



INTERNATIONAL KARATE
ORGANIZATION KYOKUSHINKAIKAN



4th NORDIC CUP 2026

ALL WEIGHT CATEGORY CHAMPIONSHIP KUMITE & KATA (MEN AND WOMEN)

Organizer: IKO FINLAND

Place: Kupittaa Palloiluhalli

Address: Lemminkäisenkatu 32 a, 20520 Turku, Finland

Date: September 26, 2026

Schedule:

Friday, September 25, 2026

14:00-18:00 Registration

17:00-19:00 Judge Seminar

Saturday, September 26, 2026

Competition

Sunday, September 27, 2026

09.00 - 11.00 Seminar by Shihan Katsuhito Gorai

Registration for the Competition:

<https://mykyokushin.net/> from August 1 till September 6, 2026.

E-mail: rebwarshekhi@yahoo.com

Required documents:

- IKO Membership Card
- Passport
- Doctor's OK
- Competitors under 18 y.o. of age – a parental or legal guardian's consent to take part in the competition
- Adult competitors – a waiver of claims against the organizer in the event of accidents.

All participants and team members of the competition must have a valid insurance coverage. The organizers of the event do not provide insurance and can not be held responsible for any possible accidents or injuries that may occur during the competition.

Fees (Payment can be made by bank transfer or cash)

Kumite	Kata	Kumite + kata	Iko Technical seminar	Sayonara party
80 €	80 €	120 €	50 € (Free admission for B.C and D.O)	50 € (Free admission for B.C and D.O)

Organizer's bank account number:

Recipient: Kyokushin karate Turku Finland ry

Address: Raunistulantie 15, 20300 Turku

Account number: FI37 5711 6120 2929 21

SWIFT: OKOYFIHH



**INTERNATIONAL KARATE
ORGANIZATION KYOKUSHINKAIKAN**



Official Hotel (HQ): Original Sokos Hotel

Address: Kupittaa Joukahaisenkatu 6, 20520 Turku, Finland

(The official hotel is located 950 meters from Kupittaa Palloiluhalli (about a 10-minute walk).

Phone: +358300 870 000

Email: sokos.hotels@sok.fi

www.sokoshotels.fi/fi/turku/original-sokos-hotel-kupittaa

When booking, please mention the quota code: **BNORDICCUP26**

Booking code for reservations made online: **BNORDICCUP26**

Kindly remember to book the hotel room on time, while the special offer price is valid. Later, the room can be booked for normal price on the website. Reservations for special price can be made until **August 31, 2026**.

Room prices: (Included: breakfast, use of the guest sauna, WIFI and GYM)

Single	Double	Triple
94 €/night	104 € / night	129 €/night

Nearest airports:

Turku Airport: [//www.finavia.fi/en/airports/turku](http://www.finavia.fi/en/airports/turku)

The HQ hotel is 9 km away from the Airport and can be reached by bus, Uber, Bolt, or taxi.

Helsinki Airport: <https://www.finavia.fi/en/airports/helsinki-airport>

Turku is 170 km from Helsinki and can be reached by bus or train.

Competition

Categories KATA: (Prizes for places: 1st, 2nd, 3rd, 4rd)

Category	Category	I round	Final round
Boys/Girls	8–9 y.o.	Taikkyoku Sono San	Pinan Sono Ichi
Boys/Girls	10–11 y.o.	Pinan Sono Ichi	Pinan Sono Ni
Boys/Girls	12–13 y.o.	Pinan Sono San	Pinan Sono Yon
Boys/Girls	14–15 y.o.	Tsuki No Kata	Gekisai Sono San
Boys/Girls	16–17 y.o.	Gekisai Sono San	Saifa
Men/Women	18–34 y.o.	Bassai	Kanku
Men/Women	35–49 y.o.	Saifa	Sushiho
Men/Women	+50 y.o.	Saifa	Seienchin



**INTERNATIONAL KARATE
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IKO FINLAND

Categories Kumite Jun 8 -17 years old

Boys Weight categories: (Prizes for places 1st, 2nd, 3rd, 3rd - no fights for 3rd place)

Boys	Weight categories	Time Duration
8-9 years old	- 30 kg, - 35 kg, + 35 kg	60s
10-11 years old	- 35 kg, - 40 kg, - 45 kg, + 45 kg	90s
12-13 years old	- 45 kg, - 50 kg, - 55 kg, + 55 kg	90s
14-15 years old	- 50 kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg, +70 kg	120s
16-17 years old	- 60 kg, - 65 kg, - 70 kg, - 75 kg, + 75 kg	120s

Girls Weight categories: (Prizes for places 1st, 2nd, 3rd, 3rd - no fights for 3rd place)

Girls	Weight categories	Time Duration
8-9 years old	- 30 kg, -35 kg, +35 kg	60s
10-11 years old	- 35 kg, - 40 kg, - 45 kg, + 45 kg	90s
12-13 years old	- 45 kg, - 50 kg, -55 kg, +55kg	90s
14-15 years old	- 50 kg, - 55 kg, -60 kg, -65kg, +65kg	120s
16-17 years old	- 55 kg, - 60 kg, - 65 kg, +65kg	120s

Categories Kumite +18 (Women and Men): (Prizes for places 1st, 2nd, 3rd, 4th - will fight for 3rd place)

Categories	Weight categories	Time Duration
Women green and up	- 55 kg, - 65 kg, +65 kg	120s Finals: 180s
Women under yellow	-55kg, -65kg, +65kg	120s Finals: 180s
Men green and up	- 60 kg, - 70 kg, - 80 kg, - 90 kg, +90 kg	120s Finals: 180s
Men under yellow	-70kg, -80kg, +80kg	120s Finals: 180s

Categories Kumite +35 Kumite Seniors (Women and Men):

(Prizes for places 1st, 2nd, 3rd, 3rd - no fights for 3rd place)

Categories	Weight categories	Time Duration
Men 35-44 years old	-75kg, - 85 kg, + 85 kg	90s Finals: 90s
Men +45 years old	-75kg, - 85 kg, + 85 kg	90s Finals: 90s
Women +35 years old	-55kg, - 65 kg, + 65 kg	90s Finals: 90s

If the number of participants allowed by the credentials committee to competitions is not enough for objective definition of results, organizers of competitions have the right to unite two boundary weight categories.



**INTERNATIONAL KARATE
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IKO FINLAND

THE GUARDS MUST BE IKO STANDARD (Boys and Men)

Age	Boys 8-13 years old	Boys 14-17 years old	Men 35-44 years old
Dogi	Official IKO standard	Official IKO standard	Official IKO standard
Head Gear	with face cover(8-15)	no face cover(16-17)	no face cover
Body Protector	IKO standard	no	no
Shin Pads	IKO standard	IKO standard	IKO standard
Fist guards	IKO standard	IKO standard	IKO standard
Groin cup	IKO standard	IKO standard	IKO standard

THE GUARDS MUST BE IKO STANDARD (Girls and Women)

Age	Girls 8-13 years old	Girls 14-17 years old	Women 35-44 years old
Dogi	Official IKO standard	Official IKO standard	Official IKO standard
Head Gear	with face cover(8-15)	no face cover(16-17)	no face cover
Body Protector	IKO standard	no	no
Shin Pads	IKO standard	IKO standard	IKO standard
Fist guards	IKO standard	IKO standard	IKO standard
Groin cup	IKO standard	IKO standard	IKO standard
Breast pads	Girls and women +14 years old	IKO standard	IKO standard

- In the category of 8-13 yrs, the Body Protector is provided by the organization.
 - In the category of 8-15 years, Headgear with face cover is provided by the organization.
- Other categories may borrow Headgear (helmet) if needed.

Seconds Dress Code: All seconds must wear white collared shirt and plain grey, black or navy color pants (no patterns). Sandals, high heels, and bare feet are not allowed; proper shoes must be worn. These rules also apply to fighters serving as seconds for other fighters.

OSU!