

IJKA Kato Cup 2024 Categories

9th Kyu-7th Kyu Kata

1/ Up to 12 years Girls, 2/ 13-15 years Girls, 3/ 16-19 years Girls, 4/ Over 20 years Ladies.

5/ Up to 12 years Boys, 6/ 13-15 years Boys, 7/ 16-19 years Boys, 8/ Over 20 years Men.

9th Kyu – 7th Kyu Sanbon Kumite

9/ Up to 12 years Girls, 10/ 13-15 years Girls, 11/ 16-19 years Girls, 12/ Over 20 years Ladies.

13/ Up to 12 years Boys, 14/ 13-15 years Boys, 15/ 16-19 years Boys, 16/ Over 20 years Men

6th Kyu to 4th Kyu Kata

17/ Up to 12 years Girls, 18/ 13-15 years Girls, 19/ 16-19 years Girls, 20/ Over 20 years Ladies.

21/ Up to 12 years Boys, 22/ 13-15 years Boys, 23/ 16-19 years Boys, 24/ Over 20 years Men.

6th Kyu to 4th Kyu Kihon Ippon Kumite

25/ Up to 12 years Girls, 26/ 13-15 years Girls, 27/ 16-19 years Girls, 28/ Over 20 Ladies.

29/ Up to 12 years Boys, 30/ 13-15 years Boys, 31/ 16-19 years Boys, 32/ Over 20 years Men.

International Seminar with IJKA Chief Instructor Utsumi Takato Sensei

Star of The Sea Primary School, Maulbaun, Passagewest, Co. Cork. T12 A381

Friday June 28th 11.00am to 1.00pm and 2.30pm to 4.30 pm

Saturday June 29th 11.00am to 1.00pm and 2.30pm to 4.30pm followed by Dan Grading.

€60 for 2 Days €40 for 1 Day.

Spaces are limited so book early. Seminar can be booked by e-mail.

Details of entries for Championships will be sent shortly.