



KARATE Tournament
Fight in Kochi 2026

Outline

Road to adidas 
SEIDO KARATE
GRAND PRIX SERIES

Dear Sir or Madam,

We hope this message finds you in good health and prosperity.

We are pleased to announce that the adidas Karate Grand Prix Series “FIGHT in Kochi” will be held on Sunday, April 26, 2026.

At this event, karate and kickboxing tournaments will be held simultaneously.

Please note that the Junior Champion Class will serve as a qualifying tournament for the adidas SEIDO KARATE GRAND PRIX 2026 All-Japan Championship.

Please find the competition guidelines and entry details below.

Sincerely,

Seidokaikan Toda Dojo
The CAMP Martial Arts Academy JAPAN

President and CEO **Akira Toda**

adidas KARATE GRAND PRIX Series - FIGHT in KOCHI / Event Details

Match Format	Open Tournament
Date & Schedule:	Sunday, April 26, 2026 9:00 AM – Venue opens / Registration & Weigh-in / 10:00 AM – Opening Ceremony
Venue:	Kochi Prefectural Haruno Sports Park – Main Gymnasium 2485 Yoshihara, Haruno-cho, Kochi City, Kochi Prefecture 781-0311
Participation Fee:	¥7,000
Admission:	Free for spectators (Note: No entry for those under the influence of alcohol)
Entry Deadline:	Monday, March 16, 2026 (Applications must arrive by this date)
Entry:	Please apply via the official web entry form 
Payment:	Online Credit Card Payment via the web form
Organizer:	FIKA (International Seido Karate Federation) / Seidokaikan Toda Dojo



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**SEIDO KARATE
GRAND PRIX SERIES**



Q: What is the GRAND PRIX SERIES?
The adidas SEIDO KARATE GRAND PRIX SERIES is an officially sanctioned qualifying tournament series recognized by FIKA. Approximately 30 tournaments are held nationwide each year, from Hokkaido to Kyushu.

Q: What is the GRAND PRIX FINAL?
To qualify for the GRAND PRIX FINAL, athletes must compete in one of the GRAND PRIX SERIES qualifying tournaments held across Japan and place in the highest division. Only top finishers in the Champion Class are eligible to advance to the Final.

Q: Qualification Criteria
Qualification is determined based on the number of participants in the Champion Class tournament.

- 16 or more competitors: Top 8 qualify
- 8 to 15 competitors: Top 4 qualify
- 4 to 7 competitors: Top 2 qualify
- 2 or 3 competitors: Champion only qualifies

Competition Division / Junior Champion Class

Junior Champion Class

Road to adidas SEIDO KARATE GRAND PRIX 2026 / Qualifying Class for the 2026 All-Japan Karate Championship

▼ Main match: 1 minute 30 seconds → Extension: 1 minute (Sudden Death / Must-win Decision)

- | | | |
|---|--|---|
| <ol style="list-style-type: none"> 1. Middle Kindergarten Mixed-Gender Class 2. Senior Kindergarten Mixed-Gender Class 3. 1st Grade Boys Lightweight Division: Under 24kg ★ 4. 1st Grade Boys Heavyweight Division: 24kg and over 5. 2nd Grade Boys Lightweight Division: Under 26kg ★ 6. 2nd Grade Boys Heavyweight Division: 26kg and over 7. 3rd Grade Boys Lightweight Division: Under 28kg ★ 8. 3rd Grade Boys Heavyweight Division: 28kg and over 9. 4th Grade Boys Lightweight Division: Under 32kg ★ 10. 4th Grade Boys Heavyweight Division: 32kg and over 11. 5th Grade Boys Lightweight Division: Under 36kg ★ 12. 5th Grade Boys Heavyweight Division: 36kg and over 13. 6th Grade Boys Lightweight Division: Under 40kg ★ 14. 6th Grade Boys Heavyweight Division: 40kg and over | <ol style="list-style-type: none"> 15. 1st Year Junior High Boys Lightweight Division: Under 45kg ★ 16. 1st Year Junior High Boys Middleweight Division: Under 55kg ★ 17. 1st Year Junior High Boys Heavyweight Division: 55kg and over 18. 2nd Year Junior High Boys Lightweight Division: Under 50kg ★ 19. 2nd Year Junior High Boys Middleweight Division: Under 60kg ★ 20. 2nd Year Junior High Boys Heavyweight Division: 60kg and over 21. 3rd Year Junior High Boys Lightweight Division: Under 50kg ★ 22. 3rd Year Junior High Boys Middleweight Division: Under 60kg ★ 23. 3rd Year Junior High Boys Heavyweight Division: 60kg and over <p>-----</p> <ol style="list-style-type: none"> 24. 1st Grade Girls Lightweight Division: Under 24kg ★ 25. 1st Grade Girls Heavyweight Division: 24kg and over 26. 2nd Grade Girls Lightweight Division: Under 26kg ★ 27. 2nd Grade Girls Heavyweight Division: 26kg and over | <ol style="list-style-type: none"> 28. 3rd Grade Girls Lightweight Division: Under 28kg ★ 29. 3rd Grade Girls Heavyweight Division: 28kg and over 30. 4th Grade Girls Lightweight Division: Under 32kg ★ 31. 4th Grade Girls Heavyweight Division: 32kg and over 32. 5th Grade Girls Lightweight Division: Under 36kg ★ 33. 5th Grade Girls Heavyweight Division: 36kg and over 34. 6th Grade Girls Lightweight Division: Under 40kg ★ 35. 6th Grade Girls Heavyweight Division: 40kg and over 36. 1st Year Junior High Girls Lightweight Division: Under 45kg ★ 37. 1st Year Junior High Girls Heavyweight Division: 45kg and over 38. 2nd Year Junior High Girls Lightweight Division: Under 45kg ★ 39. 2nd Year Junior High Girls Heavyweight Division: 45kg and over 40. 3rd Year Junior High Girls Lightweight Division: Under 50kg ★ 41. 3rd Year Junior High Girls Heavyweight Division: 50kg and over |
|---|--|---|

For safety reasons, please enter a class that matches your skill level.

Contact Us Through Our Website

For any questions regarding the tournament, please contact us through the contact form on the official website. You can also find the latest tournament updates on the "Fight in Kochi" page of the website.



● Insufficient Number of Participants: If there are not enough participants to form a tournament bracket, weight classes may be merged, changed to one-match bouts, or canceled entirely with prior notice.

● Personal Information: The personal information you provide on the entry form will be used for event operation and participant management. Please note that the names, photos, and videos of participants may be published in pamphlets, on the official website, or other media related to the event.

● Event Insurance: The organizers accept no responsibility for any injuries or accidents that occur during the matches. However, participants are covered under accident insurance. In the event of an injury or accident, please notify the event office within one week.

● Event Cancellation Due to Natural Disasters or Infectious Diseases: In the event that the tournament is canceled due to natural disasters or infectious disease outbreaks, we regret to inform you that participation fees cannot be refunded.



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**SEIDO KARATE
GRAND PRIX SERIES**

Competition Division / Junior Class

Junior Intermediate Class

No past awards in Advanced Class.
Up to 3 wins allowed in Beginner or Intermediate Class.
Black belt holders are not eligible to participate.

▼ Main match: 1 minute 30 seconds →
Extension: 1 minute (Sudden Death / Must-win)

- 42. Middle Kindergarten Mixed-Gender Class
 - 43. Senior Kindergarten Mixed-Gender Class
 - 44. 1st Grade Boys Lightweight Division: Under 24kg ★
 - 45. 1st Grade Boys Heavyweight Division: 24kg and over
 - 46. 2nd Grade Boys Lightweight Division: Under 26kg ★
 - 47. 2nd Grade Boys Heavyweight Division: 26kg and over
 - 48. 3rd Grade Boys Lightweight Division: Under 28kg ★
 - 49. 3rd Grade Boys Heavyweight Division: 28kg and over
 - 50. 4th Grade Boys Lightweight Division: Under 32kg ★
 - 51. 4th Grade Boys Heavyweight Division: 32kg and over
 - 52. 5th Grade Boys Lightweight Division: Under 36kg ★
 - 53. 5th Grade Boys Heavyweight Division: 36kg and over
 - 54. 6th Grade Boys Lightweight Division: Under 40kg ★
 - 55. 6th Grade Boys Heavyweight Division: 40kg and over
 - 56. 1st Year Junior High Boys Lightweight Division: Under 45kg ★
 - 57. 1st Year Junior High Boys Middleweight Division: Under 55kg ★
 - 58. 1st Year Junior High Boys Heavyweight Division: 55kg and over
 - 59. 2nd Year Junior High Boys Lightweight Division: Under 50kg ★
 - 60. 2nd Year Junior High Boys Middleweight Division: Under 60kg ★
 - 61. 2nd Year Junior High Boys Heavyweight Division: 60kg and over
 - 62. 3rd Year Junior High Boys Lightweight Division: Under 50kg ★
 - 63. 3rd Year Junior High Boys Middleweight Division: Under 60kg ★
 - 64. 3rd Year Junior High Boys Heavyweight Division: 60kg and over
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- 65. 1st Grade Girls Lightweight Division: Under 24kg ★
 - 66. 1st Grade Girls Heavyweight Division: 24kg and over
 - 67. 2nd Grade Girls Lightweight Division: Under 26kg ★
 - 68. 2nd Grade Girls Heavyweight Division: 26kg and over
 - 69. 3rd Grade Girls Lightweight Division: Under 28kg ★
 - 70. 3rd Grade Girls Heavyweight Division: 28kg and over
 - 71. 4th Grade Girls Lightweight Division: Under 32kg ★
 - 72. 4th Grade Girls Heavyweight Division: 32kg and over
 - 73. 5th Grade Girls Lightweight Division: Under 36kg ★
 - 74. 5th Grade Girls Heavyweight Division: 36kg and over
 - 75. 6th Grade Girls Lightweight Division: Under 40kg ★
 - 76. 6th Grade Girls Heavyweight Division: 40kg and over
 - 77. 1st Year Junior High Girls Lightweight Division: Under 45kg ★
 - 78. 1st Year Junior High Girls Heavyweight Division: 45kg and over
 - 79. 2nd Year Junior High Girls Lightweight Division: Under 45kg ★
 - 80. 2nd Year Junior High Girls Heavyweight Division: 45kg and over
 - 81. 3rd Year Junior High Girls Lightweight Division: Under 50kg ★
 - 82. 3rd Year Junior High Girls Heavyweight Division: 50kg and over

Junior Beginner Class

Up to 3 tournament placements (wins) allowed.
Black belts and brown belts are not eligible to participate.

▼ Main match: 1 minute 30 seconds →
Extension: 1 minute (Must-win Decision)

- 83. Middle Kindergarten Mixed-Gender Class
 - 84. Senior Kindergarten Mixed-Gender Class
 - 85. 1st Grade Boys Lightweight Division: Under 24kg ★
 - 86. 1st Grade Boys Heavyweight Division: 24kg and over
 - 87. 2nd Grade Boys Lightweight Division: Under 26kg ★
 - 88. 2nd Grade Boys Heavyweight Division: 26kg and over
 - 89. 3rd Grade Boys Lightweight Division: Under 28kg ★
 - 90. 3rd Grade Boys Heavyweight Division: 28kg and over
 - 91. 4th Grade Boys Lightweight Division: Under 32kg ★
 - 92. 4th Grade Boys Heavyweight Division: 32kg and over
 - 93. 5th Grade Boys Lightweight Division: Under 36kg ★
 - 94. 5th Grade Boys Heavyweight Division: 36kg and over
 - 95. 6th Grade Boys Lightweight Division: Under 40kg ★
 - 96. 6th Grade Boys Heavyweight Division: 40kg and over
 - 97. 1st Year Junior High Boys Lightweight Division: Under 45kg ★
 - 98. 1st Year Junior High Boys Middleweight Division: Under 55kg ★
 - 99. 1st Year Junior High Boys Heavyweight Division: 55kg and over
 - 100. 2nd Year Junior High Boys Lightweight Division: Under 50kg ★
 - 101. 2nd Year Junior High Boys Middleweight Division: Under 60kg ★
 - 102. 2nd Year Junior High Boys Heavyweight Division: 60kg and over
 - 103. 3rd Year Junior High Boys Lightweight Division: Under 50kg ★
 - 104. 3rd Year Junior High Boys Middleweight Division: Under 60kg ★
 - 105. 3rd Year Junior High Boys Heavyweight Division: 60kg and over
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- 106. 1st Grade Girls Lightweight Division: Under 24kg ★
 - 107. 1st Grade Girls Heavyweight Division: 24kg and over
 - 108. 2nd Grade Girls Lightweight Division: Under 26kg ★
 - 109. 2nd Grade Girls Heavyweight Division: 26kg and over
 - 110. 3rd Grade Girls Lightweight Division: Under 28kg ★
 - 111. 3rd Grade Girls Heavyweight Division: 28kg and over
 - 112. 4th Grade Girls Lightweight Division: Under 32kg ★
 - 113. 4th Grade Girls Heavyweight Division: 32kg and over
 - 114. 5th Grade Girls Lightweight Division: Under 36kg ★
 - 115. 5th Grade Girls Heavyweight Division: 36kg and over
 - 116. 6th Grade Girls Lightweight Division: Under 40kg ★
 - 117. 6th Grade Girls Heavyweight Division: 40kg and over
 - 118. 1st Year Junior High Girls Lightweight Division: Under 45kg ★
 - 119. 1st Year Junior High Girls Heavyweight Division: 45kg and over
 - 120. 2nd Year Junior High Girls Lightweight Division: Under 45kg ★
 - 121. 2nd Year Junior High Girls Heavyweight Division: 45kg and over
 - 122. 3rd Year Junior High Girls Lightweight Division: Under 50kg ★
 - 123. 3rd Year Junior High Girls Heavyweight Division: 50kg and over

Junior Novice Class (Elementary and below)

Maximum of 3 tournament appearances allowed.
Only 1 prior tournament placement permitted.
Black belts and brown belts are not eligible to participate.

▼ Main match: 1 minute 30 seconds (Must-win Decision)

- 124. Middle Kindergarten Mixed-Gender Class
 - 125. Senior Kindergarten Mixed-Gender Class
 - 126. 1st Grade Boys Lightweight Division: Under 24kg ★
 - 127. 1st Grade Boys Heavyweight Division: 24kg and over
 - 128. 2nd Grade Boys Lightweight Division: Under 26kg ★
 - 129. 2nd Grade Boys Heavyweight Division: 26kg and over
 - 130. 3rd Grade Boys Lightweight Division: Under 28kg ★
 - 131. 3rd Grade Boys Heavyweight Division: 28kg and over
 - 132. 4th Grade Boys Lightweight Division: Under 32kg ★
 - 133. 4th Grade Boys Heavyweight Division: 32kg and over
 - 134. 5th Grade Boys Lightweight Division: Under 36kg ★
 - 135. 5th Grade Boys Heavyweight Division: 36kg and over
 - 136. 6th Grade Boys Lightweight Division: Under 40kg ★
 - 137. 6th Grade Boys Heavyweight Division: 40kg and over
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- 138. 1st Grade Girls Lightweight Division: Under 24kg ★
 - 139. 1st Grade Girls Heavyweight Division: 24kg and over
 - 140. 2nd Grade Girls Lightweight Division: Under 26kg ★
 - 141. 2nd Grade Girls Heavyweight Division: 26kg and over
 - 142. 3rd Grade Girls Lightweight Division: Under 28kg ★
 - 143. 3rd Grade Girls Heavyweight Division: 28kg and over
 - 144. 4th Grade Girls Lightweight Division: Under 32kg ★
 - 145. 4th Grade Girls Heavyweight Division: 32kg and over
 - 146. 5th Grade Girls Lightweight Division: Under 36kg ★
 - 147. 5th Grade Girls Heavyweight Division: 36kg and over
 - 148. 6th Grade Girls Lightweight Division: Under 40kg ★
 - 149. 6th Grade Girls Heavyweight Division: 40kg and over

● The use of body protectors is mandatory.
(Provided by the organizer)

For safety reasons, please enter a class that matches your skill level.

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Competition Division / **General Class**

General Advanced Class

High school students and general

▼ Semifinal: Main match – 2 minutes → Extension – 1 minute (Must-win Decision)
Final: Main match – 2 minutes → Extension – 2 minutes (Must-win Decision)

- 150. Men's Lightweight Division: Under 65kg
- 151. Men's Middleweight Division: Under 75kg
- 152. Men's Heavyweight Division: 75kg and Over

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- 153. Women's Lightweight Division: Under 55kg
 - 154. Women's Heavyweight Division: 55kg and Over

General Beginner-Intermediate Class

High school students and general
Black belts are not allowed to compete.

▼ Main match: 2 minutes → Extension: 1 minute (Must-win Decision)

- 155. Men's Lightweight Division: Under 65kg
- 156. Men's Middleweight Division: Under 75kg
- 157. Men's Heavyweight Division: 75kg and Over

-
- 158. Women's Lightweight Division: Under 55kg
 - 159. Women's Heavyweight Division: 55kg and Over

Competition Division / **Masters Class**

Masters Advanced Class

over 40 years old

▼ Main match: 2 minutes → Extension: 1 minute (Must-win Decision)

- 160. Men's Lightweight Division (40–49): Under 65kg
- 161. Men's Middleweight Division (40–49): Under 75kg
- 162. Men's Heavyweight Division (40–49): 75kg and Over
- 163. Men's Lightweight Division (50+): Under 65kg
- 164. Men's Middleweight Division (50+): Under 75kg
- 165. Men's Heavyweight Division (50+): 75kg and Over

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- 166. Women's Lightweight Division (40–49): Under 55kg
 - 167. Women's Heavyweight Division (40–49): 55kg and Over
 - 168. Women's Lightweight Division (50+): Under 55kg
 - 169. Women's Heavyweight Division (50+): 55kg and Over

Masters Beginner-Intermediate Class

over 40 years old

▼ Main match: 1 minute 30 seconds → Extension: 1 minute (Must-win Decision)

- 170. Men's Lightweight Division (40–49): Under 65kg
- 171. Men's Middleweight Division (40–49): Under 75kg
- 172. Men's Heavyweight Division (40–49): 75kg and Over
- 173. Men's Lightweight Division (50+): Under 65kg
- 174. Men's Middleweight Division (50+): Under 75kg
- 175. Men's Heavyweight Division (50+): 75kg and Over

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- 176. Women's Lightweight Division (40–49): Under 55kg
 - 177. Women's Heavyweight Division (40–49): 55kg and Over
 - 178. Women's Lightweight Division (50+): Under 55kg
 - 179. Women's Heavyweight Division (50+): 55kg and Over

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Full-Contact Karate / Tournament Rules & Regulations

Valid Techniques (Effective Strikes)

- All strikes using the hands are valid, except those targeting the face, neck, or groin.
- Only pushes, grabs, and sweeps that lead directly to an attack are permitted.
- All leg techniques, including high knee strikes, are valid except those targeting the groin.
- ※ High knee strikes to the head are permitted only in the Junior Champion Class and the General Men's Class.

Waza-ari (Half Point)

- A clean hit with a kick to the head.
- Recognizable damage caused by a valid strike.
- A valid strike that causes the opponent to fall, followed by a well-timed body punch to an undefended opponent.

Ippon (Full Point)

- Two Waza-ari scores.
- Recognized loss of fighting spirit.
- A knockdown, including standing knockdowns.
- Injury caused by a valid strike, and the referee and doctor determine the match cannot continue.

Fouls

- Strikes to the face or neck with anything other than kicking techniques.
- Grabbing, throwing, holding, or intentionally pressing the chest against the opponent.
- Clearly running away or intentionally stalling the match.
- Attacks to the groin, attacks on a downed opponent, or attacks from behind.
- Holding the opponent's head (with one or both hands).
- Stepping out of bounds due to the opponent's valid strike
- ※ First offense: warning / Second offense: minus 1 point / Third offense: minus 2 points = disqualification
- ※ If deemed malicious by the referee, a deduction of 1 or 2 points may be given immediately..

★Sudden Death Rule

From the extension round onward, the match will be decided as soon as either a Waza-ari or a penalty point is awarded.

★Must Decision System

In the final extension round, a winner must be determined by flag decision. (Weight difference will not be used as a tiebreaker.)

Protective Gear Regulations

●: Mandatory / Must be worn △: Optional —: Not worn

Class \ Gear	Boys						Girls				
	Kindergarten	Elementary	Junior High	General (Beginner/Intermediate)	General (champion)	Masters	Kindergarten	Elementary	Junior High	General (Beginner/Intermediate)	General (champion)
Mouthguard	△	△	△	△	△	△	△	△	△	△	△
Hand Supporter (cloth)	●	●	●	●	—	●	●	●	●	●	—
Punching Gloves	—	—	※1	※1	—	※1	—	—	※1	※1	—
Shin Supporter (cloth)	●	●	●	●	—	●	●	●	●	●	●
Knee Supporter (cloth)	△	●	●	●	△	●	△	●	●	●	△
Groin Cup	●	●	●	●	●	●	—	—	—	—	—
Headgear with Face Shield	●	●	●	—	—	—	●	●	●	—	—
Chest Protector (Inner Vest)	△	△	△	—	—	—	—	●	●	●	●
Sports Bra	—	—	—	—	—	—	—	—	※2	※2	※2
Under Guard (supporter)	—	—	—	—	—	—	●	●	●	●	●
Undergarment	Plain white only※3						Plain white only				

■ Additional Rules Regarding Protective Gear

- Protective gear will not be lent out under any circumstances if forgotten.
- Groin cups and under guards must be worn underneath the karate uniform (dogi).
- Taping of the knuckles is only permitted in the case of lacerations.
- All participants must undergo a pre-match gear inspection at each ring.
- Taping other areas of the body does not require inspection.
- Inner chest protectors must provide coverage up to the chest area only.
- Protectors that cover the abdominal area are not permitted.
- Reinforcing the protector with additional padding or hard materials underneath is strictly prohibited.[Recommended product: ISAMI L-8303]
- Pads used in sports bras must not contain any metal components.
- ※1: Male and female participants of junior high school age and older may choose either hand supporters or punching gloves.

- ※2: Female participants of junior high school age and older may choose either an inner chest protector or a sports bra.
- Hair accessories for female participants must be made of elastic material. Metal or plastic clips are not allowed.
- Towels, headbands, and bandanas are not permitted on the head (except when used to prevent slippage of the headgear).
- General and Masters class male participants with injuries or skin conditions must report in advance and wear a plain white rash guard.
- ※3: For General and Masters class male participants with injuries or skin conditions, wearing a plain white T-shirt or rash guard is permitted with prior approval.
- All competitors must wear a white karate uniform (dogi).