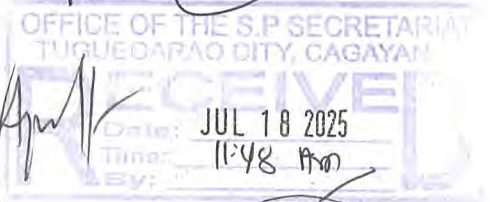


DRAFT RESOLUTION COMMENDING REIN YESHUA M. GUYA FOR GARNERING GOLD, SILVER AND BRONZE MEDALS IN THE 1ST JKH TUAO OPEN KARATE CHAMPIONSHIP HELD AT ATTY. LEONARDO MAMBA GYM, TUAO, CAGAYAN ON JULY 6, 2025

Sponsors: HON. DENNIS RYAN G. AVILA
HON. ROSAURO "PASTOR ROSS" G. RESUELLO
HON. MARIA ROSARIO B. SORIANO
HON. RONALDO S. ORTIZ
HON. MARK ANGELO B. DAYAG
HON. JUDE T. BAYONA
HON. LOPE B. APOSTOL JR.
HON. MARC ALDOUS C. BACCAY
HON. TIRSO V. MANGADA
HON. MYRNA G. TE
HON. MARIEL AYNAL Y. TING-CALIMAG
HON. KARINA S. GAUANI-VIERNES
HON. ANTHONY C. TUDDAO
HON. RESTITUTO C. RAMIREZ
HON. CERENE PEARL T. QUILANG



WHEREAS, the 1987 Philippine Constitution provides that the state shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry;

WHEREAS, WHEREAS, the 1st JKH Tuao Open Karate Championships was held on July 6, 2025 at the Atty. Leonardo Mamba Gym in Tuao Cagayan and was participated in by 498 athletes from the different provinces, municipalities and cities in the country;

WHEREAS, the said event was organized by Japan Karatedo Huakahai-Tuao, a karate school located in Tuao, Cagayan, which offers training to students aged 5 and above. It is a branch of the Japan Karate-Do Hakuakai association, which emphasizes character development alongside physical training and self defense skills;

WHEREAS, REIN YESHUA M. GUYA proudly represented Tuguegarao City in the said tournament, demonstrating exceptional skill, discipline, and sportsmanship by competing in categories, including: 8-9 Years Old Newbie Kata Male, 6-10 Years Old Mix Gender Team Kata, 11-14 Years Old Mix Gender Team Kata, 8-9 Years Old Novice Kata Male, 8-9 Years Old Open Kata Male, 8-9 Years Old Newbie Kumite, 8-9 Years Old Novice Kumite Male, 8-9 Years Old Intermediate Kata, and 8-9 Years Old Open Kumite Male;

WHEREAS, REIN YESHUA M. GUYA is a Grade 3 pupil of Tuguegarao West Central School, a resident of Ugac Sur, Tuguegarao City and the son of Mrs. Prances Marielle M. Guya and Mr. Demie Jordan T. Guya;

WHEREAS, his dedication and exemplary performance led to an outstanding medal haul, earning three (3) Gold Medals in the following categories: 1) 8-9 years Newbie Kata Male, 2) 6-10 Years Old Mix Gender Team Kata, 3) 11-14 Years Old Mix Gender Team Kata, four (4) Silver Medals in the following categories: 1) 8-9 Years Old Novice Kata Male 2) 8-9 Years Open Kata Male, 3) 8-9 Years Old Newbie Kata Male, 4) 8-9 Years Old Novice Kumite Male and two (2) Bronze Medal in the following categories; 1) 8-9 Years Old Intermediate Kata Male, 8-9 Years Old Open Kumite Male was coached by SENSEI RUFINO JUNE CULANGAN;

WHEREAS, the Tuguegarao City Government commends the dedication, determination and resilience, and competitiveness of **REIN YESHUA M. GUYA** as he vied for sports excellence, bringing honor and pride to the city in the 1st JKH Tuao Open Karate Championships;

WHEREAS, his remarkable achievements in this prestigious tournament exemplify the spirit of sportsmanship, hard work and perseverance that serve as an inspiration to the youth of Tuguegarao City;

NOW, THEREFORE, RESOLVE, as it is hereby **RESOLVED**, to pass a Resolution Commending REIN YESHUA M. GUYA for garnering Gold, Silver and Bronze Medals in the 1st JKH Tuao Open Karate Championships held at Atty. Leonardo Mamba Gym, Tuao, Cagayan on July 6, 2025.

RESOLVED FURTHER, to furnish a copy of this Resolution to REIN YESHUA M. GUYA for information.



日本空手道白聖会トウアオ
JAPAN KARATE-DO HAKUAKAI TUAO

**1ST JKTHT TUAO
OPEN KARATE CHAMPIONSHIP**

JULY 6, 2025 @ 8:00AM

LEONARDO "NARDS" MAMBA GYMNASIUM

Centro 02, Tuao, Cagayan





JAPAN KARATE-DO HAKUAKAI TUAO
Alabug, Tuao, Cagayan
Cell: 09976644055
FB: Carian Benedict
FB Page: Japan Karate-Do Hakuakai – JKH Tuao

June 9, 2025

Dear Sensei/ Shihan,

Greetings of peace and goodwill!

On behalf of Japan Karatedo Hakuakai (JKH) Tuao, we are thrilled to announce the **1st Japan Karatedo Hakuakai Tuao Open Karatedo Championships**, scheduled to take place on **July 6, 2025**, at Leonardo "Nards" mamba Gymnasium, Centro 2, Tuao, Cagayan. This event is dedicated to fostering the spirit of sportsmanship, discipline, and excellence among karate practitioners from various clubs and organizations.

We are pleased to extend our invitation to your esteemed club/organization to participate in this event. Your participation would not only contribute to the success of this event but also strengthen the camaraderie and unity within the karate community. We believe that your athletes would greatly benefit from the experience, enhancing their skills and sportsmanship on a larger stage.

Attached herewith are the event details, registration forms, and competition guidelines. We kindly ask that completed registration forms be submitted on or before **June 30, 2025**, to secure your club's participation.

Should you have any questions or require further information, please feel free to contact us at 09976644055.

We look forward to your positive response and to witnessing the remarkable skills and discipline that your athletes bring to the mat.

Thank you for your time and consideration.

Respectfully yours,

BENEDICTO D. CARIAN, JR.
Chief Instructor
JKH Tuao
09976644055
benedictcarian.teacher@gmail.com

1ST JKH TUAO OPEN KARATEDO CHAMPIONSHIPS

- I. ORGANIZED BY: JKH Tuao
- II. SANCTIONED BY: Karate Pilipinas Sports Federation, Incorporated
National Technical Officials
- III. DATE/TIME: July 6, 2025 (Sunday), 8:00AM onwards
- IV. PLACE: Leonardo Nards Mamba Gymnasium,
Centro 2, Tuao, Cagayan

V. EVENT AND CATEGORIES:

A. INDIVIDUAL KATA

Boys & Girls Category

1. NEWBIE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs.Old
18 Yrs. Old & above

*White belt or those first timer to compete
in a Karate tournament
*Required kata: Kihon, Taikyoku,
Heian1/Pinan2
*Basic Kata of your Club/Organization
*Open style
****REPETITION ALLOWED****

2. NOVICE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs.Old
18 Yrs. Old & above

*White, Yellow & Orange belt
*Required Kata: Kihon, Taikyoku, Heian/Pinan
1 & 2.
*Open style
****REPETITION ALLOWED****

3. INTERMEDIATE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 yrs. Old
18 Yrs. Old & above

*Green, Blue & Purple belts
*Required Kata: Heian/Pinan 3-5,
Tekki/Nianchin 1.
*Open Style
***REPETITION ALLOWED BUT ALTERNATELY ***

4. ADVANCE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

*Brown to Black
*Required Kata: Basai dai & Above
*WKF listed Advance Kata
*Open style
****NO REPETITION OF KATA****

5. OPEN KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

* Any Rank/ Open Belt
*JKS Junro 1-5, JKS Kakyoku, Shorin-Ryu Kata
*WKF listed Kata
*Open style
****NO REPETITION OF KATA****

B. TEAM KATA

**** Follow all the Guidelines of Individual Kata**

****No bunkai**

Boys & Girls Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Mixed Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

C. INDIVIDUAL KUMITE

Boys & Girls Category

1. Newbie Kumite

5yrs Old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old (open weight)
16-17 yrs. Old (open weight)
+18 Yrs. Old & above (open weight)

*White belt only
*Allowed Technique: Punch to the
Body only
*1 minute time or first to reach 4pts

2. Novice Kumite

5yrs Old & below

6-7 yrs. Old

8-9 yrs. Old

10-11 yrs. Old

12-13 yrs. Old

14-15 yrs. Old (open weight)

16-17 yrs. Old (open weight)

+18 Yrs. Old & above (open weight)

*White, Yellow & Orange Belts Only

*Allowed Technique: Punch & Kick
to the Body only

***1 minute time or first to reach 6pts**

3. Advance/Open Belt Kumite

7 and below

8-9 yrs. Old

10-11 yrs. Old

12-13 yrs. Old:

-150cm

+150cm

4. ADVANCE/OPEN CADETS (14-15 yrs. Old)

GIRLS:

-47kgs.

-54kgs.

+54 kgs.

BOYS:

-52 kgs.

-57 kgs.

-63 kgs.

+63 kgs.

5. ADVANCE/ OPEN JUNIORS (16- 17 Yrs. Old)

GIRLS:

-50 kgs.

-55 kgs.

+55 kgs.

BOYS:

-55 kgs.

-60 kgs.

+60 kgs.

6. ADVANCE/ OPEN SENIORS (18 Yrs. Old and Above)

GIRLS:

-50 kgs.

-55 kgs.

-61 kgs.

-68 kgs.

+68 kgs.

BOYS:

-55 kgs.

-60 kgs

-67 kgs.

-75 kgs.

-84 kgs.

+84 kgs.

TOURNAMENT GUIDELINES

KATA EVENT:

- Judging will be Flag System.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament rules and regulation:

- **New WKF Rules** of Competition will be strictly implemented including those agreed during coaches meeting.
- The person in charge of submitting the entries confirm that all competitors have been advised of the risk of kumite competitions and that they fully realize and accept these risks.
- For 6-12 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 13-17 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 18 years old and above, bout duration is 90 seconds, lead of eight (8) points.

Safety Equipment and supplies:

- All participants must provide their own medical expense/insurance.
- All kumite participants must use gum shields (mouthguard)
- All kumite players **MUST** wear body protector.
- All kumite players must use approved shin/instep guards.
- Only approved red and blue mitts and red and blue belts may be used.
- The technical Officials must first approve all body protectors before they can be used.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament Officials:

- Only KPSFI License Referees and Judges will officiate the Championship.

Accommodation:

- No arrangement for accommodation since this is only one (1) day event.

Other Expenses: Food, transportation, medical and other incidental expenses are to be shouldered by the participating clubs/organization or individuals.

Awarding Ceremonies:

- Medals will be awarded after each category championship.

TOURNAMENT REQUIREMENTS

- ❖ All participants must be able to present proof of age. (BIRTH CERTIFICATES, VALID ID's, etc.)
- ❖ Deadline of submission of entries is on June 30, 2025.
- ❖ Entry fee is Php 500.00 for individual events. (No Limit of Entries)
- ❖ Entry fee is Php 1,500.00 for Team Events.
- ❖ **Please send your entries to:** benedictcarian.teacher@gmail.com

Reine Yeshua
Guya



SK

DRAFT RESOLUTION COMMENDING JOHN WELLINGTON GREGORIO FOR GARNERING SILVER MEDALS IN THE 1ST JKH TUAO OPEN KARATE CHAMPIONSHIP HELD AT ATTY. LEONARDO MAMBA GYM, TUAO, CAGAYAN ON JULY 6, 2025

SponsorS: HON. DENNIS RYAN G. AVILA
HON. ROSAURO "PASTOR ROSS" G. RESUELLO
HON. MARIA ROSARIO B. SORIANO
HON. RONALDO S. ORTIZ
HON. MARK ANGELO B. DAYAG
HON. JUDE T. BAYONA
HON. LOPE B. APOSTOL JR.
HON. MARC ALDOUS C. BACCAY
HON. TIRSO V. MANGABA
HON. MYRNA G. TE
HON. MARIEL AYNAL Y. TING-CALIMAG
HON. KARINA S. GAUANI-VIERNES
HON. ANTHONY C. TUDDAO
HON. RESTITUTO C. RAMIREZ
HON. CERENE PEARL T. QUILANG



WHEREAS, the 1987 Philippine Constitution provides that the state shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry;

WHEREAS, the 1st JKH Tuao Open Karate Championships was held on July 6, 2025 at the Atty. Leonardo Mamba Gym in Tuao Cagayan and was participated in by 498 athletes from the different provinces, municipalities and cities in the country;

WHEREAS, the said event was organized by Japan Karatedo Huakahai-Tuao, a karate school located in Tuao, Cagayan, which offers training to students aged 5 and above. It is a branch of the Japan Karate-Do Hakuakai association, which emphasizes character development alongside physical training and self defense skills;

WHEREAS, JOHN WELLINGTON GREGORIO proudly represented Tuguegarao City in the said tournament, demonstrating exceptional skill, discipline, and sportsmanship by competing in categories, including: 12-13 years old Intermediate Kata, and 12-13 Years Old Advance Kumite;

WHEREAS, JOHN WELLINGTON GREGORIO is a Grade 8 high school student of University of Cagayan Valley, a resident of Carig Sur, Tuguegarao City and the son of Mrs. Indhira C. Gregorio;

WHEREAS, his dedication and exemplary performance led to an outstanding medal haul, earning two (2) Silver Medals in the following categories: 1) 12-13 Years Old Open Kumite and 12-13 Years Old Intermediate Kata was coached by SENSEI RUFINO JUNE CULANGAN;

WHEREAS, the Tuguegarao City Government commends the dedication, determination and resilience, and competitiveness of **JOHN WELLINGTON GREGORIO** as he vied for sports excellence, honor bringing honor and pride to the city in the 1st JKH Tuao Open Karate Championships;

WHEREAS, his remarkable achievements in this prestigious tournament exemplify the spirit of sportsmanship, hard work and perseverance that serve as an inspiration to the youth of Tuguegarao City;

NOW, THEREFORE, RESOLVE, as it is hereby **RESOLVED**, to pass a Resolution Commending JOHN WELLINGTON GREGORIO for garnering Silver Medals in the 1st JKH Tuao Open Karate Championships held at Atty. Leonardo Mamba Gym, Tuao, Cagayan on July 6, 2025.

RESOLVED FURTHER, to furnish a copy of this Resolution to JOHN WELLINGTON GREGORIO for information.



日本空手道白聖会トウアオ
JAPAN KARATE-DO HAKUAKAI TUAO

**1ST JKRH TUAO
OPEN KARATE CHAMPIONSHIP**

JULY 6, 2025 @ 8:00AM

**LEONARDO "NARDS" MAMBA GYMNASIUM
Centro 02, Tuao, Cagayan**





JAPAN KARATE-DO HAKUAKAI TUAO
Alabug, Tuao, Cagayan
Cell: 09976644055
FB: Carian Benedict
FB Page: Japan Karate-Do Hakuakai – JKH Tuao

June 9, 2025

Dear Sensei/ Shihan,

Greetings of peace and goodwill!

On behalf of Japan Karatedo Hakuakai (JKH) Tuao, we are thrilled to announce the **1st Japan Karatedo Hakuakai Tuao Open Karatedo Championships**, scheduled to take place on **July 6, 2025**, at Leonardo "Nards" mamba Gymnasium, Centro 2, Tuao, Cagayan. This event is dedicated to fostering the spirit of sportsmanship, discipline, and excellence among karate practitioners from various clubs and organizations.

We are pleased to extend our invitation to your esteemed club/organization to participate in this event. Your participation would not only contribute to the success of this event but also strengthen the camaraderie and unity within the karate community. We believe that your athletes would greatly benefit from the experience, enhancing their skills and sportsmanship on a larger stage.

Attached herewith are the event details, registration forms, and competition guidelines. We kindly ask that completed registration forms be submitted on or before **June 30, 2025**, to secure your club's participation.

Should you have any questions or require further information, please feel free to contact us at **09976644055**.

We look forward to your positive response and to witnessing the remarkable skills and discipline that your athletes bring to the mat.

Thank you for your time and consideration.

Respectfully yours,

BENEDICTO D. CARIAN, JR.
Chief Instructor
JKH Tuao
09976644055
benedictcarian.teacher@gmail.com

1ST JKH TUAO OPEN KARATEDO CHAMPIONSHIPS

- I. ORGANIZED BY: JKH Tuao
- II. SANCTIONED BY: Karate Pilipinas Sports Federation, Incorporated
National Technical Officials
- III. DATE/TIME: July 6, 2025 (Sunday), 8:00AM onwards
- IV. PLACE: Leonardo Nards Mamba Gymnasium,
Centro 2, Tuao, Cagayan
- V. EVENT AND CATEGORIES:

A. INDIVIDUAL KATA

Boys & Girls Category

1. NEWBIE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs. Old
18 Yrs. Old & above

*White belt or those first timer to compete
in a Karate tournament
*Required kata: Kihon, Taikyoku,
Heian1/Pinan2
*Basic Kata of your Club/Organization
*Open style
****REPETITION ALLOWED****

2. NOVICE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs. Old
18 Yrs. Old & above

*White, Yellow & Orange belt
*Required Kata: Kihon, Taikyoku, Heian/Pinan
1 & 2.
*Open style
****REPETITION ALLOWED****

3. INTERMEDIATE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 yrs. Old
18 Yrs. Old & above

*Green, Blue & Purple belts
*Required Kata: Heian/Pinan 3-5,
Tekki/Nianchin 1.
*Open Style
***REPETITION ALLOWED BUT ALTERNATELY ***

4. ADVANCE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

*Brown to Black
*Required Kata: Basai dai & Above
*WKF listed Advance Kata
*Open style
****NO REPETITION OF KATA****

5. OPEN KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

* Any Rank/ Open Belt
*JKS Junro 1-5, JKS Kakyoku, Shorin-Ryu Kata
*WKF listed Kata
*Open style
****NO REPETITION OF KATA****

B. TEAM KATA

**** Follow all the Guidelines of Individual Kata**

****No bunkai**

Boys & Girls Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Mixed Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

C. INDIVIDUAL KUMITE

Boys & Girls Category

1. Newbie Kumite

5yrs Old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old (open weight)
16-17 yrs. Old (open weight)
+18 Yrs. Old & above (open weight)

*White belt only
*Allowed Technique: Punch to the
Body only
*1 minute time or first to reach 4pts

2. Novice Kumite

5yrs Old & below

6-7 yrs. Old

8-9 yrs. Old

10-11 yrs. Old

12-13 yrs. Old

14-15 yrs. Old (open weight)

16-17 yrs. Old (open weight)

+18 Yrs. Old & above (open weight)

*White, Yellow & Orange Belts Only

*Allowed Technique: Punch & Kick
to the Body only

***1 minute time or first to reach 6pts**

3. Advance/Open Belt Kumite

7 and below

8-9 yrs. Old

10-11 yrs. Old

12-13 yrs. Old:

-150cm

+150cm

4. ADVANCE/OPEN CADETS (14-15 yrs. Old)

GIRLS:

-47kgs.

-54kgs.

+54 kgs.

BOYS:

-52 kgs.

-57 kgs.

-63 kgs.

+63 kgs.

5. ADVANCE/ OPEN JUNIORS (16- 17 Yrs. Old)

GIRLS:

-50 kgs.

-55 kgs.

+55 kgs.

BOYS:

-55 kgs.

-60 kgs.

+60 kgs.

6. ADVANCE/ OPEN SENIORS (18 Yrs. Old and Above)

GIRLS:

-50 kgs.

-55 kgs.

-61 kgs.

-68 kgs.

+68 kgs.

BOYS:

-55 kgs.

-60 kgs

-67 kgs.

-75 kgs.

-84 kgs.

+84 kgs.

TOURNAMENT GUIDELINES

KATA EVENT:

- Judging will be Flag System.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament rules and regulation:

- **New WKF Rules** of Competition will be strictly implemented including those agreed during coaches meeting.
- The person in charge of submitting the entries confirm that all competitors have been advised of the risk of kumite competitions and that they fully realize and accept these risks.
- For 6-12 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 13-17 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 18 years old and above, bout duration is 90 seconds, lead of eight (8) points.

Safety Equipment and supplies:

- All participants must provide their own medical expense/insurance.
- All kumite participants must use gum shields (mouthguard)
- All kumite players **MUST** wear body protector.
- All kumite players must use approved shin/instep guards.
- Only approved red and blue mitts and red and blue belts may be used.
- The technical Officials must first approve all body protectors before they can be used.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament Officials:

- Only KPSFI License Referees and Judges will officiate the Championship.

Accommodation:

- No arrangement for accommodation since this is only one (1) day event.

Other Expenses: Food, transportation, medical and other incidental expenses are to be shouldered by the participating clubs/organization or individuals.

Awarding Ceremonies:

- Medals will be awarded after each category championship.

TOURNAMENT REQUIREMENTS

- ❖ All participants must be able to present proof of age. (BIRTH CERTIFICATES, VALID ID's, etc.)
- ❖ Deadline of submission of entries is on June 30, 2025.
- ❖ Entry fee is Php 500.00 for individual events. (No Limit of Entries)
- ❖ Entry fee is Php 1,500.00 for Team Events.
- ❖ **Please send your entries to:** benedictcarian.teacher@gmail.com

John Wellington
Gregorio



DRAFT RESOLUTION COMMENDING CYRILLE FAITH D. UDANGA FOR GARNERING GOLD, SILVER AND BRONZE MEDALS IN THE 1ST JKH TUAO OPEN KARATE CHAMPIONSHIP HELD AT ATTY. LEONARDO MAMBA GYM, TUAO, CAGAYAN ON JULY 6, 2025

Sponsors:

HON. DENNIS RYAN G. AVILA
HON. ROSAURO "PASTOR ROSS" G. RESUELLO
HON. MARIA ROSARIO B. SORIANO
HON. RONALDO S. ORTIZ
HON. MARK ANGELO B. DAYAG
HON. JUDE T. BAYONA
HON. LOPE B. APOSTOL JR.
HON. MARC ALDOUS C. BACCAY
HON. TIRSO V. MANGADA
HON. MYRNA G. TE
HON. MARIEL AYNAL Y. TING-CAJIMAG
HON. KARINA S. GAUANI-VIERNES
HON. ANTHONY C. TUDDAO
HON. RESTITUTO C. RAMIREZ
HON. CERENE PEARL T. QUILANG



WHEREAS, the 1987 Philippine Constitution provides that the state shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry;

WHEREAS, the 1st JKH Tuao Open Karate Championships was held on July 6, 2025 at the Atty. Leonardo Mamba Gym in Tuao Cagayan and was participated in by 498 athletes from the different provinces, municipalities and cities in the country;

WHEREAS, the the said event was organized by Japan Karatedo Huakahai-Tuao, a karate school located in Tuao, Cagayan, which offers training to students aged 5 and above. It is a branch of the Japan Karate-Do Hakuakai association, which emphasizes character development alongside physical training and self defense skills;

WHEREAS, **CYRILLE FAITH D. UDANGA** proudly represented Tuguegarao City in the said tournament, demonstrating exceptional skill, discipline, and sportsmanship by competing in categories, including: 10-11 years old Newbie Kumite, 11-14 years old Novice Team Kata, 11-14 Years Old Advance Team Kata, 11-14 years old Intermediate Team Kata, 10-11 years old Novice Kumite, 10-11 years old Novice Kata, and 10-11 Years Old Open Kumite;

WHEREAS, **CYRILLE FAITH D. UDANGA** is a Grade 5 pupil of Tuguegarao West Central School, a resident of Atulayan Norte, Tuguegarao City and the daughter of Mr. Jan Meyrick A. Udanga and Mrs. Jaycee D. Udanga;

WHEREAS, her dedication and exemplary performance led to an outstanding medal haul, earning three (3) Gold Medals in the following categories: 1) 10-11 Years Old Newbie Kumite, 2) 11-14 Years Old Novice Team Kata, 3) 11-14 Years Old Advance Team Kata, two (2) Silver Medals in the following categories: 1) 10-11 Years Old Novice Kumite, 2) 11-14 Years Old Intermediate Team Kata, and two (2) Bronze in the following categories: 1) 10-11 Years Old Novice Kata, 10-11 Years Old Open Kumite was coached by SENSEI RUFINO JUNE CALANGAN;

WHEREAS, the Tuguegarao City Government commends the dedication, determination and resilience, and competitiveness of **CYRILLE FAITH D. UDANGA** as she vied for sports excellence, bringing honor and pride to the city in thye 1st JKH Tuao Open Karate Championships;

WHEREAS, her remarkable achievements in this prestigious tournament exemplify the spirit of sportsmanship, hard work and perseverance that serve as an inspiration to the youth of Tuguegarao City;

NOW, THEREFORE, RESOLVE, as it is hereby **RESOLVED**, to pass a Resolution Commending CYRILLE FAITH D. UDANGA for garnering Gold, Silver and Bronze Medals in the 1st JKH Tuao Open Karate Championships held at Atty. Leonardo Mamba Gym, Tuao, Cagayan on July 6, 2025.

RESOLVED FURTHER, to furnish a copy of this Resolution to CYRILLE FAITH D. UDANGA for information.



日本空手道白聖会トウアオ
JAPAN KARATE-DO HAKUAKAI TUAO

1ST JKRH TUAO OPEN KARATE CHAMPIONSHIP

JULY 6, 2025 @ 8:00AM

LEONARDO "NARDS" MAMBA GYMNASIUM

Centro 02, Tuao, Cagayan





JAPAN KARATE-DO HAKUAKAI TUAO
Alabug, Tuao, Cagayan
Cell: 09976644055
FB: Carian Benedict
FB Page: Japan Karate-Do Hakuakai – JKH Tuao

June 9, 2025

Dear Sensei/ Shihan,

Greetings of peace and goodwill!

On behalf of Japan Karatedo Hakuakai (JKH) Tuao, we are thrilled to announce the **1st Japan Karatedo Hakuakai Tuao Open Karatedo Championships**, scheduled to take place on **July 6, 2025**, at Leonardo "Nards" mamba Gymnasium, Centro 2, Tuao, Cagayan. This event is dedicated to fostering the spirit of sportsmanship, discipline, and excellence among karate practitioners from various clubs and organizations.

We are pleased to extend our invitation to your esteemed club/organization to participate in this event. Your participation would not only contribute to the success of this event but also strengthen the camaraderie and unity within the karate community. We believe that your athletes would greatly benefit from the experience, enhancing their skills and sportsmanship on a larger stage.

Attached herewith are the event details, registration forms, and competition guidelines. We kindly ask that completed registration forms be submitted on or before **June 30, 2025**, to secure your club's participation.

Should you have any questions or require further information, please feel free to contact us at **09976644055**.

We look forward to your positive response and to witnessing the remarkable skills and discipline that your athletes bring to the mat.

Thank you for your time and consideration.

Respectfully yours,

BENEDICTO D. CARIAN, JR.
Chief Instructor
JKH Tuao
09976644055
benedictcarian.teacher@gmail.com

1ST JKH TUAO OPEN KARATEDO CHAMPIONSHIPS

- I. ORGANIZED BY: JKH Tuao
- II. SANCTIONED BY: Karate Pilipinas Sports Federation, Incorporated
National Technical Officials
- III. DATE/TIME: July 6, 2025 (Sunday), 8:00AM onwards
- IV. PLACE: Leonardo Nards Mamba Gymnasium,
Centro 2, Tuao, Cagayan
- V. EVENT AND CATEGORIES:

A. INDIVIDUAL KATA

Boys & Girls Category

1. NEWBIE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs. Old
18 Yrs. Old & above

*White belt or those first timer to compete
in a Karate tournament
*Required kata: Kihon, Taikyoku,
Heian1/Pinan2
*Basic Kata of your Club/Organization
*Open style
****REPETITION ALLOWED****

2. NOVICE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs. Old
18 Yrs. Old & above

*White, Yellow & Orange belt
*Required Kata: Kihon, Taikyoku, Heian/Pinan
1 & 2.
*Open style
****REPETITION ALLOWED****

3. INTERMEDIATE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 yrs. Old
18 Yrs. Old & above

*Green, Blue & Purple belts
*Required Kata: Heian/Pinan 3-5,
Tekki/Nianchin 1.
*Open Style
***REPETITION ALLOWED BUT ALTERNATELY ***

4. ADVANCE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

*Brown to Black
*Required Kata: Basai dai & Above
*WKF listed Advance Kata
*Open style
****NO REPETITION OF KATA****

5. OPEN KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

* Any Rank/ Open Belt
*JKS Junro 1-5, JKS Kakyoku, Shorin-Ryu Kata
*WKF listed Kata
*Open style
****NO REPETITION OF KATA****

B. TEAM KATA

**** Follow all the Guidelines of Individual Kata**

****No bunkai**

Boys & Girls Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Mixed Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

C. INDIVIDUAL KUMITE

Boys & Girls Category

1. Newbie Kumite

5yrs Old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old (open weight)
16-17 yrs. Old (open weight)
+18 Yrs. Old & above (open weight)

*White belt only

*Allowed Technique: Punch to the
Body only

*1 minute time or first to reach 4pts

2. Novice Kumite

5yrs Old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old (open weight)
16-17 yrs. Old (open weight)
+18 Yrs. Old & above (open weight)

*White, Yellow & Orange Belts Only
*Allowed Technique: Punch & Kick
to the Body only
*1 minute time or first to reach 6pts

3. Advance/Open Belt Kumite

7 and below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old:
-150cm
+150cm

4. ADVANCE/OPEN CADETS (14-15 yrs. Old)

GIRLS:

-47kgs.
-54kgs.
+54 kgs.

BOYS:

-52 kgs.
-57 kgs.
-63 kgs.
+63 kgs.

5. ADVANCE/ OPEN JUNIORS (16- 17 Yrs. Old)

GIRLS:

-50 kgs.
-55 kgs.
+55 kgs.

BOYS:

-55 kgs.
-60 kgs.
+60 kgs.

6. ADVANCE/ OPEN SENIORS (18 Yrs. Old and Above)

GIRLS:

-50 kgs.
-55 kgs.
-61 kgs.
-68 kgs.
+68 kgs.

BOYS:

-55 kgs.
-60 kgs
-67 kgs.
-75 kgs.
-84 kgs.
+84 kgs.

TOURNAMENT GUIDELINES

KATA EVENT:

- Judging will be Flag System.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament rules and regulation:

- **New WKF Rules** of Competition will be strictly implemented including those agreed during coaches meeting.
- The person in charge of submitting the entries confirm that all competitors have been advised of the risk of kumite competitions and that they fully realize and accept these risks.
- For 6-12 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 13-17 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 18 years old and above, bout duration is 90 seconds, lead of eight (8) points.

Safety Equipment and supplies:

- All participants must provide their own medical expense/insurance.
- All kumite participants must use gum shields (mouthguard)
- All kumite players **MUST** wear body protector.
- All kumite players must use approved shin/instep guards.
- Only approved red and blue mitts and red and blue belts may be used.
- The technical Officials must first approve all body protectors before they can be used.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament Officials:

- Only KPSFI License Referees and Judges will officiate the Championship.

Accommodation:

- No arrangement for accommodation since this is only one (1) day event.

Other Expenses: Food, transportation, medical and other incidental expenses are to be shouldered by the participating clubs/organization or individuals.

Awarding Ceremonies:

- Medals will be awarded after each category championship.

TOURNAMENT REQUIREMENTS

- ❖ All participants must be able to present proof of age. (BIRTH CERTIFICATES, VALID ID's, etc.)
- ❖ Deadline of submission of entries is on June 30, 2025.
- ❖ Entry fee is Php 500.00 for individual events. (No Limit of Entries)
- ❖ Entry fee is Php 1,500.00 for Team Events.
- ❖ **Please send your entries to:** benedictcarian.teacher@gmail.com

Cyrille Faith D.
Udanga

日本空手道



日本空手道連合会トウアオ
JAPAN KARATE UNION TUA KAI TU AO

**1ST JF TUAO
OPEN KARATE CHAMPIONSHIP**

2025

LEONARDO " " BA GYMNASIUM
Cent " Cagayan

GOLD

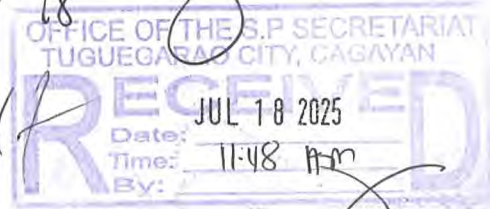
SILVER

Bronze

DRAFT RESOLUTION COMMENDING MA. AVIANA CHANTAL S. ZAMBALE FOR GARNERING GOLD AND SILVER MEDALS IN THE 1ST JKH TUAO OPEN KARATE CHAMPIONSHIP HELD AT ATTY. LEONARDO MAMBA GYM, TUAO, CAGAYAN ON JULY 6, 2025

Sponsors:

HON. DENNIS RYAN G. AVILA
HON. ROSAURO "PASTOR ROSS" G. RESUELLO
HON. MARIA ROSARIO B. SORIANO
HON. RONALDO S. ORTIZ
HON. MARK ANGELO B. DAYAG
HON. JUDE T. BAYONA
HON. LOPE B. APOSTOL JR.
HON. MARC ALDOUS C. BACCAY
HON. TIRSO V. MANGADA
HON. MYRNA G. TE
HON. MARIEL AYNAY. TING-CALMAG
HON. KARINA S. GAUANI-VIERNES
HON. ANTHONY C. TUDDAO
HON. RESTITUTO C. RAMIREZ
HON. CERENE PEARL T. QUILANG



WHEREAS, the 1987 Philippine Constitution provides that the state shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry;

WHEREAS, the 1st JKH Tuao Open Karate Championships was held on July 6, 2025 at the Atty. Leonardo Mamba Gym in Tuao Cagayan and was participated in by 498 athletes from the different provinces, municipalities and cities in the country;

WHEREAS, the said event was organized by Japan Karatedo Huakahai-Tuao, a karate school located in Tuao, Cagayan, which offers training to students aged 5 and above. It is a branch of the Japan Karate-Do Hakuakai association, which emphasizes character development alongside physical training and self defense skills;

WHEREAS, **MA. AVIANA CHANTAL S. ZAMBALE** proudly represented Tuguegarao City in the said tournament, demonstrating exceptional skill, discipline, and sportsmanship by competing in categories, including: 8-9 Years Old Intermediate Kata, 8-9 Years Old Advance Kata, 8-9 Years Old Open Kata, 11-14 Years Old Novice Team Kata, 11-14 Years Old Advance Team Kata, and 11-14 Years Old Intermediate Team Kata;

WHEREAS, **MA. AVIANA CHANTAL S. ZAMBALE** is a Grade 4 pupil of Tuguegarao West Central School, a resident of Bagay, Tuguegarao City and the daughter of Police Major Tristan John Zambale and Charlene Mae Zambale;

WHEREAS, her dedication and exemplary performance led to an outstanding medal haul, earning four (4) Gold Medals in the following categories: 1) 8-9 Years Old Advance Kata 2) 8-9 Years Old Intermediate Kata, 3) 11-14 Years Old Novice Team Kata, 4) 11-14 Years Old Advance Team Kata; and three (3) Silver Medals in the following categories: 1) 8-9 Years Old Intermediate Kata, 2) 8-9 Years Old Open Kata, 3) 11-14 Years Old Intermediate Team Kata was coached by SENSEI RUFINO JUNE CALANGAN;

WHEREAS, the Tuguegarao City Government commends the dedication, determination and resilience, and competitiveness of **MA. AVIANA CHANTAL S. ZAMBALE** as she vied for sports excellence, bringing honor and pride to the city in the 1st JKH Tuao Open Karate Championships;

WHEREAS, her remarkable achievements in this prestigious tournament exemplify the spirit of sportsmanship, hard work and perseverance that serve as an inspiration to the youth of Tuguegarao City;

NOW, THEREFORE, RESOLVE, as it is hereby **RESOLVED**, to pass a Resolution Commending **MA. AVIANA CHANTAL S. ZAMBALE** for garnering Gold and Silver Medals in the 1st JKH Tuao Open Karate Championships held at Atty. Leonardo Mamba Gym, Tuao, Cagayan on July 6, 2025.

RESOLVED FURTHER, to furnish a copy of this Resolution to **MA. AVIANA CHANTAL S. ZAMBALE** for information.



日本空手道白聖会トウアオ
JAPAN KARATE-DO HAKUAKAI TUAO

**1ST JKRH TUAO
OPEN KARATE CHAMPIONSHIP**

JULY 6, 2025 @ 8:00AM

**LEONARDO "NARDS" MAMBA GYMNASIUM
Centro 02, Tuao, Cagayan**





JAPAN KARATE-DO HAKUAKAI TUAO
Alabug, Tuao, Cagayan
Cell: 09976644055
FB: Carian Benedict
FB Page: Japan Karate-Do Hakuakai – JKH Tuao

June 9, 2025

Dear Sensei/ Shihan,

Greetings of peace and goodwill!

On behalf of Japan Karatedo Hakuakai (JKH) Tuao, we are thrilled to announce the **1st Japan Karatedo Hakuakai Tuao Open Karatedo Championships**, scheduled to take place on **July 6, 2025**, at Leonardo "Nards" mamba Gymnasium, Centro 2, Tuao, Cagayan. This event is dedicated to fostering the spirit of sportsmanship, discipline, and excellence among karate practitioners from various clubs and organizations.

We are pleased to extend our invitation to your esteemed club/organization to participate in this event. Your participation would not only contribute to the success of this event but also strengthen the camaraderie and unity within the karate community. We believe that your athletes would greatly benefit from the experience, enhancing their skills and sportsmanship on a larger stage.

Attached herewith are the event details, registration forms, and competition guidelines. We kindly ask that completed registration forms be submitted on or before **June 30, 2025**, to secure your club's participation.

Should you have any questions or require further information, please feel free to contact us at **09976644055**.

We look forward to your positive response and to witnessing the remarkable skills and discipline that your athletes bring to the mat.

Thank you for your time and consideration.

Respectfully yours,

BENEDICTO D. CARIAN, JR.
Chief Instructor
JKH Tuao
09976644055
benedictcarian.teacher@gmail.com

1ST JKH TUAO OPEN KARATEDO CHAMPIONSHIPS

- I. ORGANIZED BY: JKH Tuao
- II. SANCTIONED BY: Karate Pilipinas Sports Federation, Incorporated
National Technical Officials
- III. DATE/TIME: July 6, 2025 (Sunday), 8:00AM onwards
- IV. PLACE: Leonardo Nards Mamba Gymnasium,
Centro 2, Tuao, Cagayan

V. EVENT AND CATEGORIES:

A. INDIVIDUAL KATA

Boys & Girls Category

1. NEWBIE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs.Old
18 Yrs. Old & above

*White belt or those first timer to compete
in a Karate tournament
*Required kata: Kihon, Taikyoku,
Heian1/Pinan2
*Basic Kata of your Club/Organization
*Open style
****REPETITION ALLOWED****

2. NOVICE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs.Old
18 Yrs. Old & above

*White, Yellow & Orange belt
*Required Kata: Kihon, Taikyoku, Heian/Pinan
1 & 2.
*Open style
****REPETITION ALLOWED****

3. INTERMEDIATE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 yrs. Old
18 Yrs. Old & above

*Green, Blue & Purple belts
*Required Kata: Heian/Pinan 3-5,
Tekki/Nianchin 1.
*Open Style
***REPETITION ALLOWED BUT ALTERNATELY ***

4. ADVANCE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

*Brown to Black
*Required Kata: Basai dai & Above
*WKF listed Advance Kata
*Open style
****NO REPETITION OF KATA****

5. OPEN KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

* Any Rank/ Open Belt
*JKS Junro 1-5, JKS Kakyoku, Shorin-Ryu Kata
*WKF listed Kata
*Open style
****NO REPETITION OF KATA****

B. TEAM KATA

**** Follow all the Guidelines of Individual Kata**

****No bunkai**

Boys & Girls Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Mixed Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

C. INDIVIDUAL KUMITE

Boys & Girls Category

1. Newbie Kumite

5yrs Old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old (open weight)
16-17 yrs. Old (open weight)
+18 Yrs. Old & above (open weight)

*White belt only
*Allowed Technique: Punch to the
Body only
*1 minute time or first to reach 4pts

2. Novice Kumite

5yrs Old & below

6-7 yrs. Old

8-9 yrs. Old

10-11 yrs. Old

12-13 yrs. Old

14-15 yrs. Old (open weight)

16-17 yrs. Old (open weight)

+18 Yrs. Old & above (open weight)

*White, Yellow & Orange Belts Only

*Allowed Technique: Punch & Kick
to the Body only

*1 minute time or first to reach 6pts

3. Advance/Open Belt Kumite

7 and below

8-9 yrs. Old

10-11 yrs. Old

12-13 yrs. Old:

-150cm

+150cm

4. ADVANCE/OPEN CADETS (14-15 yrs. Old)

GIRLS:

-47kgs.

-54kgs.

+54 kgs.

BOYS:

-52 kgs.

-57 kgs.

-63 kgs.

+63 kgs.

5. ADVANCE/ OPEN JUNIORS (16- 17 Yrs. Old)

GIRLS:

-50 kgs.

-55 kgs.

+55 kgs.

BOYS:

-55 kgs.

-60 kgs.

+60 kgs.

6. ADVANCE/ OPEN SENIORS (18 Yrs. Old and Above)

GIRLS:

-50 kgs.

-55 kgs.

-61 kgs.

-68 kgs.

+68 kgs.

BOYS:

-55 kgs.

-60 kgs

-67 kgs.

-75 kgs.

-84 kgs.

+84 kgs.

TOURNAMENT GUIDELINES

KATA EVENT:

- Judging will be Flag System.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament rules and regulation:

- **New WKF Rules** of Competition will be strictly implemented including those agreed during coaches meeting.
- The person in charge of submitting the entries confirm that all competitors have been advised of the risk of kumite competitions and that they fully realize and accept these risks.
- For 6-12 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 13-17 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 18 years old and above, bout duration is 90 seconds, lead of eight (8) points.

Safety Equipment and supplies:

- All participants must provide their own medical expense/insurance.
- All kumite participants must use gum shields (mouthguard)
- All kumite players **MUST** wear body protector.
- All kumite players must use approved shin/instep guards.
- Only approved red and blue mitts and red and blue belts may be used.
- The technical Officials must first approve all body protectors before they can be used.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament Officials:

- Only KPSFI License Referees and Judges will officiate the Championship.

Accommodation:

- No arrangement for accommodation since this is only one (1) day event.

Other Expenses: Food, transportation, medical and other incidental expenses are to be shouldered by the participating clubs/organization or individuals.

Awarding Ceremonies:

- Medals will be awarded after each category championship.

TOURNAMENT REQUIREMENTS

- ❖ All participants must be able to present proof of age. (BIRTH CERTIFICATES, VALID ID's, etc.)
- ❖ Deadline of submission of entries is on June 30, 2025.
- ❖ Entry fee is Php 500.00 for individual events. (No Limit of Entries)
- ❖ Entry fee is Php 1,500.00 for Team Events.
- ❖ **Please send your entries to:** benedictcarian.teacher@gmail.com





DRAFT RESOLUTION COMMENDING RICHARD A. TARUC JR. FOR GARNERING GOLD AND SILVER MEDALS IN THE 1ST JKH TUAO OPEN KARATE CHAMPIONSHIP HELD AT ATTY. LEONARDO MAMBA GYM, TUAO, CAGAYAN ON JULY 6, 2025

Sponsors: HON. DENNIS RYAN G. AVILA
HON. ROSAURO "PASTOR ROSS" G. RESUELLO
HON. MARIA ROSARIO B. SORIANO
HON. RONALDO S. ORTIZ
HON. MARK ANGELO B. DAYAG
HON. JUDE T. BAYONA
HON. LOPE B. APOSTOL JR.
HON. MARC ALDOUS C. BACCAY
HON. TIRSO V. MANGADA
HON. MYRNA G. TE
HON. MARIEL AYNAY. TING-CALIMAG
HON. KARINA S. GAUANI-VIERNES
HON. ANTHONY C. TUDDAO
HON. RESTITUTO C. RAMIREZ
HON. CERENE PEARL T. QUILANG

OFFICE OF THE S.P. SECRETARY
TUGUEGARAO CITY, CAGAYAN
RECEIVED
Date: JUL 18 2025
Time: 11:48 AM
By:

WHEREAS, the 1987 Philippine Constitution provides that the state shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry;

WHEREAS, WHEREAS, the 1st JKH Tuao Open Karate Championships was held on July 6, 2025 at the Atty. Leonardo Mamba Gym in Tuao Cagayan and was participated in by 498 athletes from the different provinces, municipalities and cities in the country;

WHEREAS, the said event was organized by Japan Karatedo Huakahai-Tuao, a karate school located in Tuao, Cagayan, which offers training to students aged 5 and above. It is a branch of the Japan Karate-Do Hakuakai association, which emphasizes character development alongside physical training and self defense skills;

WHEREAS, RICHARD A. TARUC JR. proudly represented Tuguegarao City in the said tournament, demonstrating exceptional skill, discipline, and sportsmanship by competing in categories, including: 16-17 years old Newbie Kumite Male and 16-17 Novice Kumite Male;

WHEREAS, RICHARD A. TARUC JR. is a Grade 11 high school student of Cagayan National High School-SHS, a resident of Tanza, Tuguegarao City and the son of Mrs. Analyn A. Taruc;

WHEREAS, his dedication and exemplary performance led to an outstanding medal haul, earning Gold Medal in 16-17 Years Old Newbie Kumite Male category and Silver Medal in 16-17 Years Old Novice Kumite Male category was coached by SENSEI RUFINO JUNE CULANGAN;

WHEREAS, the Tuguegarao City Government commends the dedication, determination and resilience, and competitiveness of **RICHARD A. TARUC JR.** as he vied for sports excellence, bringing honor and pride to the city in the 1st JKH Tuao Open Karate Championships;

WHEREAS, his remarkable achievements in this prestigious tournament exemplify the spirit of sportsmanship, hard work and perseverance that serve as an inspiration to the youth of Tuguegarao City;

NOW, THEREFORE, RESOLVE, as it is hereby **RESOLVED** to pass a Resolution Commending RICHARD A. TARUC JR. for garnering Gold and Silver Medals in the 1st JKH Tuao Open Karate Championships held at Atty. Leonardo Mamba Gym, Tuao, Cagayan on July 6, 2025.

RESOLVED FURTHER, to furnish a copy of this Resolution to RICHARD A. TARUC JR. for information.



日本空手道白聖会トウア才
JAPAN KARATE-DO HAKUAKAI TUAO

1ST JKRH TUAO OPEN KARATE CHAMPIONSHIP

JULY 6, 2025 @ 8:00AM

LEONARDO "NARDS" MAMBA GYMNASIUM

Centro 02, Tuao, Cagayan





JAPAN KARATE-DO HAKUAKAI TUAO
Alabug, Tuao, Cagayan
Cell: 09976644055
FB: Carian Benedict
FB Page: Japan Karate-Do Hakuakai – JKH Tuao

June 9, 2025

Dear Sensei/ Shihan,

Greetings of peace and goodwill!

On behalf of Japan Karatedo Hakuakai (JKH) Tuao, we are thrilled to announce the **1st Japan Karatedo Hakuakai Tuao Open Karatedo Championships**, scheduled to take place on **July 6, 2025**, at Leonardo "Nards" mamba Gymnasium, Centro 2, Tuao, Cagayan. This event is dedicated to fostering the spirit of sportsmanship, discipline, and excellence among karate practitioners from various clubs and organizations.

We are pleased to extend our invitation to your esteemed club/organization to participate in this event. Your participation would not only contribute to the success of this event but also strengthen the camaraderie and unity within the karate community. We believe that your athletes would greatly benefit from the experience, enhancing their skills and sportsmanship on a larger stage.

Attached herewith are the event details, registration forms, and competition guidelines. We kindly ask that completed registration forms be submitted on or before **June 30, 2025**, to secure your club's participation.

Should you have any questions or require further information, please feel free to contact us at **09976644055**.

We look forward to your positive response and to witnessing the remarkable skills and discipline that your athletes bring to the mat.

Thank you for your time and consideration.

Respectfully yours,

BENEDICTO D. CARIAN, JR.
Chief Instructor
JKH Tuao
09976644055
benedictcarian.teacher@gmail.com

1ST JKH TUAO OPEN KARATEDO CHAMPIONSHIPS

- I. ORGANIZED BY: JKH Tuao
- II. SANCTIONED BY: Karate Pilipinas Sports Federation, Incorporated
National Technical Officials
- III. DATE/TIME: July 6, 2025 (Sunday), 8:00AM onwards
- IV. PLACE: Leonardo Nards Mamba Gymnasium,
Centro 2, Tuao, Cagayan

V. EVENT AND CATEGORIES:

A. INDIVIDUAL KATA

Boys & Girls Category

1. NEWBIE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs.Old
18 Yrs. Old & above

*White belt or those first timer to compete
in a Karate tournament
*Required kata: Kihon, Taikyoku,
Heian1/Pinan2
*Basic Kata of your Club/Organization
*Open style
****REPETITION ALLOWED****

2. NOVICE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs.Old
18 Yrs. Old & above

*White, Yellow & Orange belt
*Required Kata: Kihon, Taikyoku, Heian/Pinan
1 & 2.
*Open style
****REPETITION ALLOWED****

3. INTERMEDIATE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 yrs. Old
18 Yrs. Old & above

*Green, Blue & Purple belts
*Required Kata: Heian/Pinan 3-5,
Tekki/Nianchin 1.
*Open Style
***REPETITION ALLOWED BUT ALTERNATELY ***

4. ADVANCE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

*Brown to Black
*Required Kata: Basai dai & Above
*WKF listed Advance Kata
*Open style
****NO REPETITION OF KATA****

5. OPEN KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

* Any Rank/ Open Belt
*JKS Junro 1-5, JKS Kakyoku, Shorin-Ryu Kata
*WKF listed Kata
*Open style
****NO REPETITION OF KATA****

B. TEAM KATA

**** Follow all the Guidelines of Individual Kata**

****No bunkai**

Boys & Girls Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Mixed Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

C. INDIVIDUAL KUMITE

Boys & Girls Category

1. Newbie Kumite

5yrs Old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old (open weight)
16-17 yrs. Old (open weight)
+18 Yrs. Old & above (open weight)

*White belt only

*Allowed Technique: Punch to the
Body only

***1 minute time or first to reach 4pts**

2. Novice Kumite

5yrs Old & below

6-7 yrs. Old

8-9 yrs. Old

10-11 yrs. Old

12-13 yrs. Old

14-15 yrs. Old (open weight)

16-17 yrs. Old (open weight)

+18 Yrs. Old & above (open weight)

*White, Yellow & Orange Belts Only

*Allowed Technique: Punch & Kick
to the Body only

***1 minute time or first to reach 6pts**

3. Advance/Open Belt Kumite

7 and below

8-9 yrs. Old

10-11 yrs. Old

12-13 yrs. Old:

-150cm

+150cm

4. ADVANCE/OPEN CADETS (14-15 yrs. Old)

GIRLS:

-47kgs.

-54kgs.

+54 kgs.

BOYS:

-52 kgs.

-57 kgs.

-63 kgs.

+63 kgs.

5. ADVANCE/ OPEN JUNIORS (16- 17 Yrs. Old)

GIRLS:

-50 kgs.

-55 kgs.

+55 kgs.

BOYS:

-55 kgs.

-60 kgs.

+60 kgs.

6. ADVANCE/ OPEN SENIORS (18 Yrs. Old and Above)

GIRLS:

-50 kgs.

-55 kgs.

-61 kgs.

-68 kgs.

+68 kgs.

BOYS:

-55 kgs.

-60 kgs

-67 kgs.

-75 kgs.

-84 kgs.

+84 kgs.

TOURNAMENT GUIDELINES

KATA EVENT:

- Judging will be Flag System.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament rules and regulation:

- **New WKF Rules** of Competition will be strictly implemented including those agreed during coaches meeting.
- The person in charge of submitting the entries confirm that all competitors have been advised of the risk of kumite competitions and that they fully realize and accept these risks.
- For 6-12 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 13-17 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 18 years old and above, bout duration is 90 seconds, lead of eight (8) points.

Safety Equipment and supplies:

- All participants must provide their own medical expense/insurance.
- All kumite participants must use gum shields (mouthguard)
- All kumite players **MUST** wear body protector.
- All kumite players must use approved shin/instep guards.
- Only approved red and blue mitts and red and blue belts may be used.
- The technical Officials must first approve all body protectors before they can be used.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament Officials:

- Only KPSFI License Referees and Judges will officiate the Championship.

Accommodation:

- No arrangement for accommodation since this is only one (1) day event.

Other Expenses: Food, transportation, medical and other incidental expenses are to be shouldered by the participating clubs/organization or individuals.

Awarding Ceremonies:

- Medals will be awarded after each category championship.

TOURNAMENT REQUIREMENTS

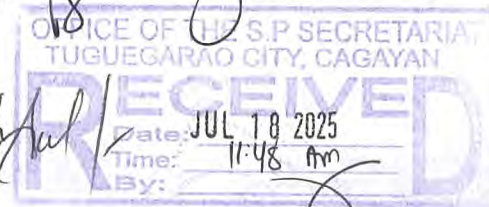
- ❖ All participants must be able to present proof of age. (BIRTH CERTIFICATES, VALID ID's, etc.)
- ❖ Deadline of submission of entries is on June 30, 2025.
- ❖ Entry fee is Php 500.00 for individual events. (No Limit of Entries)
- ❖ Entry fee is Php 1,500.00 for Team Events.
- ❖ **Please send your entries to:** benedictcarian.teacher@gmail.com

6K

DRAFT RESOLUTION COMMENDING KIM ADRIENE B. LAYUGAN FOR GARNERING BRONZE MEDALS IN THE 1ST JKH TUAO OPEN KARATE CHAMPIONSHIP HELD AT ATTY. LEONARDO MAMBA GYM, TUAO, CAGAYAN ON JULY 6, 2025

Sponsors:

HON. DENNIS RYAN G. AVILA
HON. ROSAURO "PASTOR ROSS" G. RESUELLO
HON. MARIA ROSARIO B. SORIANO
HON. RONALDO S. ORTIZ
HON. MARK ANGELO B. DAYAG
HON. JUDE T. BAYONA
HON. LOPE B. APOSTOL JR.
HON. MARC ALDOUS C. BACCAY
HON. TIRSO V. MANGADA
HON. MYRNA G. TE
HON. MARIEL AYNAL Y. TING-CAIMAG
HON. KARINA S. GAUANI-VIERNES
HON. ANTHONY C. TUDDAO
HON. RESTITUTO C. RAMIREZ
HON. CERENE PEARL T. QUILANG



WHEREAS, the 1987 Philippine Constitution provides that the state shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry;

WHEREAS, the 1st JKH Tuao Open Karate Championships was held on July 6, 2025 at the Atty. Leonardo Mamba Gym in Tuao Cagayan and was participated in by 498 athletes from the different provinces, municipalities and cities in the country;

WHEREAS, the said event was organized by Japan Karatedo Huakahai-Tuao, a karate school located in Tuao, Cagayan, which offers training to students aged 5 and above. It is a branch of the Japan Karate-Do Hakuakai association, which emphasizes character development alongside physical training and self defense skills;

WHEREAS, **KIM ADRIENE B. LAYUGAN** proudly represented Tuguegarao City in the said tournament, demonstrating exceptional skill, discipline, and sportsmanship by competing in categories, including: 12-13 years old Open Kumite, and 12-13 Years Old Intermediate Kata;

WHEREAS, **KIM ADRIENE B. LAYUGAN** is a Grade 7 high school student of Cagayan National high school, Tuguegarao City, a resident of Balzain West, Tuguegarao City and the daughter of Mr. Jeffrey Layugan and Mrs. Agatha Layugan;

WHEREAS, **KIM ADRIENE B. LAYUGAN**, her dedication and exemplary performance led to an outstanding medal haul, earning two (2) Bronze Medals in the following categories: 1) 12-13 Years Old Open Kumite and 12-13 Years Old Intermediate Kata was coached by SENSEI RUFINO JUNE CULANGAN;

WHEREAS, the Tuguegarao City Government commends the dedication, determination and resilience, and competitiveness of **KIM ADRIENE B. LAYUGAN** as she vied for sports excellence, bringing honor and pride to the city in the 1st JKH Tuao Open Karate Championships;

WHEREAS, her remarkable achievements in this prestigious tournament exemplify the spirit of sportsmanship, hard work and perseverance that serve as an inspiration to the youth of Tuguegarao City;

NOW, THEREFORE, RESOLVE, as it is hereby **RESOLVED**, to pass a Resolution Commending KIM ADRIENE B. LAYUGAN for garnering Bronze Medals in the 1st JKH Tuao Open Karate Championships held at Atty. Leonardo Mamba Gym, Tuao, Cagayan on July 6, 2025.

RESOLVED FURTHER, to furnish a copy of this Resolution to KIM ADRIENE B. LAYUGAN for information.

Kim Adrienne
Layugan





日本空手道白聖会トウアオ
JAPAN KARATE-DO HAKUAKAI TUAO

**1ST JKAH TUAO
OPEN KARATE CHAMPIONSHIP**

JULY 6, 2025 @ 8:00AM

**LEONARDO "NARDS" MAMBA GYMNASIUM
Centro 02, Tuao, Cagayan**





JAPAN KARATE-DO HAKUAKAI TUAO
Alabug, Tuao, Cagayan
Cell: 09976644055
FB: Carian Benedict
FB Page: Japan Karate-Do Hakuakai – JKH Tuao

June 9, 2025

Dear Sensei/ Shihan,

Greetings of peace and goodwill!

On behalf of Japan Karatedo Hakuakai (JKH) Tuao, we are thrilled to announce the **1st Japan Karatedo Hakuakai Tuao Open Karatedo Championships**, scheduled to take place on **July 6, 2025**, at Leonardo "Nards" mamba Gymnasium, Centro 2, Tuao, Cagayan. This event is dedicated to fostering the spirit of sportsmanship, discipline, and excellence among karate practitioners from various clubs and organizations.

We are pleased to extend our invitation to your esteemed club/organization to participate in this event. Your participation would not only contribute to the success of this event but also strengthen the camaraderie and unity within the karate community. We believe that your athletes would greatly benefit from the experience, enhancing their skills and sportsmanship on a larger stage.

Attached herewith are the event details, registration forms, and competition guidelines. We kindly ask that completed registration forms be submitted on or before **June 30, 2025**, to secure your club's participation.

Should you have any questions or require further information, please feel free to contact us at **09976644055**.

We look forward to your positive response and to witnessing the remarkable skills and discipline that your athletes bring to the mat.

Thank you for your time and consideration.

Respectfully yours,

BENEDICTO D. CARIAN, JR.
Chief Instructor
JKH Tuao
09976644055
benedictcarian.teacher@gmail.com

1ST JKH TUAO OPEN KARATEDO CHAMPIONSHIPS

- I. ORGANIZED BY: JKH Tuao
- II. SANCTIONED BY: Karate Pilipinas Sports Federation, Incorporated
National Technical Officials
- III. DATE/TIME: July 6, 2025 (Sunday), 8:00AM onwards
- IV. PLACE: Leonardo Nards Mamba Gymnasium,
Centro 2, Tuao, Cagayan
- V. EVENT AND CATEGORIES:

A. INDIVIDUAL KATA

Boys & Girls Category

1. NEWBIE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs. Old
18 Yrs. Old & above

*White belt or those first timer to compete
in a Karate tournament
*Required kata: Kihon, Taikyoku,
Heian1/Pinan2
*Basic Kata of your Club/Organization
*Open style
****REPETITION ALLOWED****

2. NOVICE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs. Old
18 Yrs. Old & above

*White, Yellow & Orange belt
*Required Kata: Kihon, Taikyoku, Heian/Pinan
1 & 2.
*Open style

****REPETITION ALLOWED****

3. INTERMEDIATE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 yrs. Old
18 Yrs. Old & above

*Green, Blue & Purple belts
*Required Kata: Heian/Pinan 3-5,
Tekki/Nianchin 1.
*Open Style
***REPETITION ALLOWED BUT ALTERNATELY ***

4. ADVANCE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

*Brown to Black
*Required Kata: Basai dai & Above
*WKF listed Advance Kata
*Open style
****NO REPETITION OF KATA****

5. OPEN KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

* Any Rank/ Open Belt
*JKS Junro 1-5, JKS Kakyoku, Shorin-Ryu Kata
*WKF listed Kata
*Open style
****NO REPETITION OF KATA****

B. TEAM KATA

**** Follow all the Guidelines of Individual Kata**

****No bunkai**

Boys & Girls Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Mixed Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

C. INDIVIDUAL KUMITE

Boys & Girls Category

1. Newbie Kumite

5yrs Old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old (open weight)
16-17 yrs. Old (open weight)
+18 Yrs. Old & above (open weight)

*White belt only
*Allowed Technique: Punch to the
Body only
*1 minute time or first to reach 4pts

2. Novice Kumite

5yrs Old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old (open weight)
16-17 yrs. Old (open weight)
+18 Yrs. Old & above (open weight)

*White, Yellow & Orange Belts Only
*Allowed Technique: Punch & Kick
to the Body only
*1 minute time or first to reach 6pts

3. Advance/Open Belt Kumite

7 and below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old:
-150cm
+150cm

4. ADVANCE/OPEN CADETS (14-15 yrs. Old)

GIRLS:

-47kgs.
-54kgs.
+54 kgs.

BOYS:

-52 kgs.
-57 kgs.
-63 kgs.
+63 kgs.

5. ADVANCE/ OPEN JUNIORS (16- 17 Yrs. Old)

GIRLS:

-50 kgs.
-55 kgs.
+55 kgs.

BOYS:

-55 kgs.
-60 kgs.
+60 kgs.

6. ADVANCE/ OPEN SENIORS (18 Yrs. Old and Above)

GIRLS:

-50 kgs.
-55 kgs.
-61 kgs.
-68 kgs.
+68 kgs.

BOYS:

-55 kgs.
-60 kgs
-67 kgs.
-75 kgs.
-84 kgs.
+84 kgs.

TOURNAMENT GUIDELINES

KATA EVENT:

- Judging will be Flag System.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament rules and regulation:

- **New WKF Rules** of Competition will be strictly implemented including those agreed during coaches meeting.
- The person in charge of submitting the entries confirm that all competitors have been advised of the risk of kumite competitions and that they fully realize and accept these risks.
- For 6-12 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 13-17 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 18 years old and above, bout duration is 90 seconds, lead of eight (8) points.

Safety Equipment and supplies:

- All participants must provide their own medical expense/insurance.
- All kumite participants must use gum shields (mouthguard)
- All kumite players **MUST** wear body protector.
- All kumite players must use approved shin/instep guards.
- Only approved red and blue mitts and red and blue belts may be used.
- The technical Officials must first approve all body protectors before they can be used.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament Officials:

- Only KPSFI License Referees and Judges will officiate the Championship.

Accommodation:

- No arrangement for accommodation since this is only one (1) day event.

Other Expenses: Food, transportation, medical and other incidental expenses are to be shouldered by the participating clubs/organization or individuals.

Awarding Ceremonies:

- Medals will be awarded after each category championship.

TOURNAMENT REQUIREMENTS

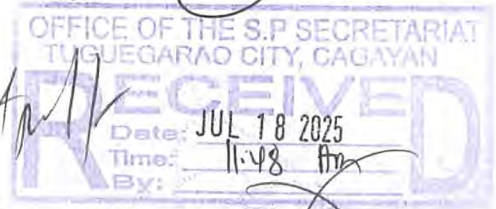
- ❖ All participants must be able to present proof of age. (BIRTH CERTIFICATES, VALID ID's, etc.)
- ❖ Deadline of submission of entries is on June 30, 2025.
- ❖ Entry fee is Php 500.00 for individual events. (No Limit of Entries)
- ❖ Entry fee is Php 1,500.00 for Team Events.
- ❖ **Please send your entries to:** benedictcarian.teacher@gmail.com

OK

DRAFT RESOLUTION COMMENDING TIMOTHY PHIL M. DE RAMOS FOR GARNERING GOLD, SILVER AND BRONZE MEDALS IN THE 1ST JKH TUAO OPEN KARATE CHAMPIONSHIP HELD AT ATTY. LEONARDO MAMBA GYM, TUAO, CAGAYAN ON JULY 6, 2025

Sponsors:

HON. DENNIS RYAN G. AVILA
HON. ROSAURO "PASTOR ROSS" G. RESUELLO
HON. MARIA ROSARIO B. SORIANO
HON. RONALDO S. ORTIZ
HON. MARK ANGELO B. DAYAG
HON. JUDE T. BAYONA
HON. LOPE B. APOSTOL JR.
HON. MARC ALDOUS C. BACCAY
HON. TIRSO V. MANGABA
HON. MYRNA G. TE
HON. MARIEL AYNAL Y. TING-CALIMAG
HON. KARINA S. GAUANI-VIERNES
HON. ANTHONY C. TUDDAO
HON. RESTITUTO C. RAMIREZ
HON. CERENE PEARL T. QUILANG



WHEREAS, the 1987 Philippine Constitution provides that the state shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry;

WHEREAS, the 1st JKH Tuao Open Karate Championships was held on July 6, 2025 at the Atty. Leonardo Mamba Gym in Tuao Cagayan and was participated in by 498 athletes from the different provinces, municipalities and cities in the country;

WHEREAS, the said event was organized by Japan Karatedo Huakahai-Tuao, a karate school located in Tuao, Cagayan, which offers training to students aged 5 and above. It is a branch of the Japan Karate-Do Hakuakai association, which emphasizes character development alongside physical training and self defense skills;

WHEREAS, **TIMOTHY PHIL M. DE RAMOS GREGORIO** proudly represented Tuguegarao City in the said tournament, demonstrating exceptional skill, discipline, and sportsmanship by competing in categories, including: 6-7 years old Intermediate Kata, 6-7 Years Old Open Kata, 6-7 Years Old Newbie Kumite, 6-7 Years Old Novice Kata and 6-7 Years Old Novice Kumite;

WHEREAS, **TIMOTHY PHIL M. DE RAMOS** is a Grade 1 pupil of Cataggaman Elementary School, a resident of Cataggaman Viejo, Tuguegarao City and the son of Mrs. Petra M. De Ramos;

WHEREAS, his dedication and exemplary performance led to an outstanding medal haul, earning two (2) Gold Medals in the following categories: 1) 6-7 years old Intermediate Kata, 2) 6-7 Years Old Open Kata, two (2) Silver Medals in the following categories: 1) 6-7 Years Old Newbie Kumite 2) 6-7 Years Old Novice Kata, and one (1) Bronze Medal in the 6-7 Years Old Novice Kumite category was coached by SENSEI RUFINO JUNE CULANGAN;

WHEREAS, the Tuguegarao City Government commends the dedication, determination and resilience, and competitiveness of **TIMOTHY PHIL M. DE RAMOS** as he vied for sports excellence, bringing honor and pride to the city in the 1st JKH Tuao Open Karate Championships;

WHEREAS, his remarkable achievements in this prestigious tournament exemplify the spirit of sportsmanship, hard work and perseverance that serve as an inspiration to the youth of Tuguegarao City;

NOW, THEREFORE, RESOLVE, as it is hereby **RESOLVED**, to pass a Resolution Commending TIMOTHY PHIL M. DE RAMOS for garnering Gold, Silver and Bronze Medals in the 1st JKH Tuao Open Karate Championships held at Atty. Leonardo Mamba Gym, Tuao, Cagayan on July 6, 2025.

RESOLVED FURTHER, to furnish a copy of this Resolution to TIMOTHY PHIL M. DE RAMOS for information.



日本空手道白聖会トアラ
JAPAN KARATE-DO HAKUAKAI TUAO

**1ST JKRH TUAO
OPEN KARATE CHAMPIONSHIP**

JULY 6, 2025 @ 8:00AM

**LEONARDO "NARDS" MAMBA GYMNASIUM
Centro 02, Tuao, Cagayan**







JAPAN KARATE-DO HAKUAKAI TUAO
Alabug, Tuao, Cagayan
Cell: 09976644055
FB: Carian Benedict
FB Page: Japan Karate-Do Hakuakai – JKH Tuao

June 9, 2025

Dear Sensei/ Shihan,

Greetings of peace and goodwill!

On behalf of Japan Karatedo Hakuakai (JKH) Tuao, we are thrilled to announce the **1st Japan Karatedo Hakuakai Tuao Open Karatedo Championships**, scheduled to take place on **July 6, 2025**, at Leonardo "Nards" mamba Gymnasium, Centro 2, Tuao, Cagayan. This event is dedicated to fostering the spirit of sportsmanship, discipline, and excellence among karate practitioners from various clubs and organizations.

We are pleased to extend our invitation to your esteemed club/organization to participate in this event. Your participation would not only contribute to the success of this event but also strengthen the camaraderie and unity within the karate community. We believe that your athletes would greatly benefit from the experience, enhancing their skills and sportsmanship on a larger stage.

Attached herewith are the event details, registration forms, and competition guidelines. We kindly ask that completed registration forms be submitted on or before **June 30, 2025**, to secure your club's participation.

Should you have any questions or require further information, please feel free to contact us at 09976644055.

We look forward to your positive response and to witnessing the remarkable skills and discipline that your athletes bring to the mat.

Thank you for your time and consideration.

Respectfully yours,

BENEDICTO D. CARIAN, JR.
Chief Instructor
JKH Tuao
09976644055
benedictcarian.teacher@gmail.com

1ST JKH TUAO OPEN KARATEDO CHAMPIONSHIPS

- I. ORGANIZED BY: JKH Tuao
- II. SANCTIONED BY: Karate Pilipinas Sports Federation, Incorporated
National Technical Officials
- III. DATE/TIME: July 6, 2025 (Sunday), 8:00AM onwards
- IV. PLACE: Leonardo Nards Mamba Gymnasium,
Centro 2, Tuao, Cagayan
- V. EVENT AND CATEGORIES:

A. INDIVIDUAL KATA

Boys & Girls Category

1. NEWBIE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs. Old
18 Yrs. Old & above

*White belt or those first timer to compete
in a Karate tournament
*Required kata: Kihon, Taikyoku,
Heian1/Pinan2
*Basic Kata of your Club/Organization
*Open style
****REPETITION ALLOWED****

2. NOVICE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs. Old
18 Yrs. Old & above

*White, Yellow & Orange belt
*Required Kata: Kihon, Taikyoku, Heian/Pinan
1 & 2.
*Open style
****REPETITION ALLOWED****

3. INTERMEDIATE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 yrs. Old
18 Yrs. Old & above

*Green, Blue & Purple belts
*Required Kata: Heian/Pinan 3-5,
Tekki/Nianchin 1.
*Open Style
***REPETITION ALLOWED BUT ALTERNATELY ***

4. ADVANCE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

*Brown to Black
*Required Kata: Basai dai & Above
*WKF listed Advance Kata
*Open style
****NO REPETITION OF KATA****

5. OPEN KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

* Any Rank/ Open Belt
*JKS Junro 1-5, JKS Kakyoku, Shorin-Ryu Kata
*WKF listed Kata
*Open style
****NO REPETITION OF KATA****

B. TEAM KATA

**** Follow all the Guidelines of Individual Kata**

****No bunkai**

Boys & Girls Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Mixed Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

Team Kata Advance:

9 & Below
10 - 13 years old
14 - 17 years old
18 & above

C. INDIVIDUAL KUMITE

Boys & Girls Category

1. Newbie Kumite

5yrs Old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old (open weight)
16-17 yrs. Old (open weight)
+18 Yrs. Old & above (open weight)

*White belt only
*Allowed Technique: Punch to the
Body only
*1 minute time or first to reach 4pts

2. Novice Kumite

5yrs Old & below

6-7 yrs. Old

8-9 yrs. Old

10-11 yrs. Old

12-13 yrs. Old

14-15 yrs. Old (open weight)

16-17 yrs. Old (open weight)

+18 Yrs. Old & above (open weight)

*White, Yellow & Orange Belts Only

*Allowed Technique: Punch & Kick
to the Body only

***1 minute time or first to reach 6pts**

3. Advance/Open Belt Kumite

7 and below

8-9 yrs. Old

10-11 yrs. Old

12-13 yrs. Old:

-150cm

+150cm

4. ADVANCE/OPEN CADETS (14-15 yrs. Old)

GIRLS:

-47kgs.

-54kgs.

+54 kgs.

BOYS:

-52 kgs.

-57 kgs.

-63 kgs.

+63 kgs.

5. ADVANCE/ OPEN JUNIORS (16- 17 Yrs. Old)

GIRLS:

-50 kgs.

-55 kgs.

+55 kgs.

BOYS:

-55 kgs.

-60 kgs.

+60 kgs.

6. ADVANCE/ OPEN SENIORS (18 Yrs. Old and Above)

GIRLS:

-50 kgs.

-55 kgs.

-61 kgs.

-68 kgs.

+68 kgs.

BOYS:

-55 kgs.

-60 kgs

-67 kgs.

-75 kgs.

-84 kgs.

+84 kgs.

TOURNAMENT GUIDELINES

KATA EVENT:

- Judging will be Flag System.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament rules and regulation:

- **New WKF Rules** of Competition will be strictly implemented including those agreed during coaches meeting.
- The person in charge of submitting the entries confirm that all competitors have been advised of the risk of kumite competitions and that they fully realize and accept these risks.
- For 6-12 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 13-17 years old, bout duration is 60 seconds, first to reach six (6) points.
- For 18 years old and above, bout duration is 90 seconds, lead of eight (8) points.

Safety Equipment and supplies:

- All participants must provide their own medical expense/insurance.
- All kumite participants must use gum shields (mouthguard)
- All kumite players **MUST** wear body protector.
- All kumite players must use approved shin/instep guards.
- Only approved red and blue mitts and red and blue belts may be used.
- The technical Officials must first approve all body protectors before they can be used.
- All participants must wear white Karate Gi only. Badges of the club/organization are allowed.

Tournament Officials:

- Only KPSFI License Referees and Judges will officiate the Championship.

Accommodation:

- No arrangement for accommodation since this is only one (1) day event.

Other Expenses: Food, transportation, medical and other incidental expenses are to be shouldered by the participating clubs/organization or individuals.

Awarding Ceremonies:

- Medals will be awarded after each category championship.

TOURNAMENT REQUIREMENTS

- ❖ All participants must be able to present proof of age. (BIRTH CERTIFICATES, VALID ID's, etc.)
- ❖ Deadline of submission of entries is on June 30, 2025.
- ❖ Entry fee is Php 500.00 for individual events. (No Limit of Entries)
- ❖ Entry fee is Php 1,500.00 for Team Events.
- ❖ **Please send your entries to:** benedictcarian.teacher@gmail.com

Timothy Phil De
Ramos

道内選手権大会
E-L GYMNASIUM UY KAI TU AO
1ST JKU TU AO
OPEN KARATE CHAMPIONSHIP

JUL 25

LEONARDO "NARD" GYMNASIUM
Centro Sagayan

GOLD

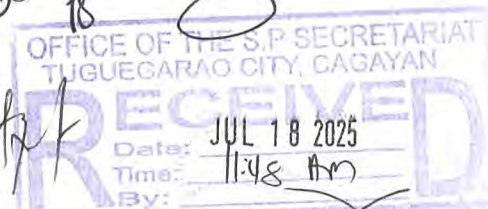
SILVER

Bronze

DRAFT RESOLUTION COMMENDING ELIAH LOREE LAYUGAN FOR GARNERING GOLD, SILVER AND BRONZE MEDALS IN THE 1ST JKH TUAO OPEN KARATE CHAMPIONSHIP HELD AT ATTY. LEONARDO MAMBA GYM, TUAO, CAGAYAN ON JULY 6, 2025

Sponsors:

HON. DENNIS RYAN G. AVILA
HON. ROSAURO "PASTOR ROSS" G. RESUELLO
HON. MARIA ROSARIO B. SORIANO
HON. RONALDO S. ORTIZ
HON. MARK ANGELO B. DAYAG
HON. JUDE T. BAYONA
HON. LOPE B. APOSTOL JR.
HON. MARC ALDOUS C. BACCAY
HON. TIRSO V. MANGADA
HON. MYRNA G. TE
HON. MARIEL AYNAL Y. TING-CALIMAG
HON. KARINA S. GAUANI-VIERNES
HON. ANTHONY C. TUDDAO
HON. RESTITUTO C. RAMIREZ
HON. CERENE PEARL T. QUILANG



WHEREAS, the 1987 Philippine Constitution provides that the state shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry;

WHEREAS, WHEREAS, the 1st JKH Tuao Open Karate Championships was held on July 6, 2025 at the Atty. Leonardo Mamba Gym in Tuao Cagayan and was participated in by 498 athletes from the different provinces, municipalities and cities in the country;

WHEREAS, the said event was organized by Japan Karatedo Huakahai-Tuao, a karate school located in Tuao, Cagayan, which offers training to students aged 5 and above. It is a branch of the Japan Karate-Do Hakuakai association, which emphasizes character development alongside physical training and self defense skills;

WHEREAS, ELIAH LOREE LAYUGAN proudly represented Tuguegarao City in the said tournament, demonstrating exceptional skill, discipline, and sportsmanship by competing in categories, including: 10-11 Years Old Intermediate Kata, 11-14 Years Old Advance Team Kata, 11-14 Years Old Novice Team Kata, 10-11 Years Old Novice Kata, 11-14 Years Old Intermediate Team Kata, and 10-11 Years Old Open Kata;

WHEREAS, ELIAH LOREE LAYUGAN is a Grade 5 pupil of Tuguegarao Northeast Central Integrated School, a resident of Centro 10, Tuguegarao City and the daughter of Mrs. Emeryl S. Layugan;

WHEREAS, her dedication and exemplary performance led to an outstanding medal haul, earning three (3) Gold Medals in the following categories: 1) 10-11 Years Old Intermediate Kata, 2) 11-14 Years Old Advance Team Kata, 3) 11-14 Years Old Novice Team Kata, two (2) Silver Medals in the following categories: 1) 10-11 Years Old Novice Kata 2) 11-14 Years Old Intermediate Team Kata, and one Bronze Medal in the 10-11 Years Old Open Kata was coached by SENSEI RUFINO JUNE CULANGAN;

WHEREAS, the Tuguegarao City Government commends the dedication, determination and resilience, and competitiveness of **ELIAH LOREE LAYUGAN** as she vied for sports excellence, bringing honor and pride to the city in the 1st JKH Tuao Open Karate Championships;

WHEREAS, her remarkable achievements in this prestigious tournament exemplify the spirit of sportsmanship, hard work and perseverance that serve as an inspiration to the youth of Tuguegarao City;

NOW, THEREFORE, RESOLVE, as it is hereby **RESOLVED**, to pass a Resolution Commending ELIAH LOREE LAYUGAN for garnering Gold, Silver and Bronze Medals in the 1st JKH Tuao Open Karate Championships held at Atty. Leonardo Mamba Gym, Tuao, Cagayan on July 6, 2025.

RESOLVED FURTHER, to furnish a copy of this Resolution to ELIAH LOREE LAYUGAN for information.



日本空手道白聖会トウア才
JAPAN KARATE-DO HAKUAKAI TUAO

1ST JKAH TUAO OPEN KARATE CHAMPIONSHIP

JULY 6, 2025 @ 8:00AM

LEONARDO "NARDS" MAMBA GYMNASIUM

Centro 02, Tuao, Cagayan





JAPAN KARATE-DO HAKUAKAI TUAO
Alabug, Tuao, Cagayan
Cell: 09976644055
FB: Carian Benedict
FB Page: Japan Karate-Do Hakuakai – JKH Tuao

June 9, 2025

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Greetings of peace and goodwill!

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We look forward to your positive response and to witnessing the remarkable skills and discipline that your athletes bring to the mat.

Thank you for your time and consideration.

Respectfully yours,

BENEDICTO D. CARIAN, JR.
Chief Instructor
JKH Tuao
09976644055
benedictcarian.teacher@gmail.com

1ST JKH TUAO OPEN KARATEDO CHAMPIONSHIPS

- I. ORGANIZED BY: JKH Tuao
- II. SANCTIONED BY: Karate Pilipinas Sports Federation, Incorporated
National Technical Officials
- III. DATE/TIME: July 6, 2025 (Sunday), 8:00AM onwards
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Centro 2, Tuao, Cagayan

V. EVENT AND CATEGORIES:

A. INDIVIDUAL KATA

Boys & Girls Category

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5yrs old & below
6-7 yrs. Old
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10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 Yrs.Old
18 Yrs. Old & above

*White belt or those first timer to compete
in a Karate tournament
*Required kata: Kihon, Taikyoku,
Heian1/Pinan2
*Basic Kata of your Club/Organization
*Open style
****REPETITION ALLOWED****

2. NOVICE KATA

5yrs old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
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18 Yrs. Old & above

*White, Yellow & Orange belt
*Required Kata: Kihon, Taikyoku, Heian/Pinan
1 & 2.
*Open style
****REPETITION ALLOWED****

3. INTERMEDIATE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16-17 yrs. Old
18 Yrs. Old & above

*Green, Blue & Purple belts
*Required Kata: Heian/Pinan 3-5,
Tekki/Nianchin 1.
*Open Style
***REPETITION ALLOWED BUT ALTERNATELY ***

4. ADVANCE KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

*Brown to Black
*Required Kata: Basai dai & Above
*WKF listed Advance Kata
*Open style
****NO REPETITION OF KATA****

5. OPEN KATA

7 yrs. Old & Below
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old
16- 17 Yrs. Old
18 Yrs. Old & above

* Any Rank/ Open Belt
*JKS Junro 1-5, JKS Kakyoku, Shorin-Ryu Kata
*WKF listed Kata
*Open style
****NO REPETITION OF KATA****

B. TEAM KATA

**** Follow all the Guidelines of Individual Kata**

****No bunkai**

Boys & Girls Category

Team Kata Newbie:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Novice:

9 & Below
10 - 13 years old
14 – 17 years old
18 & above

Team Kata Intermediate:

9 & Below
10 - 13 years old
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Team Kata Advance:

9 & Below
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Mixed Category

Team Kata Newbie:

9 & Below
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9 & Below
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9 & Below
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C. INDIVIDUAL KUMITE

Boys & Girls Category

1. Newbie Kumite

5yrs Old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
14-15 yrs. Old (open weight)
16-17 yrs. Old (open weight)
+18 Yrs. Old & above (open weight)

*White belt only
*Allowed Technique: Punch to the
Body only
*1 minute time or first to reach 4pts

2. Novice Kumite

5yrs Old & below
6-7 yrs. Old
8-9 yrs. Old
10-11 yrs. Old
12-13 yrs. Old
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+18 Yrs. Old & above (open weight)

*White, Yellow & Orange Belts Only
*Allowed Technique: Punch & Kick
to the Body only
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3. Advance/Open Belt Kumite

7 and below
8-9 yrs. Old
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12-13 yrs. Old:
-150cm
+150cm

4. ADVANCE/OPEN CADETS (14-15 yrs. Old)

GIRLS:

-47kgs.
-54kgs.
+54 kgs.

BOYS:

-52 kgs.
-57 kgs.
-63 kgs.
+63 kgs.

5. ADVANCE/ OPEN JUNIORS (16- 17 Yrs. Old)

GIRLS:

-50 kgs.
-55 kgs.
+55 kgs.

BOYS:

-55 kgs.
-60 kgs.
+60 kgs.

6. ADVANCE/ OPEN SENIORS (18 Yrs. Old and Above)

GIRLS:

-50 kgs.
-55 kgs.
-61 kgs.
-68 kgs.
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BOYS:

-55 kgs.
-60 kgs
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TOURNAMENT GUIDELINES

KATA EVENT:

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- ❖ **Please send your entries to:** benedictcarian.teacher@gmail.com

Elijah Loree
Layugan

