



European Traditional Karate Federation

Str. Naroden Front 14, 1000 Skopje N.Macedonia

www.etkf.net email: etkfkarate@gmail.com

Member of ITKF



To: ETKF & ITKF National Federations members
Re: 38th. ETKF EUROPEAN TRADITIONAL KARATE
CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS,
CADETS
8th. ETKF EUROPEAN CHILDREN CUP

On behalf of the European Traditional Karate Federation, I am proud and honored to invite all ETKF members to take part at the **38th. ETKF EUROPEAN TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS and CADETS** and **8th. ETKF EUROPEAN CHILDREN CUP** which will be held on the **July 3rd. – 5th. 2026 in Sofia, Bulgaria.**

Sincerely Yours,

Dr. Dejan Nedev
ETKF President





European Traditional Karate Federation

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38th. ETKF EUROPEAN TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS and CADETS

I. GENERAL INFORMATION

Title: 38th. ETKF EUROPEAN TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS and CADETS and 8th. ETKF EUROPEAN CHILDREN CUP

Sanctioned by: International Traditional Karate Federation (ITKF)

Hosted by: ETKF & BFTK

Tournament venue: **Overgas Arena, Mladost 2, Sofia, Bulgaria**





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II. PARTICIPANTS

All athletes that are selected by the respective ITKF National Federations to compete must fulfill the following conditions:

1. They must be current member of national federation in a good standing of the ITKF.
2. Age in agreement with their competition category.
3. They must know, fully understand and be able to compete in accordance with the ITKF competition rules.
4. They must be free of any physical or mental handicap that might cause a breach of the ITKF rules.
5. All KUMITE, KO-GO KUMITE and FUKU-GO athletes are obliged to wear the official ITKF KUMITE GLOVES in accordance with ITKF rules. For hygienic reasons gloves cannot be shared between athletes. Mouth (tooth) guards are also mandatory to be worn. (Breast-protection for women, groin protector for men is optional, but recommended safety equipment).
6. They must have his/her own international traveling insurance and also personal accident insurance issued by their respective National Federations.
7. They must belong to a National Federation which is a full and paid-up member of the ITKF&ETKF including the year 2026.
8. Only individuals holding a valid ITKF Certified Coaches Qualification and properly registered with the Tournament Controlling Body will be allowed to represent and coach athletes during the competition.
9. They must present Medical Release and International Health Insurance to Medical Emergencies.
10. All countries must bring their national anthem (on a CD) and two national flags.





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III. CATEGORIES

Age and competition categories

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COMPETITION CATEGORIES

CADETS / 14 – 15 years old			
Individual Kata Men	No limit per country	Individual Ko-Go Kumite Men	No limit per country
Individual Kata Women	No limit per country	Individual Ko-Go Kumite Women	No limit per country
Individual Fuku-Go Men	No limit per country	Synchronized Kata Men	No limit per country
Individual Fuku-Go Women	No limit per country	Synchronized Kata Women	No limit per country

JUNIORS / 16 – 17 years old			
Individual Kata Men	No limit per country	Individual Ko-Go Kumite Men	No limit per country
Individual Kata Women	No limit per country	Individual Ko-Go Kumite Women	No limit per country
Individual Kumite Men	No limit per country	Synchronized Kata Men	No limit per country
Individual Kumite Women	No limit per country	Synchronized Kata Women	No limit per country
Individual Fuku-Go Men	No limit per country	En-Bu Men	No limit per country
Individual Fuku-Go Women	No limit per country	En-Bu Mixed	No limit per country

YOUTHS /18-20 years old			
Individual Kata Men	No limit per country	Individual Ko-Go Kumite Men	No limit per country
Individual Kata Women	No limit per country	Individual Ko-Go Kumite Women	No limit per country
Individual Kumite Men	No limit per country	Synchronized Kata Men	No limit per country
Individual Kumite Women	No limit per country	Synchronized Kata Women	No limit per country
Individual Fuku-Go Men	No limit per country	En-Bu Men	No limit per country
Individual Fuku-Go Women	No limit per country	En-Bu Mixed	No limit per country
		Team Kumite Men	No limit per country





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SENIORS, YOUNGER GROUP			
Individual Kata Men	No limit per country	Individual Ko-Go Kumite Men	No limit per country
Individual Kata Women	No limit per country	Individual Ko-Go Kumite Women	No limit per country
Individual Kumite Men	No limit per country	Synchronized Kata Men	No limit per country
Individual Kumite Women	No limit per country	Synchronized Kata Women	No limit per country
Individual Fuku-Go Men	No limit per country	En-Bu Men	No limit per country
Individual Fuku-Go Women	No limit per country	En-Bu Mixed	No limit per country
		Team Kumite Men	No limit per country

SENIORS, OLDER GROUP			
Individual Kata Men	No limit per country	Individual Ko-Go Kumite Men	No limit per country
Individual Kata Women	No limit per country	Individual Ko-Go Kumite Women	No limit per country
Individual Kumite Men	No limit per country	Synchronized Kata Men	No limit per country
Individual Kumite Women	No limit per country	Synchronized Kata Women	No limit per country
Individual Fuku-Go Men	No limit per country	En-Bu Men	No limit per country
Individual Fuku-Go Women	No limit per country	En-Bu Mixed	No limit per country
		Team Kumite Men	No limit per country





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8th. ETKF EUROPEAN CHILDREN CUP

COMPETITION CATEGORIES

A. CHILDREN I. AGE 6-7 YEARS			
Individual Kata Boys	No limit per country	Individual Kihon-Ippon Boys	No limit per country
Individual Kata Girls	No limit per country	Individual Kihon-Ippon Girls	No limit per country
Individual Kihon Boys	No limit per country	Synchronized Kata Boys	No limit per country
Individual Kihon Girls	No limit per country	Synchronized Kata Girls	No limit per country
B. CHILDREN II. AGE 8-9 YEARS			
Individual Kata Boys	No limit per country	Individual Kihon-Ippon Boys	No limit per country
Individual Kata Girls	No limit per country	Individual Kihon-Ippon Girls	No limit per country
Individual Kihon Boys	No limit per country	Synchronized Kata Boys	No limit per country
Individual Kihon Girls	No limit per country	Synchronized Kata Girls	No limit per country
C. CHILDREN III. AGE 10-11 YEARS			
Individual Kata Boys	No limit per country	Synchronized Kata Boys	No limit per country
Individual Kata Girls	No limit per country	Synchronized Kata Girls	No limit per country
Individual Kihon Boys	No limit per country	Team Jiyu-Ippon Kumite Boy	No limit per country
Individual Kihon Girls	No limit per country	Team Jiyu-Ippon Kumite Girls	No limit per country
Ind. Jiyu-Ippon Kumite Boys	No limit per country		
Ind. Jiyu-Ippon Kumite Girls	No limit per country		
D. CHILDREN IV. AGE 12-13 YEARS			
Individual Kata Boys	No limit per country	Synchronized Kata Boys	No limit per country
Individual Kata Girls	No limit per country	Synchronized Kata Girls	No limit per country
Individual Kihon Boys	No limit per country	Team Jiyu-Ippon Kumite Boy	No limit per country
Individual Kihon Girls	No limit per country	Team Jiyu-Ippon Kumite Girls	No limit per country
Ind. Jiyu-Ippon Kumite Boys	No limit per country		
Ind. Jiyu-Ippon Kumite Girls	No limit per country		

COMPETITION RULES

INDIVIDUAL KATA:

Groups A, B, C, D: eliminations, semi-finals, finals - flag system

TYPE OF KATA (individual and team):

Group A: elimination/ semi-final/ final Taikyoku, Heian 1-2-3;

Group B: elimination/ semi-final/ final Heian 1-2-3-4-5, Heian Oi Kumi;

Group C: elimination/ semi-final/ final Heian 1-2-3-4-5, Heian Oi Kumi, Bassai-Dai;

Group D: elimination/ semi-final/ final Heian 1-2-3-4-5, Heian Oi-Kumi, Bassai-Dai, Kanku Dai, Jion, Enpi;

Team Kata: Each team will be composed of 3 contestants (1 athlete can be from the younger group).





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KIHON KUMITE:

From natural stance must step back with Gedan-barai and start techniques from left (Hidari) stance!

GROUP A, B		GROUP C, D	
1. Oi-Zuki /Jodan	forward	1. Oi-Zuki /Jodan	forward
2. Age-Uke /Gyaku-Zuki	backward	2. Age-Uke /Gyaku-Zuki	backward
3. Gyaku-Zuki /Chudan	forward	3. Gyaku-Zuki /Chudan	forward
4. Uchi-Uke /Gyaku-Zuki	backward	4. Soto-Uke /Gyaku-Zuki	backward
5. Mae-Geri /Chudan	forward	5. Mae-Geri /Chudan	forward
6. Gedan-barai /Gyaku-Zuki	backward	6. Gedan-barai /Gyaku-Zuki	backward
		7. Mawashi-Geri /Jodan	forward
		8. Uchi-Uke / Gyaku-Zuki	backward

KIHON-IPPON KUMITE GROUP A, B:

Attack		Defense	
1	Oi-tsuki (jodan)	1	Age-uke counter attack: Gyaku-Tsuki-Chudan
2	Oi-tsuki (chudan)	2	Soto-uke counter attack: Gyaku-Tsuki-Chudan
3	Mae-geri (chudan)	3	Gedan-barai counter attack: Gyaku-Tsuki-Chudan

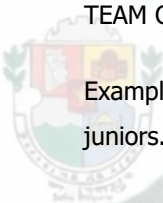
JIYU IPPON KUMITE GROUP C, D:

Attack	Kizami-Tsuki-Jodan, Oi-Tsuki-Jodan, Gyaku-Tsuki-Chudan, Mae-Geri-Chudan, Mawashi-Geri-Jodan; *IN FINAL MATCHES ONLY - plus RENZOKU-KOGEKI-WAZA: Kizami-Tsuki-Jodan - Mawashi-Geri-Jodan - Uraken-Uchi-Jodan - Gyaku-Tsuki-Chudan.
Defense	ONLY -Uke-waza, counter attack: Gyaku-Tsuki-Chudan

ATTENTION:

AN ATHLETE CAN PARTICIPATE IN INDIVIDUAL CATEGORIES ONLY IN HIS AGE CATEGORY.
 IF HE PARTICIPATES IN TEAM CATEGORY FOR AN OLDER AGE GROUP, HE CANNOT PARTICIPATE IN THE SAME TEAM CATEGORY IN HIS AGE GROUP!

Example: one cadet athlete can participate in individual categories for cadets. He can participate in team kata for juniors. In this case he cannot be part of team kata cadets.





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IV. APPLICATION AND REGISTRATION

A) Applications

Dear athletes, since, we have very little time - we are kindly asking all participants (Officials, Athletes, Coaches and Judges) to apply their applications latest by **June 1, 2026**. Thank you for understanding in advance.
The registration must include:

1. Details of all Officials, Coaches and Judges;
2. Details of all Athletes including respective competing categories;
3. Digital passport size photo for each Official, Coach, Judge and Athlete;
4. Registration fees, accommodation and transport for all participants can be paid to the T.O.C. - ETKF bank account no. IBAN MK07200003400207825, SWIFT STOBMK2X Stopanska banka Skopje, North Macedonia
5. Once again please send all your applications latest by **June 1, 2026**.

B) Age Category Disclaimer

A competitor's age category is determined strictly by their age (full years) on the official tournament start date. If a competitor's birthday falls after the tournament start date, they will compete in the lower age category, as they have not yet reached their next full year of age.

The Organizer reserves the right to verify dates of birth and request official identification if necessary. All age classifications are final.

The Organizer reserves the right to modify, join or split the categories depending on the number of registered participants.

PARTICIPATION FEES

EUR 35, 00 - per person, per individual category

EUR 50, 00- for En-Bu

EUR 50, 00- for Kata team

EUR 50, 00- for Kumite team

EUR 50, 00- Judges Refresher Course

COACHES AND REFEREES REGISTRATION AND ACCREDITATION

EUR 50, 00

ACCOMODATION

Accommodation for all delegations (athletes, judges, official) will be in the 4 stars hotels:

HOTEL **** – **55 euros** in single room per person per night / with BB breakfast included

HOTEL **** – **45 euros** in double room per person per night with BB breakfast included

HOTEL **** – **35 euros** in triple room per person per night with BB breakfast included

In case you decide to book a hotel yourself, the organizer will charge a fine of 35 euros from each participant.





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V. APPLICATIONS & REGISTRATION

A. Applications

For logistical reasons we must receive all applications at least 4 weeks before the Championship.

Therefore, we kindly ask all National Federations to complete all registration of their Officials, Athletes, Coaches and Judges and send them on Application Forms by **1 June 2026**.

Note: Any application sent after this deadline will be processed but double fees for athletes' participation must be paid to the Tournament Organizing Committee

B. Registration

Competitors can be registered through email or through our registration application:

<https://tournaments.itkfkarate.org/>

All other registration has to be sent on the Application Forms to e-mail:

The registration must include:

1. details of all Officials, Coaches and Judges
2. details of all Athletes including respective competing categories
3. digital passport size photo for each Official, Coach, Judge (athlete photo is not required)
4. All to be done by **1 June 2026 deadline!!!**

Please help us run this complex operation smoothly by observing the deadline.





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VI. SCHEDULE OF EVENTS

- | | |
|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| July 2 nd
(Thursday) | - Arrival (Officials, Judges, Athletes) |
| July 3 rd (Friday) | - ITKF Judges Refresher Course- Hotel Grami conference hall (3:00 PM)
PLEASE HAVE IN MIND THAT JUDGE REFRESHER COURSE IS MANDATORY FOR ALL JUDGES THAT WISH TO JUDGE AT THE CHAMPIONSHIP
- ETKF Board of Directors Meeting-(Hotel Grami)
- Special Committees Meeting-(Hotel Grami)
- Technical Committee- (Hotel Grami)
- ETKF General Meeting (Hotel Grami)
- Drawing (7:00 PM – 9:00 PM) - (Hotel Grami)
Place: Tournament Registration Office – HOTEL GRAMI |
| July 4 th
(Saturday) | - ETKF 8th. EUROPEAN CHILDREN CUP
- Eliminations-semifinals-finals start 10:00 AM
- OPENING CEREMONY 4:00 PM - 5:00 PM
- Medal Ceremony
Place: Overgas Arena, Mladost 2, Sofia |
| July 5 th
(Sunday) | - 38th. ETKF EUROPEAN TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS and CADETS
- Eliminations-semifinals-finals start 10:00 AM
- Medal Ceremony
Place: Overgas Arena, Mladost 2, Sofia |
| July 6 th
(Monday) | - Sayonara party at Grami Hotel start 8:00 PM
- Departure |

TOURNAMENT REGISTRATION AND ACCREDITATION

- | | |
|---------------|---------------------------------------------------------------------|
| Time and Date | - July 2 nd and July 3 rd 12:00 PM – 10:00 PM |
| Place | - Tournament Registration Office – HOTEL GRAMI |

PLACEMENT OF THE DRAWING

- | | |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Time and Date | - July 3 rd 7:00 PM – 9:00 PM |
| Place | - Tournament Registration Office – HOTEL GRAMI |
| Drawing Note | - All Coaches are required to attend the Draw to confirm that the names and categories of their Athletes are correctly placed before the Draw begins.
No changes or additional inclusion of competitors will be accepted after the drawing. |





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VII. TRANSPORT FROM SOFIA AIRPORT

Sofia International Airport, its only 7 km far from Grami Hotel and Overgas Sport Arena.
Transportation from Sofia airport to Hotel Garmi / Overgas Arena and back cost 20 euros per person.

VIII. JUDGES

Selection of the Judges will be made by the ETKF Technical Committee Members during the ETKF Judges Refresher Course held at Hotel Grami Sofia right before the 38th. ETKF European Championship on 3 July 2026 (Friday).

11. Judges participating in this event have to be ITKF Registered Qualified Judges (class A, B, C) who have participated in the Judges' Refresher Course held before the tournament and completed the ITKF Judges' Refresher Course held in 2026.
12. Each judge candidate must submit the application form, fee and passport size photograph for the Judges' Refresher Course by **1 June 2026**.

All Judges must bring their own HAKAMA (black), whistle and clean KARATEGI.





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IX. CONTACT INFORMATION

All communication between National Federations and the T.O.C. should be done through:

- Dr. Dejan Nedev –ETKF President, email: nedevdejan@gmail.com, mob. +38970265709.
- our website: www.etkf.net
- our e-mail: etkfkarate@gmail.com
- Our cell phone: +38970265709

If we can be of any further assistance or if you have any further questions, please don't hesitate to contact us through our website or e-mail. Update information regarding the Championship can be also found on the website.

X. CONFIRMATION OF PARTICIPATION

All countries planning to participate in the 38th. ETKF EUROPEAN TRADITIONAL KARATE CHAMPIONSHIP FOR SENIORS, YOUTHS, JUNIORS and CADETS are requested to send the confirmation of participation by **1 May 2026** to e-mail: etkfkarate@gmail.com. Please write only general confirmation without details as regards number of participants etc.

Thank you in advance for your cooperation!

We are looking forward to seeing you in Sofia.

D-r Dejan Nedev
ETKF President

