



SHRIMANT VIKRAM SINGH PUAR
PRESIDENT
KARATE INDIA



1ST
KARATE INDIA
NATIONAL
KARATE CHAMPIONSHIP
2025-26

SUB JR | YOUTH | CADET | JUNIOR | U-21

ORGANIZED BY : KARATE INDIA

HOSTED BY : M. P. KARATE ASSOCIATION

DATE: 2ND TO 6TH JANUARY 2026



VENUE: DALY COLLEGE, INDORE (M.P.)

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ABOUT THE TOURNAMENT



The 1st Karate India National Karate Championship 2025-26 marks a historic milestone in the journey of Indian Karate. Organized by Karate India, this national championship will be held from 2ND TO 6TH January, 2026 at the prestigious Daly College Campus, Indore (Madhya Pradesh) — a venue known for its excellence in sports and education.

This landmark event will bring together the finest karatekas from across the nation to compete in the categories of Sub-Junior, Cadet, Youth, Junior, and Under-21. The championship aims to provide a national platform for young and emerging athletes to display their dedication, skill, and spirit of sportsmanship while inspiring the next generation of martial artists.

The tournament is designed not only as a competition but also as a celebration of unity, discipline, and excellence — the core values of Karate-Do. It will serve as a stepping stone for athletes aspiring to represent India at international championships and contribute to the growth and recognition of karate as a premier sport in the country.

With participation expected from all states and union territories, the event will feature intense competition, technical seminars, and opportunities for referee and coach development — making it a complete festival of martial arts.

The 1st Karate India National Karate Championship 2025-26 stands as a proud beginning of a new era — promoting the philosophy of “Excellence Through Discipline and Respect,” and uniting the karate fraternity under one banner of national pride and sporting spirit.

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MESSAGE FROM THE PRESIDENT



It gives me immense pleasure to extend my warm greetings to all participants, officials, coaches, and esteemed guests on the occasion of the 1st Karate India National Karate Championship 2025-26, being held at the beautiful and historic Daly College Campus, Indore.

This championship marks a significant milestone in the journey of Karate India. As the first edition of our national championship, it symbolizes the unity, strength, and growing spirit of karate across our nation. The participation of talented athletes from every state and union territory reflects the widespread enthusiasm and commitment to the art and discipline of Karate-Do.

Karate is more than a sport — it is a philosophy of life that nurtures confidence, respect, and perseverance. Through this event, we aim to encourage young karatekas to pursue excellence not only in competition but also in character and conduct.

I am confident that this championship will serve as an inspiring platform for emerging athletes to showcase their skill, determination, and sportsmanship, while strengthening the foundation of Indian karate for future generations.

My best wishes to all participants for their success and memorable performances. Let us celebrate this event in the true spirit of discipline, respect, and unity that defines the essence of Karate.

With best regards,

Shrimant Vikram Singh Puar
President,
Karate India

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MESSAGE FROM THE GENERAL SECRETARY



It is a matter of immense pride and joy to welcome all athletes, officials, coaches, and guests to the 1st Karate India National Karate Championship 2025-26, organized by Karate India at the esteemed Daly College Campus, Indore.

This inaugural championship marks a new era for Indian karate, bringing together the nation's most promising karatekas under one platform to showcase their talent, discipline, and sportsmanship. The participation of Sub-Junior, Cadet, Youth, Junior, and U-21 categories reflects our commitment to nurturing athletes at every stage of their sporting journey.

As General Secretary, I firmly believe that this event is not just about competition, but about building a culture of excellence, unity, and respect within the karate fraternity. It provides an opportunity for young athletes to learn, grow, and experience the true spirit of Karate-Do — where victory is measured not only in medals but in the strength of character and perseverance.

I extend my sincere appreciation to all organizers, referees, coaches, and volunteers whose dedication and teamwork have made this championship possible. My best wishes to all participants — may you perform with courage, humility, and honor, and carry forward the legacy of karate with pride.

With warm regards,

Vinay Yadav
General Secretary,
Karate India

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RULES & REGULATIONS

(AS PER INTERNATIONAL KARATE COMPETITION RULES)



1. General Guidelines

- The 1st Karate India National Karate Championship 2025-26 will be conducted strictly in accordance with the latest International Karate Rules and Regulations.
- All competitors, coaches, and officials must be registered members of Karate India and affiliated state/union territory associations.
- Participants must possess a valid identity card and age proof certificate at the time of verification.
- The Organizing Committee reserves the right to make decisions on all matters not explicitly covered by these rules.

2. Event Disciplines

- KATA (Forms)
- Individual and Team Kata events will follow International guidelines.
- All Kata events will be conducted using the Electronic Kata Scoring System.
- Repetition of Kata is not allowed, except in the specified lower age categories as per International amendments.
- KUMITE (Sparring)
- Bouts will be conducted on International standard 8m x 8m tatami.
- Duration of the bout will follow International standards:
 - 1.5 minutes for Sub-Junior
 - 2 minutes for Cadet and Junior
 - 3 minutes for U-21 (men), 2 minutes for women categories.
- Weight categories will be as per official International / Karate India guidelines.

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RULES & REGULATIONS

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3. Equipment & Uniform

- All competitors must wear International-approved white karate gi with Karate India logo/association badge.
- Protective equipment (International-approved) is mandatory:
 - Mouth guard
 - Hand protectors (red/blue as per AKA/AO designation)
 - Shin and foot protectors (red/blue)
 - Chest protector (mandatory for female athletes)
 - Body protector (mandatory for cadet and below categories)
- Groin guards are optional but recommended.

4. Refereeing & Judging

- All matches will be officiated by qualified and accredited referees recognized by Karate India
- The Referee Commission will have the authority to interpret the rules in case of any dispute.
- The decisions of the Referee Panel shall be final and binding.

5. Conduct & Discipline

- Competitors and coaches must maintain discipline, respect, and sportsmanship throughout the championship.
- Unsporting behavior, protests, or interference with officials will result in penalties or disqualification.
- Only officially accredited coaches will be allowed in the competition area during bouts.

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RULES & REGULATIONS

(AS PER INTERNATIONAL KARATE COMPETITION RULES)



6. Protest & Appeals

- Protests must be submitted in writing to the Appeals Jury within 5 minutes of the incident.
- A protest fee (as determined by the organizing committee) must accompany the written appeal.
- The decision of the Appeals Jury shall be final and cannot be challenged further.

7. Medical & Safety

- A qualified medical team will be present at all times during the event.
- Any athlete declared unfit by the medical officer shall not be permitted to continue.
- The Organizing Committee shall not be held responsible for any injury sustained during the competition; participants compete at their own risk.

8. Awards & Recognition

- 1 Gold, 1 Silver, and 2 Bronze medals will be awarded in each event category.
- Overall Championship Trophies will be presented based on cumulative points.
- Certificates of participation will be awarded to all registered competitors.

9. Miscellaneous

- All participants must report for weigh-in and registration at the scheduled time.
- Late reporting or absence will result in automatic disqualification.
- The Organizing Committee reserves the right to modify the schedule or rules if required for smooth conduct of the event.

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EVENT CATEGORIES



| AGE | MALE WEIGHT | FEMALE WEIGHT | KATA |
|----------------------|---|---|------|
| 6 YRS | -20 KG & +20 KG | -20 KG & +20 KG | ✓ |
| 7 YRS | -20 KG, -25 KG & +25 KG | -20 KG, -25 KG & +25 KG | ✓ |
| 8 YRS | -20 KG, -25 KG, -30 KG & +30 KG | -20 KG, -25 KG, -30 KG & +30 KG | ✓ |
| 9 YRS | -25 KG, -30 KG, -35 KG & +35 KG | -25 KG, -30 KG, -35 KG & +35 KG | ✓ |
| 10 YRS | -25 KG, -30 KG, -35 KG, -40 KG & +40 KG | -25 KG, -30 KG, -35 KG, -40 KG & +40 KG | ✓ |
| 11 YRS | -30 KG, -35 KG, -40 KG, -45 KG & +45 KG | -30 KG, -35 KG, -40 KG, -45 KG & +45 KG | ✓ |
| YOUTH (12-13 YRS) | -40 KG, -45 KG, -50 KG, -55 KG & +55 KG | -35 KG, -42 KG, -47 KG, -52 KG & +52 KG | ✓ |
| CADET | -45 KG, -52 KG, -57 KG, -63 KG, -70 KG & +70 KG | -42 KG, -47 KG, -54 KG, -61 KG & +61 KG | ✓ |
| JUNIOR | -50 KG, -55 KG, -61 KG, -68 KG, -76 KG & +76 KG | -42 KG, -48 KG, -53 KG, -59 KG, -66 KG & +66 KG | ✓ |
| U-21 | -60 KG, -67 KG, -75 KG, -84 KG & +84 KG | -50 KG, -55 KG, -61 KG, -68 KG & +68 KG | ✓ |

- PLEASE NOTE THAT TEAM KATA EVENT IS ONLY FOR JUNIOR & U-21 CATEGORY

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SCHEDULE



DAY 1 - FRIDAY, 2ND JANUARY 2026

**ARRIVAL • REGISTRATION •
REFEREE SEMINAR & EXAMINATION**

DAY 2 - SATURDAY, 3RD JANUARY 2026

**SUB-JUNIOR & CADET CATEGORIES
(INDIVIDUAL KATA & KUMITE) +
INAUGURATION CEREMONY**

| Time | Event |
|---------------------|--|
| 10:00 AM - 12:00 PM | Arrival of Teams & Officials |
| 12:00 PM - 05:00 PM | Registration & Accreditation of Teams |
| 03:00 PM - 05:00 PM | Official Weigh-in (Early Categories) |
| 05:30 PM - 07:30 PM | Referee Seminar & Examination |
| 07:30 PM | Dinner for Officials & Participants |
| 08:30 PM | Technical Briefing for Coaches & Team Managers |

| Time | Event |
|---------------------|--|
| 08:00 AM - 10:30 AM | Sub-Junior Individual Kata Events |
| 10:30 AM - 11:45 AM | Cadet Individual Kata Events |
| 12:00 PM - 01:00 PM | Official Inauguration Ceremony |
| 01:00 PM - 02:00 PM | Lunch Break |
| 02:00 PM - 06:00 PM | Sub-Junior & Cadet Individual Kumite Events |
| 06:00 PM - 06:30 PM | Medal Ceremonies |
| 07:30 PM | Dinner & Team Interaction Session |

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SCHEDULE



DAY 3 - SUNDAY, 4TH JANUARY 2026

**JUNIOR & U-21 CATEGORIES
(INDIVIDUAL KATA & KUMITE)**

DAY 4 - MONDAY, 5TH JANUARY 2026

FINAL BOUTS - CLOSING CEREMONY

| Time | Event |
|---------------------|---|
| 08:00 AM - 08:30 AM | Warm-up & Line-up |
| 08:30 AM - 12:30 PM | Junior & U-21 Individual Kata Events |
| 12:30 PM - 01:30 PM | Lunch Break |
| 01:30 PM - 05:30 PM | Junior & U-21 Individual Kumite Events |
| 05:30 PM - 06:00 PM | Medal Ceremonies |
| 07:00 PM - 08:00 PM | Referee & Coach Appreciation Ceremony |
| 08:00 PM | Dinner & Cultural Evening |

| Time | Event |
|---------------------|--|
| 08:00 AM - 09:00 AM | Warm-up & Line-up |
| 09:00 AM - 12:00 PM | Final Bouts - All Age Divisions (Kata & Kumite) |
| 12:00 PM - 12:30 PM | Medal Ceremonies for Final Events |
| 12:30 PM - 01:30 PM | Lunch Break |
| 02:00 PM - 04:00 PM | Grand Closing & Prize Distribution Ceremony |
| 04:00 PM - 05:00 PM | Vote of Thanks & Championship Declaration |
| 05:00 PM Onwards | Departure of Teams |

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REGISTRATION



1. Eligibility Criteria

- Open to registered members of Karate India.
- Participants must represent their recognized State / UT / Institutional Karate Association affiliated with Karate India.
- Each competitor must possess a valid ID card and proof of age (Aadhaar / Birth Certificate / Passport / School ID).
- Competitor must possess the Certificate of their State Participation
- Age will be considered as on 31st December 2025.
- All competitors must be medically fit to participate.

2. Entry Fee Structure

| Particulars | Fee (INR) |
|---|-----------------------|
| Championship Fee (including Accommodation & Food) | ₹2000 per participant |
| Extra Event (Kata / Kumite / Team Kata) | ₹500 per event |

Includes:

- ✓ 3 nights' accommodation (2nd-6th January 2026)
- ✓ Breakfast, lunch, and dinner during the championship

Notes:

- Entry fees are non-refundable and non-transferable.
- All payments must be made through the respective State Association, which will remit the consolidated amount to the Organizing Committee.
- No on-spot entries will be accepted without state verification.

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REGISTRATION



3. Medical & Safety

- A fully equipped Medical Team and First Aid Unit will be available throughout the event.
- All competitors must wear approved protective gear as per International Karate Rules.
- Serious injuries will be handled immediately by the Championship Medical Officer.

4. Registration Process

- All registrations must be completed online only through the official Google Form link / Given QR Code:
<https://forms.gle/sG5Q8RV7e5zPebsJ9>.
- Entries submitted by individuals will not be accepted.
- All entries must be submitted through the respective State / UT / Institutional Karate Association Secretary.
- The Organizing Committee will confirm registration after verifying eligibility and payment through official communication.
- The State Secretary or President must submit a complete list of participants on the official letterhead

5. Important Instructions

- Incomplete forms or missing information will result in rejection.
- The Organizing Committee reserves the right to verify eligibility and disqualify any athlete for misconduct or false documentation.
- Participants must maintain discipline, decorum, and sportsmanship at all times.
- Damage to accommodation property will be the responsibility of the concerned State Association.
- All teams must strictly follow the reporting and check-in schedule provided before the event.



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HOW TO REACH THE VENUE



About the Venue

Daly College, established in 1882, is one of India's most prestigious and historic educational institutions. Located in the heart of Indore, the college boasts world-class sports infrastructure, lush green surroundings, and excellent facilities, making it an ideal venue for a national-level championship.

The campus is easily accessible by road, rail, and air, and is well-connected to all major cities across India.

By Air – Indore Airport (Devi Ahilya Bai Holkar Airport)

- Distance from Daly College: Approximately 8 km (20 minutes)
- Nearest Major Airport: Devi Ahilya Bai Holkar International Airport, Indore (IDR)
- Regular flights operate from major Indian cities such as Delhi, Mumbai, Kolkata, Chennai, Hyderabad, Bengaluru, and Ahmedabad.
- Transport from Airport: Prepaid taxis, app-based cabs (Ola/Uber), and auto-rickshaws are easily available to reach Daly College.

By Train – Indore Junction Railway Station

- Distance from Daly College: Around 3.5 km (10 minutes)
- Indore Junction is a major railway hub with frequent trains from cities like Delhi, Bhopal, Jaipur, Mumbai, and Ahmedabad.
- Nearby Stations:
 - Indore Junction (INDB) – 3.5 km
 - Laxmibai Nagar (LMNR) – 5 km
 - Dewas Junction (DWX) – 40 km

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HOW TO REACH THE VENUE



By Road – Well Connected Network

- Indore is connected via NH-52 and NH-47 to major cities in Madhya Pradesh and neighboring states.
- Approximate Road Distances:
- Bhopal – 190 km
- Ujjain – 55 km
- Ahmedabad – 400 km
- Nagpur – 440 km
- Jaipur – 520 km
- Regular Intercity Buses and Private Coaches are available to and from Indore.
- The Sarwate Bus Stand and Gangwal Bus Stand are the main terminals, both located within 5 km of Daly College.

Local Transportation

- Indore offers convenient local transport options such as:
 - App-based Cabs: Ola, Uber
 - Auto Rickshaws & E-Rickshaws available across the city
 - City Buses connecting major points to the Daly College area
- For teams staying at official accommodations, directions and assistance will be provided by the Organizing Committee Help Desk.

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TRAVEL ADVISORY



Weather Conditions

- Indore in January experiences pleasant winter weather.
- Temperature Range: 12°C to 26°C
- Mornings and evenings can be cool, so participants are advised to carry light woollen clothing or jackets.
- During daytime, the weather remains comfortable and sunny, suitable for outdoor movement.

Travel & Packing Essentials (Participants and officials are advised to carry):

- Original Identity Proof (Aadhaar / Passport / School ID)
- Medical Fitness Certificate (if not submitted earlier)
- Personal Toiletries and Towels
- Karate Gi (Uniform) and approved protective gear
- Light winter clothing for evenings
- Personal water bottle, sports shoes, and energy supplements if required
- A padlock or name tag for personal luggage

Local Conduct & Guidelines

- All participants are ambassadors of their State / Association and must maintain discipline and decorum.
- Avoid roaming outside campus without prior permission of the team manager.
- Respect venue rules and maintain cleanliness at all times.
- Alcohol, smoking, and use of prohibited substances are strictly forbidden on campus and accommodation premises.
- Carry a copy of your ID card at all times for security checks.

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BEST WISHES



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