



OREGON KARATE CHAMPIONSHIP

YOSHIDA CUP

2026

SATURDAY, APRIL 18

DOORS OPEN AT 8 AM

YOSHIDA EVENT CENTER
MOUNT HOOD COMMUNITY COLLEGE
26000 SE STARK STREET
GRESHAM, OR 97030

FOR REGISTRATION & INFO PLEASE VISIT:

www.karatetmaster.com





Dear Sensei, Officials, Coaches, Athletes, and Parents:

Welcome to the Yoshida Cup/Oregon Karate Championships on Saturday, April 18, 2026, at the Yoshida Events Center at Mt. Hood Community College, Gresham, Oregon. We greatly appreciate the generosity and opportunities provided by Junki Yoshida Sensei for our use of the Yoshida Event Center and his leadership in growing Karate in the Great Northwest.

We are excited to help promote Karate to the next level! The dedication and pride that athletes, coaches, and officials bring to preparing for and participating in competition, and the camaraderie it fosters, are always part of the Yoshida Cup/Oregon Karate Championships. We try to expand opportunities for athletes to compete at higher levels by bringing in USA Karate, PKF, and WKF officials and athletes from out of state.

USA Karate's National Championships and Team Trials will take place in Spokane, Washington, from July 16-19, 2026. The Yoshida Cup will adhere more closely to USA Karate's safety equipment requirements to help competitors prepare for the National Championships!

Please take the opportunity to develop your knowledge and skills in the rules, and improve your officiating with a USA Karate Rules course and Certification Seminar by Jay Farrell, USA Karate Referee Committee, World Karate Federation Referee of Karate, at the JKF NW Honbu Dojo on March 21, 2026, at 7189 NE Imbrie Dr, Hillsboro, OR 97124

Additionally, we are excited to continue with the categories of Team Kata, Family Team Kata, and Para-Karate Kata! We will use USA Karate rules with the WKF updates, reserving the right to make modifications if deemed necessary.

There will be a meeting for officials at 8:30 am on April 18, 2026, right before the tournament. Team Kata and Kobudo will begin at 9:00 am, and others will start at 10:00 am.

Register at www.KarateTMaster.com. We look forward to seeing you at this safe and professional traditional karate competition.

Sincerely,

Jay Farrell, Scott Pillsbury, Jem Corcoran
Tournament Directors



Saturday, April 18, 2026

Mount Hood Community College

Yoshida Event Center,

26000 SE Stark St, Gresham, OR

Contacts: Jay Farrell 206-250-4965 (jay.Farrell@colorado.edu)
Scott Pillsbury 503-522-0201 (scottp@rclabel.com)
Jem Corcoran (jem.corcoran@gmail.com)

Yoshida Gourmet Sauce for all winners!
Competitors MUST Pre-Register by 9 pm on 4/16/26
www.KarateTMaster.com

Fee: all \$65/one category, \$15/each additional category, \$35 per team. **Spectators:** \$8 entry, 12 y/o and under free.

Friday: 6:00 pm – Rules review and updates for all. No certification. No charge, at the venue.

Saturday:

8:00 Venue opens

8:30 Referee/Coaches briefing and Volunteer meeting

9:00 Team Kata and Kobudo categories

10:00 35+ Advanced & Para categories followed by all other categories

Officials pre-registration: <https://forms.gle/w71xmyz31mDwDUhM8>

Coaches pre-registration: <https://forms.gle/8QAXQuzja6MHNFKz6>

Volunteers registration: Contact Amie Leon to sign up for the virtual volunteer training/information session for details. Date TBD (Info@karateheadquarters.com)

RULES

Modified USA Karate rules will be used for the competition.

This event is marked by its focus on traditional karate, friendship, learning, and great competition.

MEDICAL INSURANCE All competitors MUST be covered by personal medical insurance. **USA Karate members** are covered by primary accidental insurance.

A IRC 501(c)(3) entity.



2026 Yoshida Cup/Oregon Karate Championship COMPETITION RULES

Rules: USANKF Rules of Competition—Modifications may be used to ensure the smooth running of the competition. This is a summary and not exhaustive. Tournament directors may change rules based on circumstances.

1. Depending on the number of officials available, USA Karate rules for one referee, two judges, and a kansa based on the WKF Youth League procedure may be utilized in all kumite and kata categories. If there is a sufficient number of officials, we will use the four-judge procedure.
2. Advanced 12-34 y/o kumite categories may use the four-judge procedure.
3. Link to USA Karate Rules of Competition: [USA Karate Rules of Competition 2026](#)

Kata: All Beginner/Novice Categories

1. Competitors perform simultaneously, two at a time.
2. Competitors may perform only katas listed for their experience level. If a category is combined, they may perform any kata from either category.
3. The new USA Karate Kata list is available in the Rules, though a copy is available in this packet.
4. Competitors may repeat a kata in all rounds.

Intermediate Categories

1. Competitors perform simultaneously in all rounds.
2. May perform any kata (modification from USA Karate rules).
3. If combined with an advanced category, kata may be repeated throughout.

Advanced Categories

1. Competitors perform simultaneously, two at a time, in elimination rounds.
2. Competitors perform individually in the gold medal round.
3. May perform any kata.
4. Must perform a different kata, not performed in the immediate previous round, in each round. May repeat a previous kata. (Minimum two katas alternating).

Kumite: Match Time and Scoring.

1. All categories except 14 -34 y/o advanced categories: 1-1/2 minutes, stop time, 8-point spread.
2. Age 14 to 17 y/o advanced – 2 minutes; 18 – 34 y/o advanced categories: 3 minutes, stop time, 8-point spread.

Prohibited Behavior:

1. Age 16 and over: Non-injurious, light-controlled “touch” contact to the face, head, and neck is allowed (but not to the throat) with the hand and foot.
2. Ages 14 -15: No touch or contact to the head, face, or neck is allowed with hand techniques. Jodan kicks may make the lightest touch (“skin touch”) and score.
3. Ages 13 and under: Contact to the head, face, and neck is prohibited.

Ten-Second Rule: No ten-second rule for categories up to and including age 13.

Equipment: All categories: all white karate-gi (dojo patch permitted), fist guards (red, blue, white), mouth guard, groin protector (males), shin/instep protectors (red, blue, white). 13 y/o and under – dipped foam type head protector & external body protector. Some equipment may be available at the tatami, but please

plan to bring your own. We will also have equipment for sale. USA Karate/WKF type, or similar, safety equipment.



EXTRA INFORMATION

VOLUNTER INFORMATION

- No previous experience required.
- All volunteers will receive lunch.
- Parents and other competitors make great volunteers.
- You can be excused to watch your child compete or to compete yourself.
- An optional free VOLUNTEER ORIENTATION (via Zoom) will take place. Please contact Amie Leon at info@karateheadquarters.com to sign up for virtual volunteer training/information session to be announced.

COACHES

- Thank you for supporting the Yoshida Cup/Oregon Karate Championships!
- All coaches must attend the Coaches Meeting at 8:30 am on tournament day and agree to the Coach's Code of Conduct.
 - Credentials will not be issued if you are not present unless prior arrangements are made with the Coach Supervisor, David Munden, davidmunden@hotmail.com.
- Coaches Pre-Registration link: <https://forms.gle/8QAXQuzja6MHNfkz6>

USA KARATE MEMBERSHIP

We encourage everyone to consider USA Karate's new membership program. Lower cost, more benefits, including a \$100,000 Individual Member Insurance Benefit. As low as \$20 a year for members, \$30 for athletes, certified coaches and officials: <https://www.usankf.org/membership>

APPENDIX 7:
OFFICIAL KATA LIST
For USA Karate Beginner, Novice, Intermediate, and Advanced Categories

Beginner: 0-1 Year Experience		Novice: 1-2 Years Experience	
Chi No Kata	Junino	Beginner List Kata and:	Heian Godan
Gekisai Daichi	Kihon Kata	Gekisai Dai San	Pinan Sandan
Gekisai Daini	Pinan Shodan	Heian Sandan	Pinan Yondan
Fukyu Daichi	Pinan Nidan	Heian Yondan	Pinan Godan
Fukyu Daini	Taikyoku		
Heian Shodan	Ten No Kata		
Heian Nidan			

Intermediate: 2-4 Years Experience	
<i>All katas from Beginner and Novice categories above plus the following</i>	
Anankō	Naifanchin Nidan
Anankū	Naifanchin Sandan
Aoyagi	Naihanchi
Bassai	Nijushiho
Bassai Dai	Niseishi
Bassai Sho	Pachu
Chinte	Passai
Enpi	Rohai
Garyu	Saifa
Hangetsu / Seisan	(Not Goju)
Hauffa (Haffa)	Sanseiru
Ishimine Bassai	Sanseru
Itosu Rohai Shodan	Seichin
Itosu Rohai Nidan	Seienchin (Seiyunchin)
Itosu Rohai Sandan	Seipai
Jiin	Seiryu
Jion	Shinpa
Jitte	Shinsei
Juroku	Shisochin
Kanku Dai	Tekki Shodan
Kousoukun Dai	Tekki Nidan
Kusanku	(Only Wado Kata)
Matsukaze	Tekki Sandan
Matsumura Rohai	Tensho
Meikyo	Wankan
Myojo	Wanshu
Naifanchin Shodan	Wanshin (Kobayashi)

Advanced: 4+ Years Experience	
<i>All kata from Beginner, Novice and Intermediate categories above as well as all kata listed on the WKF Official Kata list</i>	

Tournament Categories

Years of Training/Skill Level

Beginner: 0 - 1 yr (\leq 8th Kyu)

Novice: 1 - 2 yrs (7th - 5th Kyu)

Intermediate: 2 - 4 yrs (4th - 2nd Kyu)

Advanced: 4 + yrs (\geq 1st Kyu)

Organizers reserve the right to combine/split/delete categories at their discretion.

The tournament is based on the rules of USA-Karate. (modified), With the adaptation of the 2026 WKF rules update when available.

We will not have the "My First Tournament" category this year.

Kata	Kumite
K01 5 yrs and under Boys & Girls	S01 5 yrs and under Boys & Girls
K02 6 - 7 yrs Boys Beg/Nov	S02 6 - 7 yrs Boys Beg/Nov
K03 6 - 7 yrs Girls Beg/Nov	S03 6 - 7 yrs Girls Beg/Nov
K04 6 - 7 yrs Boys Int/Adv	S04 6 - 7 yrs Boys Int/Adv
K05 6 - 7 yrs Girls Int./Adv	S05 6 - 7 yrs Girls Int./Adv
K06 8 - 9 yrs Boys Beg/Nov	S06 8 - 9 yrs Boys Beg/Nov
K07 8 - 9 yrs Girls Beg/Nov	S07 8 - 9 yrs Girls Beg/Nov
K08 8 - 9 yrs Boys Int/Adv	S08 8 - 9 yrs Boys Int/Adv
K09 8 - 9 yrs Girls Int/Adv	S09 8 - 9 yrs Girls Int/Adv
K10 10 - 11 yrs Boys Beg/Nov	S10 10 -11 yrs Boys Beg/Nov
K11 10 - 11 yrs Girls Beg/Nov	S11 10 -11 yrs Girls Beg/Nov
K12 10 - 11 yrs Boys Int/Adv	S12 10 -11 yrs Boys Int/Adv
K13 10 - 11 yrs Girls Int/Adv	S13 10 -11 yrs Girls Int/Adv
K14 12 - 13 yrs Boys Beg/Nov	S14 12 -13 yrs Boys Beg/Nov
K15 12 - 13 yrs Girls Beg/Nov	S15 12 -13 yrs Girls Beg/Nov
K16 12 - 13 yrs Boys Intermediate	S16 12 -13 yrs Boys Intermediate
K17 12 - 13 yrs Boys Advanced	S17 12 -13 yrs Boys Advanced
K18 12 - 13 yrs Girls Intermediate	S18 12 -13 yrs Girls Intermediate
K19 12 - 13 yrs Girls Advanced	S19 12 -13 yrs Girls Advanced
K20 14 - 15 yrs Boys Beg/Nov	S20 14 -15 yrs Boys Beg/Nov
K21 14 - 15 yrs Girls Beg/Nov	S21 14 -15 yrs Girls Beg/Nov
K22 14 - 15 yrs Boys Intermediate	S22 14 -15 yrs Boys Intermediate
K23 14 - 15 yrs Boys Advanced	S23 14 -15 yrs Boys Advanced
K24 14 - 15 yrs Girls Intermediate	S24 14 -15 yrs Girls Intermediate
K25 14 - 15 yrs Girls Advanced	S25 14 -15 yrs Girls Advanced
K26 16 - 17 yrs Boys Beg/Nov	S26 16 -17 yrs Boys Beg/Nov
K27 16 - 17 yrs Girls Beg/Nov	S27 16 -17 yrs Girls Beg/Nov
K28 16 - 17 yrs Boys Intermediate	S28 16 -17 yrs Boys Intermediate
K29 16 - 17 yrs Boys Advanced	S29 16 -17 yrs Boys Advanced
K30 16 - 17 yrs Girls Intermediate	S30 16 -17 yrs Girls Intermediate
K31 16 - 17 yrs Girls Advanced	S31 16 -17 yrs Girls Advanced
K32 18 - 34 yrs Men Beg/Nov	S32 \geq 18 yrs Men Beg/Nov
K33 18 - 34 yrs Women Beg/Nov	S33 \geq 18 yrs Women Beg/Nov
K34 18 - 34 yrs Men's Int	S34 \geq 18 yrs Men's Intermediate

K35 18 - 34 yrs Men's Advanced	S35 ≥ 18 yrs Men's Advanced
K36 18 - 34 yrs Women Int	S36 ≥ 18 yrs Women's Int
K37 18 - 34 yrs Women Adv	S37 ≥ 18 yrs Women's Adv
K38 35 - 49 yrs Men Beg/Nov	S38 35 - 49 yrs Men Beg/Nov
K39 35 - 49 yrs Women Beg/Nov	S39 35 - 49 yrs Women Beg/Nov
K40 35 - 49 yrs Men Int/Adv	S40 35 - 49 yrs Men Int/Adv
K41 35 - 49 yrs Women Int/Adv	S41 35 - 49 yrs Women Int/Adv
K42 50 - 59 yrs Men Beg/Nov	S42 50 - 59 yrs Men Beg/Nov
K43 50 - 59 yrs Women Beg/Nov	S43 50 - 59 yrs Women Beg/Nov
K44 50 - 59 yrs Men Int/Adv	S44 50 - 59 yrs Men Int/Adv
K45 50 - 59 yrs Women Int/Adv	S45 50 - 59 yrs Women Int/Adv
K46 60 + yrs Men Beg/Nov	S46 60 + yrs Men Beg/Nov
K47 60 + yrs Women Beg/Nov	S47 60 + yrs Women Beg/Nov
K48 60 + yrs Men Int/Adv	S48 60 + yrs Men Int/Adv
K49 60 + yrs Women Int/Adv	S49 60 + yrs Women Int/Adv

Kobudo (Weapons)

W01 Under 12 - yrs Boys & Girls - Beg/Nov
W02 Under 12 - yrs Boys & Girls - Int/Adv
W03 12 - 13 yrs Boys & Girls - Beg/Nov
W04 12 - 13 yrs Boys & Girls - Int/Adv
W05 14 - 17 yrs Boys & Girls - Beg/Nov
W06 14 - 17 yrs Boys & Girls - Int/Adv
W07 18 + yrs Men & Women - Beg/Nov
W08 18 + yrs Men & Women - Int/Adv

TEAM KATA - 3 person

TK1 Family – same or mixed gender. TK1 can have 2 or more family members. A person can be in only one Family Kata Team.

TK2 5-11 yrs. – same or mixed gender

TK3 12-15 yrs. – same or mixed gender

TK4 16+ yrs. – same or mixed gender – beg/nov

TK5 16+ yrs. – same or mixed gender – inter/adv

Para-Karate KATA – If sufficient entries the categories will be divided.

PK53 17 yrs. & under, boys & girls – all levels.

PK54 18+ yrs. males & females – all levels



Host hotel:

Comfort Inn – Troutdale – Portland East

1000 Northwest Graham Road, Troutdale, OR, 97060, US

(503) 907-5069

**Yoshida Event
Center enter
from NE 17th Dr
(Backside of
MHCC)**

