



# EXCC Karate Cup 2026



1	JUNIOR 15 YEARS UNDER	KATA	UNDER 4'10	NOVICE to 8KYU
2	JUNIOR 15 YEARS UNDER	KATA	OVER 4'10	NOVICE to 8KYU
3	JUNIOR 15 YEARS UNDER	KATA	UNDER 4'10	7th KYU to 6th KYU
4	JUNIOR 15 YEARS UNDER	KATA	OVER 4'10	7th KYU to 6th KYU
5	JUNIOR 15 YEARS UNDER	KATA	UNDER 4'10	5 <sup>th</sup> KYU to 4th KYU
6	JUNIOR 15 YEARS UNDER	KATA	OVER 4'10	5 <sup>th</sup> KYU to 4th KYU
7	JUNIOR 15 YEARS UNDER	KATA	UNDER 4'10	3rd KYU to 1st KYU
8	JUNIOR 15 YEARS UNDER	KATA	OVER 4'10	3rd KYU to 1st KYU
9	JUNIOR 15 YEARS UNDER	KATA	UNDER 4'10	DAN GRADE
10	JUNIOR 15 YEARS UNDER	KATA	OVER 4'10	DAN GRADE
11	CADET 15 TO 18 YEARS	KATA	MALE	ANY GRADE
12	CADET 15 TO 18 YEARS	KATA	FEMALE	ANY GRADE
13	SENIOR 16 YEARS & OVER	KATA	MIXED	NOVICE to 6th KYU
14	SENIOR 16 YEARS & OVER	KATA	MIXED	NOVICE to 1 <sup>st</sup> KYU
15	SENIOR 16 YEARS & OVER	KATA	FEMALE	ANY GRADE
16	SENIOR 16 YEARS & OVER	KATA	MALE	ANY GRADE
17A	SENIOR VETERAN	KATA	MIXED ANY GRADE	35 YEARS OVER
17B	SENIOR VETERAN	KATA	MIXED ANY GRADE	45 YEARS OVER
18	JUNIOR MIXED	KATA	15 YEARS UNDER	ANY GRADE CHAMPIONS CUP
18A	SENIOR MIXED	KATA	16 YEARS OVER	ANY GRADE CHAMPIONS CUP
JAP	JUNIOR-- ADAPTED	KATA	PHYSICAL DISABILITIES	15 YEARS UNDER- ANY GRADE
JAO	JUNIOR-- ADAPTED	KATA	OTHER DISABILITIES	15 YEARS UNDER- ANY GRADE
SAP	SENIOR - ADAPTED	KATA	PHYSICAL DISABILITIES	15 YEARS UNDER- ANY GRADE
SAO	SENIOR - ADAPTED	KATA	OTHER DISABILITIES	15 YEARS UNDER- ANY GRADE
ADC	NEW MIXED 2 PERSON TEAM ADAPTED INCLUSIVE COMBAT ANY AGE - ANY GRADE			
BOYS 15yrs & Under		Height		Grade
19	BOYS 15 YEARS UNDER	KUMITE	4' 0' - UNDER	NOVICE to 6th KYU
20	BOYS 15 YEARS UNDER	KUMITE	4' 0' - UNDER	5th KYU & OVER
21	BOYS 15 YEARS UNDER	KUMITE	4' 0' to 4' 5'	NOVICE to 6th KYU
22	BOYS 15 YEARS UNDER	KUMITE	4' 0' to 4' 5'	5th KYU & OVER
23	BOYS 15 YEARS UNDER	KUMITE	4' 5' to 4' 10'	NOVICE to 6th KYU
24	BOYS 15 YEARS UNDER	KUMITE	4' 5' to 4' 10'	5th KYU & OVER
25	BOYS 15 YEARS UNDER	KUMITE	4' 10' to 5' 3'	NOVICE to 6th KYU
26	BOYS 15 YEARS UNDER	KUMITE	4' 10' to 5' 3'	5th KYU & OVER
27	BOYS 15 YEARS UNDER	KUMITE	5' 3' - OVER	NOVICE to 6th KYU
28	BOYS 15 YEARS UNDER	KUMITE	5' 3' - OVER	5th KYU & OVER
28A	BOYS 15 YEARS UNDER	KUMITE	ANY	ANY GREAD CHAMPIONS CUP
GIRLS 15yrs & Under		Height		Grade
29	GIRLS 15 YEARS UNDER	KUMITE	4' 0' - UNDER	NOVICE to 6th KYU
30	GIRLS 15 YEARS UNDER	KUMITE	4' 0' - UNDER	5th KYU & OVER
31	GIRLS 15 YEARS UNDER	KUMITE	4' 0' to 4' 5'	NOVICE to 6th KYU
32	GIRLS 15 YEARS UNDER	KUMITE	4' 0' to 4' 5'	5th KYU & OVER
33	GIRLS 15 YEARS UNDER	KUMITE	4' 5' to 4' 10'	NOVICE to 6th KYU
34	GIRLS 15 YEARS UNDER	KUMITE	4' 5' to 4' 10'	5th KYU & OVER
35	GIRLS 15 YEARS UNDER	KUMITE	4' 10' to 5' 3'	NOVICE to 6th KYU

36	GIRLS	15 YEARS UNDER	KUMITE	4' 10' to 5' 3	5th KYU & OVER
37	GIRLS	15 YEARS UNDER	KUMITE	5' 3' - OVER	NOVICE to 6th KYU
38	GIRLS	15 YEARS UNDER	KUMITE	5' 3' - OVER	5th KYU & OVER
38A	GIRLS	15 YEARS UNDER	KUMITE	ANY	ANY GREAD CHAMPIONS CUP

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39	MALE	15 TO 18 YEARS	KUMITE		ANY GRADE
40	FEMALE	15 TO 18 YEARS	KUMITE		ANY GRADE

### MENS

41	MALE	16 YEARS OVER	KUMITE		NOVICE to 4th KYU
42	MALE	16 YEARS OVER	KUMITE	UNDER 75kg	ANY GRADE
43	MALE	16 YEARS OVER	KUMITE	OPEN	ANY GRADE CHAMPIONS CUP
44	MALE	35 YEARS OVER	KUMITE	VETERAN	ANY GRADE

### WOMENS

45	FEMALE	16 YEARS OVER	KUMITE		NOVICE to 4th KYU
46	FEMALE	16 YEARS OVER	KUMITE	UNDER 65kg	ANY GRADE
47	FEMALE	16 YEARS OVER	KUMITE	OPEN	ANY GRADE CHAMPIONS CUP
48	FEMALE	35 YEARS OVER	KUMITE	VETERAN	ANY GRADE



## EXCC Team Events



CAT		EVENT	AGE
TEAMS KATA			
49	JUNIOR MIXED TEAMS	KATA	NOVICE to 8 KYU 2 PERSON
50	JUNIOR MIXED TEAMS	KATA	7 KYU to 6 KYU 2 PERSON
51	JUNIOR MIXED TEAMS	KATA	5 KYU to 4 KYU 2 PERSON
52	JUNIOR MIXED TEAMS	KATA	3 KYU to DAN GRADE CHAMPIONS CUP 2 PERSON
53	SENIOR MIXED TEAMS	KATA	NOVICE to 1 KYU 2 PERSON
54	SENIOR MIXED TEAMS	KATA	3 KYU to DAN GRADE 2 PERSON
55	MIXED TEAMS 16 YEARS PLUS	KATA	ANY GRADE CHAMPIONS CUP 3 PERSON
TEAMS KUMITE		3 PERSON	
56	JUNIOR MIXED TEAMS	KUMITE	10 YEARS UNDER
57	JUNIOR BOYS TEAMS	KUMITE	1-10 year & under-1-12year & under-1-15 year & under
58	JUNIOR GIRLS TEAMS	KUMITE	1-10 year & under-1-12year & under-1-15 year & under
59	SENIOR MIXED TEAMS	KUMITE	1 SENIOR MALE -1 SENIOR FEMALE - 1 SENIOR MALE

**Novice to 6TH Kyu Can only Heian, Pinan & any Basic Kata from their Style  
CAN NOT DO ANY ADVANCED KATA (SENTEI OR TOKUI ) evnets 1to 4 team 49 - 50  
THE ADAPTED KATA FOR EVENT NUMBER PUT -JAP - JAO JUNIOR & SENIOR SAP-SAO  
A COMPETITOR CAN NOT ENTER THE ADAPTED KATA IF DO ANY OTHER EVENT  
MIXED 2 PERSON TEA ADAPTED INCLUSIVE COMBAT ANY AGE ANY GRADE NUMBER - ADC**





