

OREGON KARATE CHAMPIONSHIP

2025 YOSHIDA CUP

MARCH 29, 2025



*More information and registration at
www.karatetmaster.com*



Doors Open at 8 AM



*Gourmet Yoshida Sauce for
all first place winners!*



*"My First Tournament"
divisions!*



*Yoshida Event Center,
Mount Hood Community College
26000 SE Stark Street
Gresham, OR 97030*





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

Welcome to the Oregon State Karate Championships on Saturday, March 29, 2025, 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 assist in promoting Karate to the next level! The dedication and pride that athletes, coaches, and officials have in preparing and participating in competition and the camaraderie it brings is always a part of Oregon State Karate Championships. We are trying to expand the opportunities for athletes to have higher-level competition by bringing in USA Karate, PKF, and WKF officials and athletes from out of state. If you have U.S. team members competing, I am happy to announce them in advance.

Please take the opportunity to develop your knowledge and skills in the rules, and improve your officiating with a USA Karate Rules course by Jay Farrell, USA Karate Referee Committee, World Karate Federation Referee of Karate, at the JKF NW Honbu Dojo on February 22nd, Japan Karate Federation Ryobu-Kai NW, 7189 NE Imbrie Dr, Hillsboro, OR 97124

Additionally, we are excited to continue with the categories of Team Kata, Family Team Kata, Para-Karate Kata, and "My First Tournament!" We will use modified USA Karate rules with the WKF updates.

There will be a meeting for officials at 8:30 am on March 29. Team Kata and Kobudo categories will begin at 9:00 am, and others will start at 10:00 am.

Register at www.KarateTMaster.com (coming soon).

We look forward to seeing you there.

Sincerely,

Jay Farrell, Scott Pillsbury, Jem Corcoran
Tournament Directors



Saturday, March 29, 2025

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 3/28/25

www.KarateTMaster.com

Fee: all \$65/one category, \$15/each additional category, \$35 per team.

Friday: 6:30 pm – Rules review and updates for all. No certification. No charge, at 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 virtual volunteer training/information session before March 8th 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 secondary insurance.



2025 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 match controller based on the WKF Youth League procedure will be utilized in all kumite and kata categories.
2. Advanced 12-34 y/o kumite categories may use the four-judge procedure.
3. Link to USA Karate Rules of Competition: www.teamusa.org/USA-Karate/Events/Rules-of-Competition

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 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 immediate previous round) in a medal round.

Kumite: Match time and scoring.

1. All categories except 14 -34 y/o advanced categories: 1-1/2 minutes, stop time, 8-point cap.
2. Categories age 14 – 34 y/o advanced categories: 2 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 hand and foot.
2. Ages 14 -15: No touch or contact to the head, face, and 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 are 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). Advanced categories 12 y/o and up: shin/instep protectors. Other categories optional: shin pads/foot pads (WKF type), body protector, head protector.



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 be taking place. Please contact Amie Leon at info@karateheadquarters.com to sign up for virtual volunteer training/information session before March 8th for details.

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 membership's new program. Less 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>

MY FIRST TOURNAMENT CATEGORY

- Last year, there was a bit of confusion about this category.
- It is intended as a small category for those for whom it is their **very first** tournament, not their second or third. Extra attention is given to help the athlete feel more comfortable.
- The athlete may then enter their regular Beginner category later. It is not intended to be an extra "Beginner" category.
- We thank you for your understanding.

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

Beginner: 0-1 Year Experience.		Novice: 1-2 Year Experience	
1. Gekisai Daichi		1. Fukyu Ichi	13. Pinan Shodan
2. Gekisai Daini		2. Fukyu Ni	14. Pinan Nidan
3. Fukyu Daichi		3. Fukyu San	15. Pinan Sandan
4. Fukyu Daini		4. Gekisai Daichi	16. Pinan Yondan
5. Heian Shodan		5. Gekisai Daini	17. Pinan Godan
6. Heian Nidan		6. Gekisai Dai San	18. Taikyoku
7. Junino		7. Heian Shodan	19. Ten No Kata
8. Kihon Kata		8. Heian Nidan	
9. Pinan Shodan		9. Heian Sandan	
10. Pinan Nidan		10. Heian Yondan	
11. Taikyoku		11. Heian Godan	
12. Ten No Kata		12. Junino	

Intermediate: 2-4 Year Experience	
<i>All katas from Beginner and Novice categories above plus the following</i>	
1. Ananku	28. Naifanchin Nidan
2. Arakaki Sochin	29. Naifanchin Sandan
3. Aoyagi	30. Naihanchi
4. Bassai	31. Nijushiho
5. Bassai Dai	32. Niseishi
6. Bassai Sho	33. Pachu
7. Chinte	34. Passai
8. Enpi	35. Rohai
9. Garyu	36. Saifa
10. Hangetsu / Seisan (Not Goju)	37. Sanchin
11. Hauffa (Haffa)	38. Sanseiru
12. Ishimine Bassai	39. Sanseru
13. Itosu Rohai Shodan	40. Seichin
14. Itosu Rohai Nidan	41. Seienchin (Seiyunchin)
15. Itosu Rohai Sandan	42. Seipai
16. Jiin	43. Seiryu
17. Jion	44. Shinpa
18. Jitte	45. Shinsei
19. Juroku	46. Shisochin
20. Kanku Dai	47. Tekki Shodan
21. Kousokun Dai	48. Tekki Nidan
22. Kusanku (Only Wado Kata)	49. Tekki Sandan
23. Matsukaze	50. Tensho
24. Matsumura Rohai	51. Wankan
25. Meikyo	52. Wanshu
26. Myojo	53. Wanshin (Kobayashi)
27. Naifanchin Shodan	

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 upon the rules of USA-Karate. (modified), with the adaptation of 2025 WKF rules update when available.

Kata

K01 5 yrs and under Boys & Girls
K02 6 - 7 yrs Boys Beg/Nov
K03 6 - 7 yrs Girls Beg/Nov
K04 6 - 7 yrs Boys Int/Adv
K05 6 - 7 yrs Girls Int./Adv
K06 8 - 9 yrs Boys Beg/Nov
K07 8 - 9 yrs Girls Beg/Nov
K08 8 - 9 yrs Boys Int/Adv
K09 8 - 9 yrs Girls Int/Adv
K10 10 - 11 yrs Boys Beg/Nov
K11 10 - 11 yrs Girls Beg/Nov
K12 10 - 11 yrs Boys Int/Adv
K13 10 - 11 yrs Girls Int/Adv
K14 12 - 13 yrs Boys Beg/Nov
K15 12 - 13 yrs Girls Beg/Nov
K16 12 - 13 yrs Boys Intermediate
K17 12 - 13 yrs Boys Advanced
K18 12 - 13 yrs Girls Intermediate
K19 12 - 13 yrs Girls Advanced
K20 14 - 15 yrs Boys Beg/Nov
K21 14 - 15 yrs Girls Beg/Nov
K22 14 - 15 yrs Boys Intermediate
K23 14 - 15 yrs Boys Advanced
K24 14 - 15 yrs Girls Intermediate
K25 14 - 15 yrs Girls Advanced
K26 16 - 17 yrs Boys Beg/Nov
K27 16 - 17 yrs Girls Beg/Nov
K28 16 - 17 yrs Boys Intermediate
K29 16 - 17 yrs Boys Advanced
K30 16 - 17 yrs Girls Intermediate
K31 16 - 17 yrs Girls Advanced
K32 18 - 34 yrs Men Beg/Nov
K33 18 - 34 yrs Women Beg/Nov
K34 18 - 34 yrs Men's Int
K35 18 - 34 yrs Men's Advanced

Kumite

S01 5 yrs and under Boys & Girls
S02 6 - 7 yrs Boys Beg/Nov
S03 6 - 7 yrs Girls Beg/Nov
S04 6 - 7 yrs Boys Int/Adv
S05 6 - 7 yrs Girls Int./Adv
S06 8 - 9 yrs Boys Beg/Nov
S07 8 - 9 yrs Girls Beg/Nov
S08 8 - 9 yrs Boys Int/Adv
S09 8 - 9 yrs Girls Int/Adv
S10 10 -11 yrs Boys Beg/Nov
S11 10 -11 yrs Girls Beg/Nov
S12 10 -11 yrs Boys Int/Adv
S13 10 -11 yrs Girls Int/Adv
S14 12 -13 yrs Boys Beg/Nov
S15 12 -13 yrs Girls Beg/Nov
S16 12 -13 yrs Boys Intermediate
S17 12 -13 yrs Boys Advanced
S18 12 -13 yrs Girls Intermediate
S19 12 -13 yrs Girls Advanced
S20 14 -15 yrs Boys Beg/Nov
S21 14 -15 yrs Girls Beg/Nov
S22 14 -15 yrs Boys Intermediate
S23 14 -15 yrs Boys Advanced
S24 14 -15 yrs Girls Intermediate
S25 14 -15 yrs Girls Advanced
S26 16 -17 yrs Boys Beg/Nov
S27 16 -17 yrs Girls Beg/Nov
S28 16 -17 yrs Boys Intermediate
S29 16 -17 yrs Boys Advanced
S30 16 -17 yrs Girls Intermediate
S31 16 -17 yrs Girls Advanced
S32 \geq 18 yrs Men Beg/Nov
S33 \geq 18 yrs Women Beg/Nov
S34 \geq 18 yrs Men's Intermediate
S35 \geq 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 - 49yrs Women Int/Adv	S41 35 - 49yrs 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

MY First Tournament

MFT-K51 – 5 and under – Boys/Girls
MFT-K52 – 6-7 y/o – Boys/Girls
MFT-S51 – 5 and under – Boys/Girls
MFT-S52 – 6-7 y/o – Boys/Girls



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)**

