



International

TURKISH OPEN KARATE

TOURNAMENT

HAZIRLANIŞ

KUMİTTE
KATA

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AUGUST
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BASAKSEHIR SPORT COMPLEX
CHILDREN - CADET - JUNIOR - SENIOR
ISTANBUL - TURKIYE



International Turkish Open Karate Tournament Istanbul - Turkiye

Welcome Message from the TKF President, Ercument Tasdemir

It is a privilege and an immense honor to welcome the global karate community to Istanbul for the **International Turkish Open Karate Tournament**, held from August 21st to 23rd, 2026.

Istanbul, a historic bridge between continents, cultures, and civilizations, serves as the perfect backdrop for this grand celebration of sportsmanship, discipline, and unity. This year, we are thrilled to bring together elite athletes across all generations, featuring individual competitions in the **Children, Cadet, Junior, and Senior** categories.

This tournament represents the complete journey of a karateka. From our youngest competitors in the children's division discovering the courage of the tatami, to our seasoned seniors demonstrating the absolute peak of athletic excellence and mental fortitude, this event embodies the continuous spirit of our martial art. Each category showcases a vital link in the chain of karate's bright future.

To our athletes: You have trained tirelessly to reach this international stage. Beyond the pursuit of medals, we hope you embrace the true values of *Do* (the way)—respect, integrity, and fair play. May the friendships you forge here in Turkiye transcend the boundaries of competition.

We extend our deepest gratitude to the World Karate Federation, our dedicated referees, coaches, organizing staff, and the passionate families supporting these athletes. Thank you for your vital contributions to making this event a spectacular success.

Welcome to Istanbul, and I wish all competitors the absolute best of luck!

Ercument Tasdemir
President





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1- INTRODUCTION

From **August 21 to 23, 2026**, the global karate community will turn its eyes to the historic and vibrant city of **Istanbul, Türkiye**, for the highly anticipated **Turkish Open Karate Tournament**.

As a premier event on the international karate calendar, this year's tournament stands as a testament to Türkiye's deep-rooted martial arts tradition and its proven excellence in hosting world-class sporting organizations. Bringing together elite athletes, dedicated coaches, and elite referees from across the globe, the Turkish Open offers an elite platform for high-level competition, sportsmanship, and cultural exchange.

2- ISTANBUL

Turkey, situated on the lands known as "Anatolia," has a rich history shaped by diverse civilizations, including the Aeolians, Dorians, Ionians, Thracians, and Persians, during the Palaeolithic age. The Hellenistic period began under the rule of Alexander the Great, followed by the dominance of the Romans and Byzantines. In the 11th century, the Seljuk Turks triumphed over the Byzantine Empire, leading to the Turkification of Anatolia.

After the fall of the Seljuk Empire, various Turkish principalities emerged, with the Ottomans eventually uniting them into the Ottoman Empire by the 13th century. The Ottoman Empire flourished, spanning from Southeast Europe to West Asia and North Africa, before its decline in the 17th century. Mustafa Kemal Atatürk founded the Republic of Turkey in 1923 after the War of Independence against occupying forces in World War I.

Istanbul, Turkey's most populous city, has been a melting pot of civilizations throughout history. Each civilization that settled in Istanbul left its mark, creating a city steeped in universal history.

Located between the Sea of Marmara and the Black Sea, Istanbul boasts the picturesque Bosphorus strait, connecting Europe and Asia. Its strategic position as a port city and trade hub has made it a center of global importance.





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How to Spend Your Free Time in Istanbul

Discover the vibrant city of Istanbul with its myriad of historical and cultural attractions. Here are some must-visit places to make the most of your leisure time:

1. Taksim Square: Explore the historic Taksim Square, once a hub for Ottoman water sellers. Take a ride on the nostalgic tram and soak in the bustling atmosphere.
2. Sultanahmet Square: Immerse yourself in history at Sultanahmet Square, home to iconic landmarks such as Hagia Sophia, the Blue Mosque, and the Basilica Cistern.
3. Dolmabahçe Palace: Marvel at the grandeur of Dolmabahçe Palace, overlooking the Bosphorus. Built in the 19th century, this architectural gem is a must-visit for history enthusiasts.
4. Basilica Cistern: Descend into the underground world of the Basilica Cistern, an ancient water reservoir with impressive columns and mystical atmosphere.
5. Maiden's Tower: Enjoy panoramic views of Istanbul from the Maiden's Tower, situated at the southern entrance of the Bosphorus. Legend has it that a lovelorn maiden was imprisoned here, giving the tower its name.
6. Galata Tower: Climb to the top of Galata Tower for breathtaking views of the city skyline. Dating back to the Byzantine era, this iconic landmark offers a glimpse into Istanbul's rich history.

Experience the rich tapestry of Istanbul's past and present as you explore its diverse attractions and landmarks.





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3- HOW TO GET TO ISTANBUL

Traveling to Istanbul is easiest by flying into either **Istanbul Airport (IST)** on the European side or **Sabiha Gökçen Airport (SAW)** on the Asian side. Both international hubs offer extensive direct flights globally. You can check schedules and book trips directly using Turkish Airlines or Pegasus Airlines. [1, 2]

1. Requirements for Entry

Before booking, ensure you have:

- **Passport:** Valid for at least 60 days beyond your planned departure date.
- **Visa:** Depending on your nationality, you may need to apply for an e-Visa online prior to your arrival.

2. Getting From the Airports to the City

Once you land, several reliable transit options operate around the clock:

- **From Istanbul Airport (IST):** Use the Havaist Airport Shuttle to reach central hubs like Taksim or Yenikapı, or connect to the M11 Metro line.
- **From Sabiha Gökçen Airport (SAW):** Take the M4 Metro line directly into the Asian side (Kadıköy), or use the Havabus shuttle to get to the European side.

3. Getting Around the City

Traffic is heavy in Istanbul, so the best way to navigate is via the interconnected rail, tram, and ferry networks.

- **Istanbulkart:** Buy this reloadable transit pass at any major station or kiosk. It costs about 165 TRY, and a single ride is usually 40–50 TRY. It can be used by up to 5 people at once.
- **Ferries (Vapurlar):** Crucial for bypassing bridge traffic and taking the scenic route between Europe and Asia.
- **Taxis:** Use the **BiTaksi** app to avoid street scams and ensure the meter is used.

If you tell me **where you are flying from** and **your travel dates**, I can find more specific flight and route details for your journey.





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4- COMPETITION INFORMATION

Complete Event Categories (Kata & Kumite)

Discipline	Category / Age	Gender	Type / Weight Divisions
Kata	6-7 Years	Male / Female	Individual
Kumite	6-7 Years	Male	-22 kg, -26 kg, -30 kg, -34 kg, +34 kg
	6-7 Years	Female	-20 kg, -24 kg, -28 kg, -32 kg, +32 kg
Kata	8-9 Years	Male / Female	Individual
Kumite	8-9 Years	Male	-28 kg, -32 kg, -36 kg, -40 kg, -44 kg, +44 kg
	8-9 Years	Female	-26 kg, -30 kg, -34 kg, -38 kg, -42 kg, +42 kg
Kata	10-11 Years	Male / Female	Individual
Kumite	10-11 Years	Male	-35 kg, -40 kg, -45 kg, -50 kg, +50 kg
	10-11 Years	Female	-32 kg, -36 kg, -40 kg, -44 kg, +44 kg
Kata	12-13 Years	Male / Female	Individual
Kumite	12-13 Years	Male	-40 kg, -45 kg, -50 kg, -55 kg, +55 kg
	12-13 Years	Female	-39 kg, -44 kg, -49 kg, -54 kg, +54 kg
Kata	14-15 Years (Cadet)	Male / Female	Individual
Kumite	14-15 Years (Cadet)	Male	-52 kg, -57 kg, -63 kg, -70 kg, +70 kg
	14-15 Years (Cadet)	Female	-47 kg, -54 kg, -61 kg, +61 kg
Kata	16-17 Years (Junior)	Male / Female	Individual
Kumite	16-17 Years (Junior)	Male	-55 kg, -61 kg, -68 kg, -76 kg, +76 kg
	16-17 Years (Junior)	Female	-48 kg, -53 kg, -59 kg, -66 kg, +66 kg
Kata	18+ Years (Senior)	Male / Female	Individual
Kumite	18+ Years (Senior)	Male	-60 kg, -67 kg, -75 kg, -84 kg, +84 kg
	18+ Years (Senior)	Female	-50 kg, -55 kg, -61 kg, -68 kg, +68 kg

Athletes may participate to the one age up another categories with the same weight division.





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Official Tournament Programme

The official competition schedule has been updated and rearranged for the new dates of **August 21–23, 2026**.

Pre-Competition Phase

- **19 August 2026 / Wednesday:** Teams Arrival
- **20 August 2026 / Thursday:** Registrations (Sports Hall)

Competition Days

Day 1: 21 August 2026 / Friday

- **09:00** | Individual Children Male & Female Kata
- **10:00** | Individual Children Female Kumite
- **13:00** | *Lunch Break*
- **14:00** | Individual Children Female Kumite & Individual Children Male Kumite
- **18:00** | Finals
- **20:00** | Medal Ceremony

Day 2: 22 August 2026 / Saturday

- **09:00** | Individual Cadet, Junior, Male & Female Kata
- **10:00** | Individual Cadet, Junior, Female Kumite
- **13:00** | *Lunch Break*
- **14:00** | Individual Cadet, Junior, Male Kumite
- **18:00** | Finals
- **20:00** | Medal Ceremony

Day 3: 23 August 2026 / Sunday

- **09:00** | Individual Senior, Male & Female Kata
- **10:00** | Individual Senior, Female Kumite
- **13:00** | *Lunch Break*
- **14:00** | Individual Senior, Male Kumite
- **18:00** | Finals
- **20:00** | Medal Ceremony

Note: The final, detailed official programme will be published on **August 14, 2026**, depending entirely on the final registrations completed via Sportdata. The all venue will be in Sporthall.





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5- RULES

WKF official rules shall be applied, WKF Protective equipment rules will be valid in the competition.

6- EVENT FEE

Individual Kata	50 €
Individual Kumite	50 €

7- VISA REGIME

Short-Term Participation (Tournaments, Camps, & Friendlies)

If your team or athletes are visiting Turkey for a tournament, a training camp, or a single competition and staying for **less than 90 days**:

- **Visa Type: Sportive Activity Visa** (categorized under Tourist/Official/Businessperson visits).
- **Entry Methods:**
 - **Visa Exemption:** Citizens of many countries—including the UK, most EU nations, and several others—can enter Turkey **visa-free** for up to 90 days within a 180-day period for sports-related events.
 - **e-Visa:** Nationalities not eligible for a visa exemption (such as USA, Canada, and Australia) can easily apply online via the official portal at evisa.gov.tr. Processing is fast (typically 3 to 24 hours) and cost-effective.
- **Mandatory Requirement:** You must possess an **Official Invitation Letter** issued by the relevant Turkish Sports Federation (e.g., Turkish Karate Federation) or the official event organizer to present at border control if requested.

Important Policy Note: Turkish visa rules change frequently. For example, Turkey lifted the visa requirement for USA and Canadian tourists/short-term business visitors. However, athletes traveling for official competitions should always cross-reference their specific nationality on the official Republic of Türkiye Ministry of Foreign Affairs website to see if they need an e-Visa or if they fall under the complete visa-exempt category.





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8- LANGUAGE

Here is a concise breakdown of the spoken languages in Türkiye as of 2026:

Turkish (Official): Spoken by ~85-90% of the population. It is the sole language for government, education, and daily life, english, german, russian are well spoken languages.

9- CURRENCY

Currency & Financial Guidelines

The official currency of Türkiye is the **Turkish Lira (Türk Lirası)**.

Key Currency Facts

- **Currency Code:** TRY (you will also frequently see **TL**)
- **Symbol:** ₺
- **Subunit:** 1 Lira = 100 Kuruş (kr)
- **Banknotes:** ₺5, ₺10, ₺20, ₺50, ₺100, and ₺200
- **Coins:** ₺1 and ₺5 coins are standard. Smaller kuruş coins (5, 10, 25, and 50) exist but are far less common due to pricing inflation.

Current Exchange Rates (Approximate as of June 2026)

- **1 USD** ≈ 45.90 TRY
- **1 EUR** ≈ 49.80 TRY
- **1 GBP** ≈ 58.40 TRY

Payment Tips for Visiting Sports Teams

- **Cards are King:** Visa and Mastercard are accepted almost everywhere in metropolitan areas, including hotels, restaurants, supermarkets, and major retail shops.
- **Keep Some Cash Handy:** You will still need Lira cash for small local eateries, traditional street food vendors, public transit (like purchasing or reloading an Istanbulkart), and small tips.
- **ATMs (Bankamatik):** ATMs are widely available across every city. For better security and to avoid predatory dynamic currency conversion fees, always use ATMs physically attached to major commercial banks (e.g., Garanti BBVA, İş Bankası, Akbank, or public banks like Ziraat Bankası).
- **Tipping Etiquette:** Tipping is appreciated but not mandatory. In standard restaurants, it is customary to leave around 10% cash on the table (as it often cannot be added to a card payment). For taxis, simply rounding up the fare to a clean number is the norm.





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10- HEALTH SAFETY AND EMERGENCY

Health, Safety, & Emergency Guidelines

In Istanbul, ensuring the health and safety of your sports team is highly manageable. The city is equipped with advanced medical facilities and a modern, unified emergency dispatch system.

Emergency Contact Numbers (All-in-One)

Türkiye operates a unified emergency response network, streamlining communication for foreigners and locals alike.

- **112 (Universal Emergency Number):** Call this single number for **Ambulance, Police, and Fire Services**.
 - *Note:* Operators frequently speak English, particularly in metropolitan Istanbul. If needed, state "*English, please*" clearly when the call connects.
- **Tourism Police (Istanbul):** +90 212 527 45 03
 - Based physically in the Sultanahmet district, this unit is specifically trained to assist foreign visitors with urgent issues like lost passports, theft, or local documentation problems.
- **Foreigners Communication Center (YİMER):** 157
 - An official helpline providing support in 6 languages for logistical emergencies, visa issues, residence permits, or lost identification cards.

Health & Medical Care

Istanbul is an international healthcare hub with exceptional private and public infrastructure. For visiting sports teams, private hospitals are generally recommended due to their dedicated international patient departments and higher density of English-speaking medical staff.

Recommended Hospitals for International Teams

- **Acıbadem Healthcare Group:** Highly reputable with multiple advanced facilities across the city (major hubs include Bakırköy, Maslak, and Altunizade). They maintain specialized departments specifically for foreign nationals and athletes.
- **Memorial Hospitals:** High-tech, comprehensive medical centers located centrally in the Şişli and Bahçelievler districts.
- **American Hospital (Amerikan Hastanesi):** Located in Nişantaşı; widely regarded as one of the premier private hospitals in the country, boasting bilingual doctors and medical staff.
- **Başakşehir Çam ve Sakura City Hospital:** A massive, state-of-the-art public medical city equipped with the latest trauma and sports medicine capabilities, offering dedicated translation staff for international patients.

Pharmacies (Eczane)

- **Standard Hours:** Regular pharmacies are open Monday through Saturday from **09:00 to 19:00**.
- **After-Hours & Sundays (Nöbetçi Eczane):** After 19:00 on weekdays and all day on Sundays, only designated "on-duty" pharmacies remain open.
 - *How to find them:* A rotating schedule list is physically posted on the front door of every single pharmacy in the city. Alternatively, you can locate the nearest open branch in real-time using local mobile maps or the official "Eczane" lookup applications.





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11- TIME ZONE

Time Zone & Scheduling Guidelines

Türkiye operates entirely on **Türkiye Time (TRT)**, which is **UTC+3**.

Key Scheduling Facts

- **No Daylight Saving Time:** Türkiye does not observe daylight saving shifts. The country remains on UTC+3 all year round.
- **April Time Differences:** By early April, both Europe and North America will have already transitioned to their respective "Summer" or "Daylight Saving" times.

12- CONTACT INFORMATION

Turkish Karate Federation

www.karate.gov.tr

turkishkarate@gmail.com

Contact Information: Mr. Ismail Bayazit

ACCOMMODATION & BOOKING FORM

HQ Hotel: La Quinta by Wyndham

1. CONTACT INFORMATION

**National Team /
Federation:**





International Turkish Open Karate Tournament Istanbul - Türkiye

Contact Person: _____

Email Address: _____

Mobile Number: _____

Date: ____ / ____ / 2026

2. ROOM & RESERVATION DETAILS

Please use the abbreviations below when filling out the room distribution table:

- **Position:** C = Competitor | Co = Coach | De = Delegation | Pr = President of NF | R = Referee/Judge | D = Doctor | V = VIP | P = Press | O = Others
- **Room Type:** S = Single | D = Double | T = Triple

	Full Name	Position	Room	C/I Date	C/O Date	Sharing
1						
2						
3						
4						
5						
6						
7						
8						

(You can add more rows if necessary.)

3. CONFIRMATION

Note: By signing this form, the National Federation confirms the accuracy of the room distribution and dates listed above.

Signature

Official Stamp

