

IKO BULGARIA PRESENTS

THE 39TH EUROPEAN WEIGHT CATEGORY KARATE CHAMPIONSHIPS

- European Juniors Karate Championships
- European Seniors Karate Championships

MAY 16-17, 2026 - VARNA, BULGARIA

ORGANIZER:

International Karate Organization Kyokushinkaikan
and
Branch Chief of Bulgaria Shihan Emil Kostov

Contact:

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THE 39TH EUROPEAN

**WEIGHT CATEGORY
KARATE KYOKUSHIN
CHAMPIONSHIP**

MAY 16-17 2026 VARNA

PLACE OF THE EVENT: BLACK SEA SPORTS COMPLEX, VLADISLAV HALL

OPENING 10:00 AM

🌐 bfk.org 📷 iko_bulgaria 🇧🇬 Bulgarian Kyokushin Association 🎧 kyokushinbulgaria 📺 IKO Bulgaria ✉️ iko.bulgaria@gmail.com

OFFICIAL HOTEL

Melia Grand Hermitage 5*****

9007 Golden Sands, Varna, Bulgaria



For all competitors, coaches and judges will be provided free transportation from the official hotel to the hall and back to the days MAY 16-17, 2026.

IN THE OFFICIAL HOTEL WILL BE ORGANIZED:

- Team registration
- Judge Seminar
- IKO Meeting
- Sayonara
- Seminar with Shihan Gorai

Hotel reservations must be sent

until March 27, 2026

via email: iko.bulgaria@gmail.com

DOUBLE ROOM

ALL INCLUSIVE

EUR 65

/per night per person/

SINGLE ROOM

ALL INCLUSIVE

EUR 110

/per night per person/

PLACE OF EVENT

Black Sea Sports Complex, Vladislav Hall



9 Nikola Y. Vaptsarov Str., 9010 Varna Center, Varna





PROGRAM

MAY 15, 2026
(Friday)

- From 9:00 to 18:00 - REGISTRATION FOR ALL PARTICIPANTS IN THE OFFICIAL HOTEL "MELIA GRAND HERMITAGE"
- From 15:00 to 17:30 - JUDGE SEMINAR – KUMITE AND KATA
- 17:30 - IKO MEETING

MAY 16, 2026
(Saturday)

- **EUROPEAN JUNIORS KARATE CHAMPIONSHIPS** /FROM 8 TO 15 Y.O./

DOORS OPEN – 9:00 AM

START OF THE COMPETITION – 10:00 AM

MAY 17, 2026
(Sunday)

THE 39TH EUROPEAN WEIGHT CATEGORY CHAMPIONSHIPS

- European Juniors Karate Championships /16-17 y.o./
- European Seniors Karate Championships

DOORS OPEN – 9:00 AM

OPENING CEREMONY – 10:00 AM

START OF THE COMPETITION – 10:30 AM

MAY 18, 2026
(Monday)

- From 9:30 to 11:00 - SEMINAR WITH SHIHAN GORAI

REGISTRATION

FROM MART 10, UNTIL APRIL 15:

THE REGISTRATION PROCESS WILL TAKE PLACE VIA
THE FOLLOWING WEBSITE,



[HTTPS://MYKYOKUSHIN.NET](https://mykyokushin.net)

FEES – cash only:

- KUMITE - 100 EURO
- KATA - 100 EURO
- KUMITE and KATA - 150 EURO
- SAYONARA PARTY - 60 EURO

/the reservation for sayonara party will be until **MAY 6th**, 2026,
after the dead-line the sayonara ticket will cost **65 EURO**/

- SEMINAR WITH SHIHAN GORAI - 50 EURO
/ free admission for Branch Chiefs /

All payments must be made directly to the organizer while performing registration.

INFORMATION

Competitors must have their own personal protective equipment which should be shown at registration!

Organizer will provide only body protectors.

Mandatory protective gear for Juniors (10 – 15 years old):

- * head gear – white color - (with face cover 8~15 y.o.)
- * head gear - white color - (no face cover 16~17 y.o. & +35 y.o.);
- * body protector 8~13 y.o.
- * fist guards - white color - (IKO standard) 8~17 y.o. & +35 y.o.;
- * shin pads - white color - (IKO standard) 8~17 y.o. & +35 y.o.;
- * knee protection - white color - 8~17 y.o. & +35 y.o.;
- * groin cup for all men and boys;
- * breast pads - (IKO standard) for all women and girls 14-17 y.o.



The participants must bring:

- IKO Membership Card
- Passport
- Doctor's OK
- Set of protectors

All participants and team members of the Championship must have a **valid insurance**.
The organizer **does not** provide any insurance and **does not** take responsibility in this area.

MAY 16, 2026
(Saturday)

CATEGORIES

European Juniors Karate Championships /from 8 to 15 y.o./

KUMITE

(age as of May 15th, 2026)

Prizes for 1st, 2nd, 3rd, 3rd places /no fights for 3rd place/

BOYS	WEIGHT CATEGORIES	TIME DURATION
8-9 y.o.	-25 kg; -30 kg; -35kg; +35kg;	60s
10-11 y.o.	-30 kg; -35kg; -40kg; -45kg; -50kg +50kg;	90s
12-13 y.o.	-40kg; -45kg; -50kg; -60kg; -70kg; +70kg;	90s
14-15 y.o.	-50kg; -55kg; -60kg; -65kg; -70kg; -75kg; -85kg; +85kg;	120s

GIRLS	WEIGHT CATEGORIES	TIME DURATION
8 – 9 y.o.	-25 kg; -30 kg; +30 kg;	60s
10-11 y.o.	-30 kg; -35kg; -40kg; -45kg; -50kg; +50kg;	90s
12-13 y.o.	-40kg; -45kg; -50kg; -60kg; +60kg;	90s
14-15 y.o.	-50kg; -55kg; -60kg; -70kg; +70kg;	120s

KATA

Prizes for 1st, 2nd, 3rd, 4th places

Boys	Girls	I round	Final
8-9 y.o.	8-9 y.o.	TAIKYOKU SONO SAN	PINAN SONO ICHI
10-11 y.o.	10-11 y.o.	PINAN SONO ICHI	PINAN SONO NI
12-13 y.o.	12-13 y.o.	PINAN SONO SAN	PINAN SONO YON
14-15 y.o.	14-15 y.o.	TSUKI NO KATA	GEKISAI SONO SAN



MAY 17, 2026
(Sunday)

CATEGORIES

European Juniors Karate Championships /16-17 y.o./
European Seniors Karate Championships

KUMITE

(age as of May 16th, 2026)

Prizes for 1st, 2nd, 3rd, 3rd places /no fights for 3rd place/

CATEGORY	WEIGHT CATEGORIES	TIME DURATION
Boys 16-17 y.o.	-55kg; -60kg; -65kg; -70kg; -75kg; -85kg; +85kg;	120s
Girls 16-17 y.o.	-50kg; -55kg; -60kg; -65kg; +65kg;	120s
Men 35-44 y.o.	-75 kg; -85 kg; +85 kg	90s
Men 45 y.o. and over	-75 kg; -85 kg; +85 kg	90s
Women +35 y.o.	-55 kg; -65 kg; +65 kg	90s

KUMITE 18+

(age as of May 16th, 2026)

Prizes for 1st, 2nd, 3rd, 4th places

CATEGORY	WEIGHT CATEGORIES	ELIMINATION	SEMIFINAL AND FINAL
Men	-60 kg; -70 kg; -80 kg; -90 kg; +90 kg	2m	3m > 2m > 2m > Weight (3kg) > 2m
Women	-55 kg; -65 kg; +65 kg	2m	3m > 2m > 2m > Weight (3kg) > 2m

KATA

Prizes for 1st, 2nd, 3rd, 4th places

Boys	Girls	I round	Final
16-17 y.o.	16-17 y.o.	GEKISAI SONO SAN	BASSAI
MEN	WOMEN	I round	Final
18 – 34 y.o.	18 – 34 y.o.	BASSAI	KANKU
35 – 49 y.o.	35 – 49 y.o.	SAIFA	SUSHIHO
+50 y.o.	+50 y.o.	SAIFA	SEIENCHIN





BULGARIA

WELCOME

OSU!

**Shihan Emil Kostov
IKO Branch Chief of Bulgaria**

For more information you can contact us on:

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tel. 00359 897978103 – Gergana Kostova**

