

Categories for Kyokushin Cup 2026 The 10th All UK Open Incorporating 1st International Cup

Aged over 18- International Open			
Category- 1	Men-Lightweight - Open	-70kg	Grade - Open
Category- 2	Men-Middleweight-Open	-80kg	Grade - Open
Category- 3	Men-Heavyweight-Open	+80kg	Grade - Open
Category- 4	Women-Lightweight - Open	-65kg	Grade - Open
Category- 5	Women-Heavyweight-Open	+65kg	Grade - Open

Novice Aged over 18 - UK and Ireland participants only			
Category- 6	Men-Lightweight - Novice	-70kg	Grade - 10 th Kyu to 1 st Kyu
Category- 7	Men-Middleweight- Novice	-80kg	Grade - 10 th Kyu to 1 st Kyu
Category- 8	Men-Heavyweight- Novice	+80kg	Grade - 10 th Kyu to 1 st Kyu
Category- 9	Women-Lightweight - Novice	-65kg	Grade - 10 th Kyu to 1 st Kyu
Category- 10	Women-Heavyweight- Novice	+65kg	Grade - 10 th Kyu to 1 st Kyu

Veteran aged over 45- International Open			
Category- 11	Veteran (Men) Lightweight - Under 75kg.	-75kg	Grade - Open
Category- 12	Veteran (Men) Heavyweight - Over 75kg.	+75kg	Grade - Open

Junior's age 10 to 15			
Category- 13 Girls	Age 10 and 11	Weight- Open	Grade - Open
Category- 14 Boys	Age 10 and 11	Weight- Open	Grade - Open
Category- 15 Girls	Age 12 and 13	Weight- Open	Grade - Open
Category- 16 Boys	Age 12 and 13	Weight- Open	Grade - Open
Category- 17 Girls	Age 14 and 15	Weight- Open	Grade - Open
Category- 18 Boys	Age 14 and 15	Weight- Open	Grade - Open

Cadets- Age 16, 17 International - Male and Female			
Category- 19 Girls	Cadets - Age 16 and 17	Weight- Open	Grade - Open
Category- 20 Boys	Cadets - Age 16 and 17	Weight- Open	Grade - Open

Kata Tournament for Adults – International		
Category- 21	Adults - Over 18 - Women	4 th Kyu and Above
Category- 22	Adults - Over 18 - Men	4 th Kyu and Above

- There will be two weight categories for Juniors and cadets if there is sufficient number of participants for their categories. For example, under and over 55kg.
- Our kumite and Kata Tournament rules can be found on the Tournament page of our website.
- Please note: Tournament committee reserves the right to change the categories.

www.budokarate-honbu.com