in each division on the day of the event. Certificates will be mailed to the winners' affiliated organizations at a later date, with the exception of winners in the General Advanced divisions; prize winners in the General Men's Advanced and General Women's Advanced divisions will receive their certificates during the closing ceremony.

<Notice Regarding Demonstration Performances>

Winners in the Kata divisions—specifically elementary school grade levels, junior high school, senior, and adult advanced (male and female)—are invited to perform a demonstration prior to the finals of the Kumite Adult Advanced divisions. Further details will be provided at a later date. Participation is optional.

The required demonstration Katas are: Pinan 3 for elementary grades 1–3; Pinan 4 for elementary grades 4–6; and Seienchin for junior high, senior, and adult advanced divisions.

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◎Kumite and Kata competitions at this tournament will be conducted in accordance with the World Karate Organization (WKO) rules and safety regulations (please refer to the tournament regulations on the Shinkyokushinkai website for details).

◎Please refer to the separate sheet for details regarding the Kumite and Kata categories.

◎Competitors must provide their own supporters (including red bands) for this tournament; these items will not be available for loan.

◎Ankle-length spats or leggings that cover the thighs are prohibited for both men and women.

◎The tournament bracket is scheduled to be posted on the Shinkyokushinkai Tokushima-Seinan Branch website in mid-November; competitors should verify that they are registered in the correct division and confirm their match order. (If there are any errors regarding names or other details, please contact the tournament secretariat through your branch chief.)

◎For the weigh-in, competitors must wear a T-shirt and martial arts trousers; the official weight will be the measured weight minus 1 kg.

● Regulations on Protectors and Supporters (You must wear the items marked with a circle in the table below.) Protectors and supporters must comply with the official JFKO protective gear guidelines (please refer to the Shinkyokushinkai or JFKO websites for details). Use of modified supporters or supporters in a state of severe deterioration (e.g., prone to coming off during competition) may result in disqualification.

	Head guard	Knuckle guards	Knee brace	Shin guards	Chest guard	Men's protective cup Women's groin guard
Men other than those in the General Advanced category	○	○	○ ※Born on or after April 1, 2019 (the following is optional)	○	×	○
Female competitors other than those in the general advanced category	○	○	○ ※Born on or after April 1, 2019 (the following is optional)	○	○ ※Born on or after April 1, 2015 (the following is optional) ※Commutation chest pads are acceptable.	optional
Men General Advanced category	×	×	×	×	×	○
Female General Advanced category	×	×	optional	○	○	○

※Please follow the guidelines applicable to head guards and similar equipment. If you are unsure of the details, please consult your supervisor.



Shinkyokushinkai (Manufactured by Martial World)



Shinkyokushinkai Isami



JMade by JKJO Martial World



JKJO Isami

● Match Duration

	Boys and girls Born in 2020/4/2 ~ 2022/4/1	Other than General Men's and Women's Advanced	General men/women's advanced
Main tournament	1 minute	1 minute 30 seconds	Two minutes until the quarterfinals. 3 minutes from the semifinals (2 minutes for women)
extension	1 minute 30 seconds	1 minute Boys Born in 2008/4/2 ~ 2011/4/1 and Male Beginner is 1 minute and 30 seconds.	2-minute rounds up to the quarterfinals. 2X 2-minute rounds, starting from the semifinals.

<kata • Competition method>

- All matches will be conducted via simultaneous performance, following the judges' commands.
- Judging criteria are based on the Shinkyokushinkai standards for *kata*.
- Please perform the designated kata from the first round through to the final.
- The designated forms for each division are as listed below.

Boys and girls Born in 2020/4/2 ~ 2022/4/1 <Taikyoku 1 up to the semifinals; Taikyoku 3 for the final>

Boys and girls Born in 2018/4/2 ~ 2020/4/1 White and orange belts. <Taikyoku 3 up to the semifinals; Pinan 1 for the final>

Boys and girls Born in 2018/4/2 ~ 2020/4/1 Blue belt and above. <Pinan 2 up to the semifinals; Pinan 3 for the final>

Boys and girls Born in 2016/4/2 ~ 2018/4/1 White to blue belt. <Pinan 1 up to the semifinals; Pinan 2 for the final>

Boys and girls Born in 2016/4/2 ~ 2018/4/1 Yellow belt and above. <Pinan 3 up to the semifinals; Pinan 4 for the final>

Boys and girls Born in 2014/4/2 ~ 2016/4/1. White to yellow belt. <Pinan 2 up to the semifinals; Pinan 3 for the final>

Boys and girls Born in 2014/4/2 ~ 2016/4/1. Green belt and above. <Pinan 4 up to the semifinals; Pinan 5 for the final>

Boys and girls Born in 2011/4/2 ~ 2014/4/1. White to yellow belt. <Pinan 2 up to the semifinals; Pinan 3 for the final>

Boys and girls Born in 2011/4/2 ~ 2014/4/1. Green belt and above. <Seipai up to the semifinals; Seienchin for the final>

Male and Female, 36 years of age or older. White to yellow belt. <Pinan 2 up to the semifinals; Pinan 3 for the final>

Male and Female, 36 years of age or older. Green belt and above. <Tukinokata up to the semifinals; Seienchin for the final>

Male and Female, From high school students to age 35. White to yellow belt. <Pinan 2 up to the semifinals; Pinan 3 for the final>

Male and Female, From high school students to age 35. Green belt and above. < Seienchin up to the semifinals; Kanku for the final>

<kata 3 member • Competition method>

- From the first round through the final, kata performances may be freely selected from the official Shinkyokushinkai kata list. Team solo performance.
- The team leader issues the commands.