



Karate Ireland

Irish Martial Arts Commission's Governing Body for Karate in Ireland

Dear Karate Ireland Members and Instructors,

Karate Ireland National Championship is returning on Sunday 26th November 2023 to a new venue at the SETU Arena, SETU West Campus, Woodstown, Carriganore, Co. Waterford.

Karate Ireland National Championships is open to non-members and all registration must be via Sportsdata. The categories have been restricted based on grades/ages so the more information you put in when registering your student, the more accurate a category list you will receive. The categories have been reviewed based on last year's registrations and you will find a number of changes this year. Team kata events have been split by grade for the younger age groups. As per the Karate Ireland rules any athlete can only participate in one team kata event, an athlete can move up a age group to make up a team.

The inclusive Kata sections have been increased inline with international standards. If you need more information on the Emerald, Diamond and Sapphire classification please contact me for details but at a high level Emerald is slight, Diamond is minor to moderate while Sapphire is severe to profound. If an athlete is participating in an inclusive kata, they cannot compete in individual kata.

All Kumite sections have been expanded and there will be spot checks for weight on the day. If there are less than four competitors in any section, we reserve the right to merge sections.

The start time for the event will be 9am.

The event can be found [here](#) or by searching Karate Ireland National Championships 2023 on the main list.

It is important that all entries are registered on Sportsdata by Thursday 16th November, this will allow for the draws and timetable to be issued before the event. No registration on the day will be accepted. All entries will automatically go onto a waiting list and a copy of each club's insurance must be sent to catherinekarateireland@gmail.com before the 16th November.

The Nationals is your event and with your support we can keep it the number one karate event in Ireland

Referees/Officials/Volunteers:

The success of the nationals relies on the volunteers who give their time and expertise to help make the nationals the most successful karate event in the Ireland.

Each club must appoint a minimum of one referee or volunteer per 10 competitors to work throughout the day. Referees will be designated a tatami for the day. Volunteers will work as table officials or in the sports hall for the day. Please register your official and referees with your entry form. Please ensure anybody you have proposed is suitably experienced and wearing the



appropriate attire as this is the Karate Ireland National Championships and meet your club or organisations guidelines. Remember we rely on your support.

Look forward to seeing you again at this year's Nationals.

Catherine Chelmiah

Secretary Karate Ireland.

085 7321703 or email: catherinekarateireland@gmail.com



Karate Ireland

National Karate Championships

Sunday 26th November 2023 Categories

Team Kata

Age	Gender	Grade
7 years and under	Mixed	White to Green
7 years and under	Mixed	Blue to Black
Under 10 years	Mixed	White to Green
Under 10 years	Mixed	Blue to Black
Under 14 years	Mixed	White to Green
Under 14 years	Mixed	Blue to Black
Under 18 years	Male	All grades
Over 18 years	Male	All grades
Under 18 years	Female	All grades
Over 18 years	Female	All grades
Novice Parent and Child	Mixed	White to Purple
Advanced Parent and Child	Mixed	Brown/Black

Weapons

Under 10 years	Female	Male	White to Green
Under 10 years	Female	Male	Blue to Black
Under 14 years	Female	Male	White to Green
Under 14 years	Female	Male	Blue to Black
Under 18 years	Female	Male	White to Green
Under 18 years	Female	Male	Blue to Black
18 Years plus	Female	Male	White to Green
18 Years plus	Female	Male	Blue to Black

Inclusive Kata

Inclusive 6 to 12 Years Emerald	Female	Male
Inclusive 6 to 12 Years Diamond	Female	Male
Inclusive 6 to 12 Years Sapphire	Female	Male
Inclusive 13 to 17 Years Emerald	Female	Male
Inclusive 13 to 17 Years Diamond	Female	Male
Inclusive 13 to 17 Years Sapphire	Female	Male
Inclusive 18 Years plus Emerald	Female	Male
Inclusive 18 Years plus Diamond	Female	Male
Inclusive 18 Years plus Sapphire	Female	Male



Individual Kata

Age			Grade
6 years and under	Female	Male	White to Orange
6 years and under	Female	Male	Green to Purple
7 years	Female	Male	White to Orange
7 years	Female	Male	Green to Purple
8 Years	Female	Male	White to Orange
8 Years	Female	Male	Green to Purple
9 Years	Female	Male	White to Orange
9 Years	Female	Male	Green to Purple
10 and 11 Years	Female	Male	White to Orange
10 and 11 Years	Female	Male	Green to Purple
12 and 13 Years	Female	Male	White to Orange
12 and 13 Years	Female	Male	Green to Purple
Under 8 Years	Female	Male	Brown/Black
Under 10 Years	Female	Male	Brown/Black
Under 12 Years	Female	Male	Brown/Black
Under 14 Years	Female	Male	Brown/Black
14 and 15 Years	Female	Male	White to Purple
14 and 15 Years	Female	Male	Brown/Black
16 and 17 Years	Female	Male	White to Purple
16 and 17 Years	Female	Male	Brown/Black
18 to 35 Years	Female	Male	White to Purple
18 to 35 Years	Female	Male	Brown/Black
36 Years plus	Female	Male	White to Purple
36 Years plus	Female	Male	Brown/Black



Individual Kumite

Age	Male (Kgs)	Female (Kgs)	Grade
6 years and under	U25/U30/U35/O35	U25/U30/U35/O35	White to Purple
7 Years	U25/U30/U35/O35	U25/U30/U35/O35	White to Orange
7 Years	U25/U30/U35/O35	U25/U30/U35/O35	Green to Purple
8 Years	U30/U35/U40/U45/O45	U30/U35/U40/U45/O45	White to Orange
8 Years	U30/U35/U40/U45/O45	U30/U35/U40/U45/O45	Green to Purple
9 Years	U30/U35/U40/U45/O45	U30/U35/U40/U45/O45	White to Orange
9 Years	U30/U35/U40/U45/O45	U30/U35/U40/U45/O45	Green to Purple
Under 10	U30/U35/U40/U45/O45	U30/U35/U40/U45/O45	Brown / Black
10 & 11 Years	U33/U40/U47/U55/O55	U33/U40/U47/U55/O55	White to Orange
10 & 11 Years	U33/U40/U47/U55/O55	U33/U40/U47/U55/O55	Green to Purple
10 & 11 Years	U33/U40/U47/U55/O55	U33/U40/U47/U55/O55	Brown / Black
12 & 13 Years	U40/U47/U53/U60/O60	U40/U47/U53/U60/O60	White to Orange
12 & 13 Years	U40/U47/U53/U60/O60	U40/U47/U53/U60/O60	Green to Purple
12 & 13 Years	U40/U47/U53/U60/O60	U40/U47/U53/U60/O60	Brown / Black
14 & 15 Years	U50/U57/U63/U70/O70	U50/U57/U63/U70/O70	White to Purple
14 & 15 Years	U50/U57/U63/U70/O70	U50/U57/U63/U70/O70	Brown / Black
16 & 17 Years	U55/U62/U70/U77/O77	U50/U57/U63/U70/O70	White to Purple
16 & 17 Years	U55/U62/U70/U77/O77	U50/U57/U63/U70/O70	Brown / Black
Senior	U64/U71/U78/u85/O85	U60/U66/U73/U80/O80	White to Purple
Senior	U64/U71/U78/u85/O85	U60/U66/U73/U80/O80	Brown / Black
Veteran	U75/O75	U60/O60	White to Purple
Veteran	U75/O75	U60/O60	Brown / Black

Entry Fees

Under 18: €15 per event
 Senior 18 and over: €20 per event
 All team events €20 per team
 Family Kata €20 per team