



USA National Karate-do Federation National Championships Team Trials Division Lists



NON ELITE KATA

A competitor may compete in exactly ONE of the following divisions

K300	5 & Under Female Beg/Nov Kata	K344	11 Female Intermediate Kata	K388	16 Male Intermediate Kata
K301	5 & Under Male Beg/Nov Kata	K345	11 Female Advanced Kata	K389	16 Male Advanced Kata
K302	6 Female Beginner Kata	K346	11 Male Beginner Kata	K390	17 Female Beginner Kata
K303	6 Female Novice Kata	K347	11 Male Novice Kata	K391	17 Female Novice Kata
K304	6 Female Intermediate Kata	K348	11 Male Intermediate Kata	K392	17 Female Intermediate Kata
K305	6 Female Advanced Kata	K349	11 Male Advanced Kata	K393	17 Female Advanced Kata
K306	6 Male Beginner Kata	K350	12 Female Beginner Kata	K394	17 Male Beginner Kata
K307	6 Male Novice Kata	K351	12 Female Novice Kata	K395	17 Male Novice Kata
K308	6 Male Intermediate Kata	K352	12 Female Intermediate Kata	K396	17 Male Intermediate Kata
K309	6 Male Advanced Kata	K353	12 Female Advanced Kata	K397	17 Male Advanced Kata
K310	7 Female Beginner Kata	K354	12 Male Beginner Kata	K398	18-34 Female Beginner Kata
K311	7 Female Novice Kata	K355	12 Male Novice Kata	K399	18-34 Female Novice Kata
K312	7 Female Intermediate Kata	K356	12 Male Intermediate Kata	K400	18-34 Female Intermediate Kata
K313	7 Female Advanced Kata	K357	12 Male Advanced Kata	K401	18-34 Male Beginner Kata
K314	7 Male Beginner Kata	K358	13 Female Beginner Kata	K402	18-34 Male Novice Kata
K315	7 Male Novice Kata	K359	13 Female Novice Kata	K403	18-34 Male Intermediate Kata
K316	7 Male Intermediate Kata	K360	13 Female Intermediate Kata	K404	35 & Over Female Beg/Nov Kata
K317	7 Male Advanced Kata	K361	13 Female Advanced Kata	K405	35 & Over Female Int/Adv Kata
K318	8 Female Beginner Kata	K362	13 Male Beginner Kata	K406	45 & Over Female Beg/Nov Kata
K319	8 Female Novice Kata	K363	13 Male Novice Kata	K407	45 & Over Female Int/Adv Kata
K320	8 Female Intermediate Kata	K364	13 Male Intermediate Kata	K408	55 & Over Female Beg/Nov Kata
K321	8 Female Advanced Kata	K365	13 Male Advanced Kata	K409	55 & Over Female Int/Adv Kata
K322	8 Male Beginner Kata	K366	14 Female Beginner Kata	K410	35 & Over Male Beg/Nov Kata
K323	8 Male Novice Kata	K367	14 Female Novice Kata	K411	35 & Over Male Int/Adv Kata
K324	8 Male Intermediate Kata	K368	14 Female Intermediate Kata	K412	45 & Over Male Beg/Nov Kata
K325	8 Male Advanced Kata	K369	14 Female Advanced Kata	K413	45 & Over Male Int/Adv Kata
K326	9 Female Beginner Kata	K370	14 Male Beginner Kata	K414	55 & Over Male Beg/Nov Kata
K327	9 Female Novice Kata	K371	14 Male Novice Kata	K415	55 & Over Male Int/Adv Kata
K328	9 Female Intermediate Kata	K372	14 Male Intermediate Kata	K416	Female 18-34 Advanced Kata*
K329	9 Female Advanced Kata	K373	14 Male Advanced Kata	K417	Male 18-34 Advanced Kata*
K330	9 Male Beginner Kata	K374	15 Female Beginner Kata	*These divisions are to both US Citizens & Non-US Citizens. Competitors in these divisions may not compete in Senior (Adult) Elite/Team Trial Kata	
K331	9 Male Novice Kata	K375	15 Female Novice Kata		
K332	9 Male Intermediate Kata	K376	15 Female Intermediate Kata		
K333	9 Male Advanced Kata	K377	15 Female Advanced Kata		
K334	10 Female Beginner Kata	K378	15 Male Beginner Kata		
K335	10 Female Novice Kata	K379	15 Male Novice Kata		
K336	10 Female Intermediate Kata	K380	15 Male Intermediate Kata		
K337	10 Female Advanced Kata	K381	15 Male Advanced Kata		
K338	10 Male Beginner Kata	K382	16 Female Beginner Kata		
K339	10 Male Novice Kata	K383	16 Female Novice Kata		
K340	10 Male Intermediate Kata	K384	16 Female Intermediate Kata		
K341	10 Male Advanced Kata	K385	16 Female Advanced Kata		
K342	11 Female Beginner Kata	K386	16 Male Beginner Kata		
K343	11 Female Novice Kata	K387	16 Male Novice Kata		

BEGINNER (Beg):=10th kyu-8th kyu/1 Year of Training & Under NOVICE (Nov):=7th kyu-5th kyu/1-2 Years of Training
INTERMEDIATE (Int):=4th kyu-2nd kyu/2-4 Years of Training ADVANCED (Adv):=1st kyu & higher/4+ Years of Training
ELITE (Elt): Recommended Minimum Rank of 1st Dan & 5+ Years of Training

A competitor must compete at the same age level in all event categories in which they compete.

Note: A competitor over 34 years of age may choose to compete in divisions restricted to 18-34 years of age, however if they do so they must compete as 18-34 in ALL event categories.



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships Team Trials Division Lists



NON ELITE KUMITE

A competitor may compete in exactly ONE of the following divisions

S300	5 & Under Female Beg/Nov Kumite	S343	11 Female Novice Kumite	S386	16 Male Beginner Kumite	S398	18-34 Female Beginner Kumite
S301	5 & Under Male Beg/Nov Kumite	S344	11 Female Intermediate Kumite	S387	16 Male Novice Kumite	S399	18-34 Female Novice Kumite
S302	6 Female Beginner Kumite	S345	11 Female Advanced Kumite	S388	16 Male Intermediate Kumite	S400	18-34 Female Intermediate Kumite
S303	6 Female Novice Kumite	S346	11 Male Beginner Kumite	S389	16 Male Advanced Kumite	S401	18-34 Male Beginner Kumite
S304	6 Female Intermediate Kumite	S347	11 Male Novice Kumite	S390	17 Female Beginner Kumite	S402	18-34 Male Novice Kumite
S305	6 Female Advanced Kumite	S348	11 Male Intermediate Kumite	S391	17 Female Novice Kumite	S403	18-34 Male Intermediate Kumite
S306	6 Male Beginner Kumite	S349	11 Male Advanced Kumite	S392	17 Female Intermediate Kumite	S404	18-34 Female Adv Kumite* -65Kg
S307	6 Male Novice Kumite	S350	12 Female Beginner Kumite	S393	17 Female Advanced Kumite	S405	18-34 Female Adv Kumite* +65Kg
S308	6 Male Intermediate Kumite	S351	12 Female Novice Kumite	S394	17 Male Beginner Kumite	S406	18-34 Male Adv Kumite* -75Kg
S309	6 Male Advanced Kumite	S352	12 Female Intermediate Kumite	S395	17 Male Novice Kumite	S407	18-34 Male Adv Kumite* +75Kg
S310	7 Female Beginner Kumite	S353	12 Female Advanced Kumite	S396	17 Male Intermediate Kumite	S408	35+ Female Beginner Kumite
S311	7 Female Novice Kumite	S354	12 Male Beginner Kumite	S397	17 Male Advanced Kumite	S409	35+ Female Novice Kumite
S312	7 Female Intermediate Kumite	S355	12 Male Novice Kumite			S410	35+ Female Intermediate Kumite
S313	7 Female Advanced Kumite	S356	12 Male Intermediate Kumite			S411	35+ Female Advanced Kumite
S314	7 Male Beginner Kumite	S357	12 Male Advanced Kumite			S412	35+ Male Beginner Kumite
S315	7 Male Novice Kumite	S358	13 Female Beginner Kumite			S413	35+ Male Novice Kumite
S316	7 Male Intermediate Kumite	S359	13 Female Novice Kumite			S414	35+ Male Intermediate Kumite
S317	7 Male Advanced Kumite	S360	13 Female Intermediate Kumite			S415	35+ Male Advanced Kumite
S318	8 Female Beginner Kumite	S361	13 Female Advanced Kumite				
S319	8 Female Novice Kumite	S362	13 Male Beginner Kumite				
S320	8 Female Intermediate Kumite	S363	13 Male Novice Kumite				
S321	8 Female Advanced Kumite	S364	13 Male Intermediate Kumite				
S322	8 Male Beginner Kumite	S365	13 Male Advanced Kumite				
S323	8 Male Novice Kumite	S366	14 Female Beginner Kumite	ES610	18-34 Male Open Kumite**	ES611	18-34 Female Open Kumite**
S324	8 Male Intermediate Kumite	S367	14 Female Novice Kumite				
S325	8 Male Advanced Kumite	S368	14 Female Intermediate Kumite				
S326	9 Female Beginner Kumite	S369	14 Female Advanced Kumite				
S327	9 Female Novice Kumite	S370	14 Male Beginner Kumite				
S328	9 Female Intermediate Kumite	S371	14 Male Novice Kumite				
S329	9 Female Advanced Kumite	S372	14 Male Intermediate Kumite				
S330	9 Male Beginner Kumite	S373	14 Male Advanced Kumite				
S331	9 Male Novice Kumite	S374	15 Female Beginner Kumite				
S332	9 Male Intermediate Kumite	S375	15 Female Novice Kumite				
S333	9 Male Advanced Kumite	S376	15 Female Intermediate Kumite				
S334	10 Female Beginner Kumite	S377	15 Female Advanced Kumite				
S335	10 Female Novice Kumite	S378	15 Male Beginner Kumite				
S336	10 Female Intermediate Kumite	S379	15 Male Novice Kumite				
S337	10 Female Advanced Kumite	S380	15 Male Intermediate Kumite				
S338	10 Male Beginner Kumite	S381	15 Male Advanced Kumite				
S339	10 Male Novice Kumite	S382	16 Female Beginner Kumite				
S340	10 Male Intermediate Kumite	S383	16 Female Novice Kumite				
S341	10 Male Advanced Kumite	S384	16 Female Intermediate Kumite				
S342	11 Female Beginner Kumite	S385	16 Female Advanced Kumite				

*These divisions are open to both US Citizens & Non-US Citizens. Competitors in these divisions may not compete in Senior (Adult) Elite/Team Trial Kumite

**These divisions are open to both US Citizens & Non-US Citizens. Advance Competitors may also compete in the open weight division

BEGINNER (Beg):=10th kyu-8th kyu/1 Year of Training & Under NOVICE (Nov):=7th kyu-5th kyu/1-2 Years of Training
INTERMEDIATE (Int):=4th kyu-2nd kyu/2-4 Years of Training ADVANCED (Adv):=1st kyu & higher/4+ Years of Training
ELITE (Elt): Recommended Minimum Rank of 1st Dan & 5+ Years of Training

A competitor must compete at the same age & skill level in all event categories in which they compete.

Note: A competitor over 34 years of age may choose to compete in divisions restricted to 18-34 years of age, however if they do so they must compete as 18-34 in ALL event categories.

USA National Karate-do Federation National Championships Team Trials Division Lists

A Competitor may compete in ONE of the following divisions

LONG WEAPONS - KOBUDO

WB300	9 & Under Female Beg/Nov Bo	WB313	12-13 Male Beg/Nov Bo	WB325	16-17 Male Beg/Nov Bo
WB301	9 & Under Female Int/Adv Bo	WB314	12-13 Male Int Bo	WB326	16-17 Male Int Bo
WB302	9 & Under Male Beg/Nov Bo	WB315	12-13 Male Adv Bo	WB327	16-17 Male Adv Bo
WB303	9 & Under Male Int/Adv Bo	WB316	14-15 Female Beg/Nov Bo	WB328	18-34 Female Beg/Nov Bo
WB304	10-11 Female Beg/Nov Bo	WB317	14-15 Female Int Bo	WB329	18-34 Female Int Bo
WB305	10-11 Female Int Bo	WB318	14-15 Female Adv Bo	WB330	18-34 Female Adv Bo
WB306	10-11 Female Adv Bo	WB319	14-15 Male Beg/Nov Bo	WB331	18-34 Male Beg/Nov Bo
WB307	10-11 Male Beg/Nov Bo	WB320	14-15 Male Int Bo	WB332	18-34 Male Int Bo
WB308	10-11 Male Int Bo	WB321	14-15 Male Adv Bo	WB333	18-34 Male Adv Bo
WB309	10-11 Male Adv Bo	WB322	16-17 Female Beg/Nov Bo	WB334	35+ Female Bo
WB310	12-13 Female Beg/Nov Bo	WB323	16-17 Female Int Bo	WB335	35+ Male Bo
WB311	12-13 Female Int Bo	WB324	16-17 Female Adv Bo		
WB312	12-13 Female Adv Bo				

SHORT WEAPONS - KOBUDO

(Sai, Tonfa, Kama & Nunchaku)					
		WS313	12-13 Male Beg/Nov Short Weapons	WS325	16-17 Male Beg/Nov Short Weapons
WS300	9 & Under Female Beg/Nov Short Weapons	WS314	12-13 Male Int Short Weapons	WS326	16-17 Male Int Short Weapons
WS301	9 & Under Female Int/Adv Short Weapons	WS315	12-13 Male Adv Short Weapons	WS327	16-17 Male Adv Short Weapons
WS302	9 & Under Male Beg/Nov Short Weapons	WS316	14-15 Female Beg/Nov Short Weapons	WS328	Female 18-34 Beg/Nov Short Weapons
WS303	9 & Under Male Int/Adv Short Weapons	WS317	14-15 Female Int Short Weapons	WS329	Female 18-34 Int Short Weapons
WS304	10-11 Female Beg/Nov Short Weapons	WS318	14-15 Female Adv Short Weapons	WS330	Female 18-34 Adv Short Weapons
WS305	10-11 Female Int Short Weapons	WS319	14-15 Male Beg/Nov Short Weapons	WS331	Male 18-34 Beg/Nov Short Weapons
WS306	10-11 Female Adv Short Weapons	WS320	14-15 Male Int Short Weapons	WS332	Male 18-34 Int Short Weapons
WS307	10-11 Male Beg/Nov Short Weapons	WS321	14-15 Male Adv Short Weapons	WS333	Male 18-34 Adv Short Weapons
WS308	10-11 Male Int Short Weapons	WS322	16-17 Female Beg/Nov Short Weapons	WS334	35+ Female Short Weapons
WS309	10-11 Male Adv Short Weapons	WS323	16-17 Female Int Short Weapons	WS335	35+ Male Short Weapons
WS310	12-13 Female Beg/Nov Short Weapons	WS324	16-17 Female Adv Short Weapons		
WS311	12-13 Female Int Short Weapons				
WS312	12-13 Female Adv Short Weapons				

IAIDO/SWORD

A competitor may compete in exactly ONE of the following divisions

IS300	Iaido/Sword Nov Division	IS301	Iaido/Sword Int Division	IS302	Iaido/Sword Adv Division
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BEGINNER (Beg):=10th kyu-8th kyu/1 Year of Training & Under **NOVICE (Nov):**=7th kyu-5th kyu/1-2 Years of Training
INTERMEDIATE (Int):=4th kyu-2nd kyu/2-4 Years of Training **ADVANCED (Adv):**=1st kyu & higher/4+ Years of Training
ELITE (Elt): Recommended Minimum Rank of 1st Dan & 5+ Years of Training

A competitor must compete at the same age level in all event categories in which they compete.

Note: A competitor over 34 years of age may choose to compete in divisions restricted to 18-34 years of age, however if they do so they must compete as 18-34 in ALL event categories.



USA National Karate-do Federation National Championships Team Trials Division Lists



SENIOR ELITE DIVISIONS

YOU MUST BE A U.S. CITIZEN TO ENTER ANY DIVISION ON THIS PAGE!
READ THESE INSTRUCTIONS CAREFULLY BEFORE REGISTERING.

Elite Divisions are for those competitors that are attempting to become members of the US Senior or Junior National Teams. To enter any of these divisions the competitor **MUST** be a U.S. Citizen at the time the registration is submitted. Competitors that medal in these divisions are eligible to become a member of the National Team Pool in accordance with the USA-NKF team guidelines. Any person competing in an Elite Division must compete as Advanced or higher in ALL other divisions in which they compete.

Be prepared to show proof of citizenship even if you have already submitted it!

SENIOR ELITE KATA

A competitor may compete in exactly ONE of the following divisions

EK600	16-34 Male Elite Kata		EK601	16-34 Female Elite Kata
Blind Visually Impaired Divisions		Wheelchair Divisions		Intellectually Impaired Divisions
EPK400	18+ Female Elite Para-Kata	EPK402	18+ Female Elite Para-Kata	EPK404 18+ Female Para-Kata
EPK401	18+ Male Elite Para-Kata	EPK403	18+ Male Elite Para-Kata	EPK405 18+ Male Para-Kata

ELITE TEAM KATA

Competitors in these categories must be prepared to demonstrate Bunkai in appropriate rounds as perscribed by WKF/USA Karate Rules of Competition

ETK600	16-34 Male Elite Team Kata		ETK601	16-34 Female Elite Team Kata

SENIOR ELITE KILO KUMITE

A competitor may compete in exactly ONE of the following divisions

ES600	18-34 Male Elite Kumite -60 Kg		ES605	18-34 Female Elite Kumite -50 Kg
ES601	18-34 Male Elite Kumite -67 Kg		ES606	18-34 Female Elite Kumite -55 Kg
ES602	18-34 Male Elite Kumite -75 Kg		ES607	18-34 Female Elite Kumite -61Kg
ES603	18-34 Male Elite Kumite -84 Kg		ES608	18-34 Female Elite Kumite -68Kg
ES604	18-34 Male Elite Kumite +84 Kg		ES609	18-34 Female Elite Kumite +68Kg

SENIOR KUIMTE

A competitor may compete in exactly ONE of the following divisions

*These divisions are open to both US Citizens & Non-US Citizens. Advance and Elite competitors ages 18-34 may compete in Open Kumite

ES610	18-34 Male Open Kumite		ES611	18-34 Female Open Kumite
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Where Olympic Journeys Begin



USA National Karate-do Federation National Championships Team Trials Division Lists



STYLE SPECIFIC KATA

A competitor may compete in exactly ONE of the following divisions

Shito-Ryu Kata		Goju-Ryu Kata	
SK300	16-34 Female Adv Shito-Ryu Kata	SK304	16-34 Female Adv Goju-Ryu Kata
SK301	16-34 Male Adv Shito-Ryu Kata	SK305	16-34 Male Adv Goju-Ryu Kata
Shotokan Kata		Wado-Ryu Kata	
SK302	16-34 Female Adv Shotokan Kata	SK306	16-34 Female Adv Wado-Ryu Kata
SK303	16-34 Male Adv Shotokan Kata	SK307	16-34 Male Adv Wado-Ryu Kata

PARA-KARATE

Blind Visually Impaired Divisions		Wheelchair Divisions		Para-Weapons	
PK300	17 & Under Female Beg/Nov Para-Kata	PK316	17 & Under Female Beg/Nov Para-Kata	PK332	17 & Under Female Beg/Nov
PK301	17 & Under Female Int/Adv Para-Kata	PK317	17 & Under Female Int/Adv Para-Kata	PK333	17 & Under Female Int/Adv
PK302	17 & Under Male Beg/Nov Para-Kata	PK318	17 & Under Male Beg/Nov Para-Kata	PK334	17 & Under Male Beg/Nov
PK303	17 & Under Male Int/Adv Para-Kata	PK319	17 & Under Male Int/Adv Para-Kata	PK335	17 & Under Male Int/Adv
PK304	18+ Female Beg/Nov Para-Kata	PK320	18+ Female Beg/Nov Para-Kata	PK336	18+ Female Beg/Nov
PK305	18+ Female Int/Adv Para-Kata	PK321	18+ Female Int/Adv Para-Kata	PK337	18+ Female Int/Adv
PK306	18+ Male Beg/Nov Para-Kata	PK322	18+ Male Beg/Nov Para-Kata	PK338	18+ Male Beg/Nov
PK307	18+ Male Int/Adv Para-Kata	PK323	18+ Male Int/Adv Para-Kata	PK339	18+ Male Int/Adv
Intellectually Impaired Divisions		Physical Disability (Non Wheelchair bound) without Intellectual Disability Divisions		PARA TEAM KATA	
PK308	17 & Under Female Beg/Nov Para-Kata	PK324	17 & Under Female Beg/Nov Para-Kata	PK340	Male/Female Beg/Nov
PK309	17 & Under Female Int/Adv Para-Kata	PK325	17 & Under Female Int/Adv Para-Kata	PK341	Male/Female Int/Adv
PK310	17 & Under Male Beg/Nov Para-Kata	PK326	17 & Under Male Beg/Nov Para-Kata		
PK311	17 & Under Male Int/Adv Para-Kata	PK327	17 & Under Male Int/Adv Para-Kata		
PK312	18+ Female Beg/Nov Para-Kata	PK328	18+ Female Beg/Nov Para-Kata		
PK313	18+ Female Int/Adv Para-Kata	PK329	18+ Female Int/Adv Para-Kata		
PK314	18+ Male Beg/Nov Para-Kata	PK330	18+ Male Beg/Nov Para-Kata		
PK315	18+ Male Int/Adv Para-Kata	PK331	18+ Male Int/Adv Para-Kata		

BEGINNER (Beg):=10th kyu-8th kyu/1 Year of Training & Under NOVICE (Nov):=7th kyu-5th kyu/1-2 Years of Training
INTERMEDIATE (Int):=4th kyu-2nd kyu/2-4 Years of Training ADVANCED (Adv):=1st kyu & higher/4+ Years of Training



USA National Karate-do Federation National Championships Team Trials Division Lists



TEAM KUMITE

A competitor may compete in exactly ONE of the following divisions

**3 athletes per team with 1 alternate*

TS300	7 & Under Beg/Nov Female Team Kumite	TS311	10-11 Int/Adv Male Team Kumite	TS322	16-17 Beg/Nov Male Team Kumite
TS301	7 & Under Int/Adv Female Team Kumite	TS312	12-13 Beg/Nov Female Team Kumite	TS323	16-17 Int/Adv Male Team Kumite
TS302	7 & Under Beg/Nov Male Team Kumite	TS313	12-13 Int/Adv Female Team Kumite	TS324	18-34 Beg/Nov Female Team Kumite
TS303	7 & Under Int/Adv Male Team Kumite	TS314	12-13 Beg/Nov Male Team Kumite	TS325	18-34 Int/Adv Female Team Kumite
TS304	8-9 Beg/Nov Female Team Kumite	TS315	12-13 Int/Adv Male Team Kumite	TS326	18-34 Beg/Nov Male Team Kumite
TS305	8-9 Int/Adv Female Team Kumite	TS316	14-15 Beg/Nov Female Team Kumite	TS327	18-34 Int/Adv Male Team Kumite
TS306	8-9 Beg/Nov Male Team Kumite	TS317	14-15 Int/Adv Female Team Kumite	TS328	35+ Beg/Nov Female Team Kumite
TS307	8-9 Int/Adv Male Team Kumite	TS318	14-15 Beg/Nov Male Team Kumite	TS329	35+ Int/Adv Female Team Kumite
TS308	10-11 Beg/Nov Female Team Kumite	TS319	14-15 Int/Adv Male Team Kumite	TS330	35+ Beg/Nov Male Team Kumite
TS309	10-11 Int/Adv Female Team Kumite	TS320	16-17 Beg/Nov Female Team Kumite	TS331	35+ Int/Adv Male Team Kumite
TS310	10-11 Beg/Nov Male Team Kumite	TS321	16-17 Int/Adv Female Team Kumite		

TEAM KATA

These categories are not for National Team Selection. Please see the Elite Division listing if you are interested in participating in Team Kata on the Senior or Junior National Teams.

Teams in these categories will NOT perform Bunkai in any round

Female Divisions		Male Divisions		Mixed Gender Divisions	
TK300	9 & Under Beg/Nov Female Team Kata	TK310	9 & Under Beg/Nov Male Team Kata	TK320	9 & Under Beg/Nov Mixed Team Kata*
TK301	9 & Under Int/Adv Female Team Kata	TK311	9 & Under Int/Adv Male Team Kata	TK321	9 & Under Int/Adv Mixed Team Kata*
TK302	10-13 Beg/Nov Female Team Kata	TK312	10-13 Beg/Nov Male Team Kata	TK322	10-13 Beg/Nov Mixed Team Kata*
TK303	10-13 Int/Adv Female Team Kata	TK313	10-13 Int/Adv Male Team Kata	TK323	10-13 Int/Adv Mixed Team Kata*
TK304	14-17 Beg/Nov Female Team Kata	TK314	14-17 Beg/Nov Male Team Kata	TK324	14-17 Beg/Nov Mixed Team Kata*
TK305	14-17 Int/Adv Female Team Kata	TK315	14-17 Int/Adv Male Team Kata	TK325	14-17 Int/Adv Mixed Team Kata*
TK306	18-34 Beg/Nov Female Team Kata	TK316	18-34 Beg/Nov Male Team Kata	TK326	18-34 Beg/Nov Mixed Team Kata*
TK307	18-34 Int/Adv Female Team Kata	TK317	18-34 Int/Adv Male Team Kata	TK327	18-34 Int/Adv Mixed Team Kata*
TK308	35+ Beg/Nov Female Team Kata	TK318	35+ Beg/Nov Male Team Kata	TK328	35+ Beg/Nov Mixed Team Kata*
TK309	35+ Int/Adv Female Team Kata	TK319	35+ Int/Adv Male Team Kata	TK329	35+ Int/Adv Mixed Team Kata*
Family Divisions				<p>*These divisions are for team kata of mixed gender of males and females. Team may be comprised of two males and one female or one male and two females. All competitors must meet the age requirements.</p>	
TK330	Beg/Nov Family Team Kata**				
TK331	Int/Adv Family Team Kata**				
<p>**These divisions are for team kata whose members are of the same immediate family. There are no gender or age requirements</p>					

BEGINNER (Beg):=10th kyu-8th kyu/1 Year of Training & Under NOVICE (Nov):=7th kyu-5th kyu/1-2 Years of Training

INTERMEDIATE (Int):=4th kyu-2nd kyu/2-4 Years of Training ADVANCED (Adv):=1st kyu & higher/4+ Years of Training

ELITE (Elt): Recommended Minimum Rank of 1st Dan & 5+ Years of Training

A competitor must compete at the same age level in all event categories in which they compete.

Note: A competitor over 34 years of age may choose to compete in divisions restricted to 18-34 years of age, however if they do so they must compete as 18-34 in ALL event categories.



USA National Karate-do Federation National Championships Team Trials Division Lists



JUNIOR ELITE (NATIONAL TEAM TRIAL) DIVISIONS

YOU MUST BE A U.S. CITIZEN TO ENTER ANY DIVISION ON THIS PAGE!

Elite Divisions are for those competitors that are attempting to become members of the US Senior or Junior National Teams. To enter any of these divisions the competitor **MUST** be a U.S. Citizen at the time the registration is submitted. Competitors that medal in these divisions are eligible to become a member of the National Team Pool in accordance with the USA-NKF team guidelines. Any person competing in an Elite Division must compete as Advanced or higher in ALL other divisions in which they compete. **Be prepared to show proof of citizenship even if you have already submitted it!**

JR CADET, CADET, JUNIOR & UNDER 21 ELITE KUMITE

A competitor may compete in exactly ONE of the following divisions

ES500	12-13 Male Elite Kumite -40 Kg	ES513	14-15 Female Elite Kumite -47 Kg	ES525	18-20 Male Elite Kumite -60 Kg
ES501	12-13 Male Elite Kumite -45 Kg	ES514	14-15 Female Elite Kumite -54 Kg	ES526	18-20 Male Elite Kumite -67 Kg
ES502	12-13 Male Elite Kumite -50 Kg	ES515	14-15 Female Elite Kumite +54 Kg	ES527	18-20 Male Elite Kumite -75 Kg
ES503	12-13 Male Elite Kumite -55 Kg			ES528	18-20 Male Elite Kumite -84 Kg
ES504	12-13 Male Elite Kumite +55 Kg	ES516	16-17 Male Elite Kumite -55 Kg	ES529	18-20 Male Elite Kumite +84 Kg
		ES517	16-17 Male Elite Kumite -61 Kg		
ES505	12-13 Female Elite Kumite -42 Kg	ES518	16-17 Male Elite Kumite -68 Kg	ES530	18-20 Female Elite Kumite -50 Kg
ES506	12-13 Female Elite Kumite -47 Kg	ES519	16-17 Male Elite Kumite -76 Kg	ES531	18-20 Female Elite Kumite -55 Kg
ES507	12-13 Female Elite Kumite +47 Kg	ES520	16-17 Male Elite Kumite +76 Kg	ES532	18-20 Female Elite Kumite -61 Kg
				ES533	18-20 Female Elite Kumite -68 Kg
ES508	14-15 Male Elite Kumite -52 Kg	ES521	16-17 Female Elite Kumite -48 Kg	ES534	18-20 Female Elite Kumite +68 Kg
ES509	14-15 Male Elite Kumite -57 Kg	ES522	16-17 Female Elite Kumite -53 Kg		
ES510	14-15 Male Elite Kumite -63 Kg	ES523	16-17 Female Elite Kumite -59 Kg		
ES511	14-15 Male Elite Kumite -70 Kg	ES524	16-17 Female Elite Kumite +59 Kg		
ES512	14-15 Male Elite Kumite +70 Kg				

JR CADET, CADET, JUNIOR & UNDER 21 ELITE KATA

A competitor may compete in exactly ONE of the following divisions

EK500	12-13 Male Elite Kata	EK504	16-17 Male Elite Kata	EK506	18-20 Male Elite Kata
EK501	12-13 Female Elite Kata	EK505	16-17 Female Elite Kata	EK507	18-20 Female Elite Kata
EK502	14-15 Male Elite Kata				
EK503	14-15 Female Elite Kata				

ELITE TEAM KATA

Medaling in these categories does NOT guarantee participation at any international event. Final decisions regarding Team Kata participation will be made by the USA Karate National Team Committee

Competitors in these categories must be prepared to demonstrate Bunkai in appropriate rounds as prescribed by WKF/USA Karate Rules of Competition

ETK500	14-17 Male Elite Team Kata		ETK502	18-20 Male Elite Team Kata
ETK501	14-17 Female Elite Team Kata		ETK503	18-20 Female Elite Team Kata