



IKO Dutch Open 2026 – 3rd Shihan Gosse Meerstra Memorial Cup

INTERNATIONAL KARATE ORGANIZATION KYOKUSHINKAIKAN

My dear Branch Chiefs & Official Dojo Operator,

On behalf of Dojo Hikari The Netherlands I'm honoured to invite you, your students, judges and referees at the 'IKO Dutch Open 2026' & the 3rd Shihan Gosse Meerstra Memorial Cup, which will be held on the 14th of June 2026.

All information you can find below and in the attachments, but if you have any questions don't hesitate to contact me or Yuri. Osu!

Organizer

Shihan Lilian Mungra IKO Branch Chief of the Netherlands

lilianmungra@live.com

+3124423923

Sempai Yuri Meerstra Official Dojo Operator

yurimeerstra1@gmail.com

Registration

Registration will be open from 2nd of April till 17th of May 2026

Registration will take place on: <https://mykyokushin.net>

Please come with your judges and referees, we are honoured to take care of your lunch

Venue:

Sporthal de Boulevard [De Boulevard Noord 45, 4617 HD Bergen op Zoom](#)

Parkingspots: 400, also for buses



From the station Bergen op Zoom with the bus to 'de Boulevard Noord': 161, 361, 360

Bus stops in front of the Hall.

With the train: From your chosen airport to Bergen op Zoom and then with the bus to the venue





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CONDITIONS OF PARTICIPATION

Competitors will be allowed to start if they have:

- doctor's agreement
- waiver form
- ID card
- karate-gi, required protectors (all protectors has to be white)

FEES

50 euro – kumite

50 euro - kata

Payment by bank transfer

Organizer's bank account number:

name: L.P.S. Mungra

bank: ABN AMRO: number: NL54 ABNA 0628101554

Place note: Name of your Branch and number of participators

Public entrée: € 10

SCHEDULE/ PROGRAMME* 14 June 2026

- | | |
|-----------|-------------------------------------|
| 8.00-9.00 | Verification & weighing of fighters |
| 9.00-9.30 | Judges/ coaches briefing |
| 9.30 | Opening ceremony |
| 10.00 | Start kata, next kumite |
| 17.00 | Award ceremony |

*SUBJECT TO CHANGE





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NOTE

The venue has to be left clean and proper when you leave the hall, please clean up your place when you leave.

As a IKO Kyokushin Kaikan participant, coach and supporter we expect you to behave in a respectful way, thank you in advance.

Categories IKO Dutch Open 2026 – 3rd Shihan Gosse Meerstra Memorial Cup

1. **Kata** (when there are less than 4 competitors the categories will merge together)

Girls/women	kata 1 st round	kata final round	Boys/men	kata 1 st round	kata final round
8-9 years	Taikyoku son ni	Taikyoku sono san	8-9	Taikyoku sono ni	Taikyoku sono san
10-12	Pinan sono ichi	Pinan sono ni	10-12	Pinan sono ichi	Pinan sono ni
13-15	Pinan sono san	Pinan sono yon	13-15	Pinan sono san	Pinan sono yon
16-17	Gekisai sono san	Tsukino kata	16-17	Gekisai sono san	Tsukino kata
+18-34	Bassai	Kanku	+18	Bassai	Kanku
+35	Saifa	Seienchin	+35	Saifa	Seienchin

2. **Kumite 8-17 y.o. (Age as of June 1st, 2026)**

(when there are less than 4 competitors the categories will merge together)

8-9 boys	90 sec	8-9 girls	90 sec
-25 kg		-25 kg	
-30 kg		-30 kg	
+30 kg		+30 kg	
10-11 boys	90 sec	10-11 girls	90 sec
-35 kg		-35 kg	
-40 kg		-40 kg	
+40 kg		+40 kg	





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Elimination, Semifinal, Final

12-13 boys	90 sec. > 90 sec.	12-13 girls	90 sec. > 90 sec.
-45 kg		-40 kg	
-50 kg		-50 kg	
+50 kg		+50 kg	
14-15 boys	120 sec. > 120 sec.	14-15 girls	120 sec. > 120 sec.
-60 kg		-60 kg	
-65 kg		-65 kg	
+65 kg		+65 kg	
16-17 boys	120 sec. > 120 sec.	16-17 girls	120 sec. > 120 sec.
-60 kg		-60	
-65 kg		-65	
+65 kg		+65	
	Elimination 2 min.	Semifinal and Final 3 min. 2 min. 2 min. weight (3kg.) > 2 min.	
+18 -34 years men		+18 - 34 years women	
-60		-60	
-70		-70	
+70		+70	
	Elimination, Semifinal, Final	120 sec. > 120 sec.	
+35 men			
-85			
+85			





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First step +18 men (up to 3rd kyu) Elimination, Semifinal, Final 90 sec. > 90 sec.

-60

+70

First step +18 women (up to 3rd kyu) 90 sec. > 90 sec.

-65

+65

In admission:

Fight duration for 8-9 years old:

- Playoffs, semi-finals and finals:
 - o Round: 1 minute and 30 seconds (no extension, mandatory decision)

Fight duration for 10-11 years old:

- Playoffs, semi-finals and finals:
 - o Round: 1 minute and 30 seconds (no extension, mandatory decision)

Fight duration for cadets 12-13 years old:

- Playoffs, semi-finals and finals:
 - o Round: 1 minute and 30 seconds (no extension, mandatory decision)

Fight duration for cadets and juniors 14-17 years old:

- Playoffs:
 - o Round: 2 minutes (no extension, mandatory decision)
- Semi-finals and finals (without protection)
 - o Round: 2 minutes (no extension, mandatory decision)

Fight duration for veterans:

- Playoffs, semi-finals and finals:
 - o Round: 1 minute and 30 seconds (no extension, mandatory decision)

Fight duration for first step:

- Playoffs, semi-finals and finals:
 - o Round: 1 minute and 30 seconds (no extension, mandatory decision)

3. Protective gear: (all protective gears has to be white, ladies has to wear a white t-shirt under their dogi)

Mandatory protective gear for Juniors

- head gear (face cover 8-13 y.o.)
- head gear (no face cover 14-17 y.o.)
- mouth guard 14-17 y.o.
- body protectors (provided by the organisator)





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- fist guards (IKO standard fist guards)
- shin pads (IKO standard shin pads)
- boys groin cup
- girls groin guard
- girls breast pads (IKO standard girls breast pads)

Mandatory protective gear for Senior +35 years old

- head gear
- fist guards (IKO standard fist guards)
- shin pads (IKO standard shin pads)
- groin guard

4. Insurance

Competitors will not be insured in any way by the organizer. The obligation to insure a participants rely, according to law, on the club where the competitor trains

5. Combining categories

The organizer reserves the right to combine or separate categories, taking into account, first of all, the safety of competitors, and secondly, the rank of the tournament

6. Osu!

All coaches has to wear gray pants and a white shirt, short sleeve shirt

All coaches has to sit on the chair in front of the tatami, please behave properly





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7. Each participant of « Dutch Open Karate Championship » must have individual protective gear and show it at Check-in.



1. Shin pads of white color (stocking type).
protection.

2. Open finger gloves with knuckle



3. Head gear.

4. Groin cup/guard.



5. Standard breast pads of white color (should not cover the belly).



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8. Hotel recommendation

The next hotels are nearby the venue:

1. City Hotel

Antwerpsestraat 56
4611 AK Bergen op Zoom
The Netherlands

info@cityhotelbergenopzoom.nl

2. Fletcher Wellness-Hotel Stadspark

Gertrudisboulevard 200
4615 MA Bergen op Zoom

Tel: 0164 - 260 202

E-mail: info@fletcherstadsparkhotel.nl

3. Grand Hotel De Draak & Résidence Dagmara

Grote Markt 30 + 36-38
4611 NT Bergen op Zoom
Nederland

T: + 31 (0)164 252050

F: + 31 (0)164 257001

E: info@hoteldedraak.nl

Word of Respect

Thank you for your support and participation!

We hope to meet you @ the Dutch Open 2026!

With great respect,

Osu

Lilian Mungra Shihan

Branch Chief The Netherlands

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