



NORTHERN ZONES TOURNAMENT

Saturday 28 March 2026

Drury School Hall, Youngs Crescent, Drury, Auckland

Competitor registration follow link [Enter here](#)

Osu

On behalf of Papakura Karate and the NZ Karate Organisation Kyokushinkaikan Inc. we would like to invite you and your students to take part in the 2026 Northern Zones Kyokushin regional Tournament to be held on Saturday 28 March at the Drury school hall, Youngs Crescent, Drury, Auckland. [Google-maps](#)

IMPORTANT CHANGES: Juniors 15yrs and Under For the safety of our juniors there will be NO Jodan Mae Geri (front kick to the face) permitted for 15yrs and under. (16-17 Years and adult divisions are allowed to front kick to face)

Kata Changes - The Kata competition will be for Kyokushin students ONLY - As we will be aligning kata in our NZ Syllabus with the Japanese requirements, we've updated the kata selection process in the online entry form to align with the appropriate kata per grade.

Compulsory Kata's for each division

9th Kyu and below

Taikyoku sono Ni

8-5 Kyu –

Pinan sono Ni

4-1 Kyu -

Gekisai sono San

Black belt -

Bassai

Preliminary Rounds – Everyone will perform a compulsory kata per their grade division – the TOP 4 from each division will then get to perform their chosen 2nd kata (this must be within their grade range). The Kata grade range sheets are attached. Even in the case of being 4 or less competitors in the division the competitors will all still perform both compulsory and elective Kata's.

Division Changes

Divisions may change to a One Match Challenge, or a Round Robin, depending on the entry numbers. You will be notified in advance if this happens.

Registrations with payments close Sunday 8th March 2026

Please take note that late entries will NOT be accepted.

If you have any questions please email Sensei Rhendy Visser on papakurakarate@gmail.com

Thank you.

Sensei Rhendy Visser
(Tournament Organiser)



Age Groups & Weight Divisions

Junior Age Groups	Senior Divs (18+)	Women's Weight Divs	Men's Weight Divs
Junior Up to 5yrs	Elite (4+ comps.)	Under 60kg	Under 70kg
Junior 6-7yrs	Masters (35+ yrs)	60-70kg	70-80kg
Junior 8-9yrs	Novice (<4 comps.)	Over 70kg	80-90kg
Junior 10-11yrs			Over 90kg
Junior 12-13yrs			
Colt 14-15yrs	Team Kata (3-5 members)		Individual Kata
Colt 16-17yrs	Junior (All members MUST be under 18yrs)		Ungraded-9 kyu
	Senior (Any over 18yrs - team considered Seniors)		8-5 kyu
			4-1 kyu
			Black belt

We will try to match up all Divisions as best we can, occasionally a Competitor may need to be moved up or down a division to best allow weight/height/experience differences. This is to ensure the safety of all participants and to give everyone a fair chance. Unfortunately, there may be times we cannot match a child in which case the Dojo Operator will be contacted and the situation assessed.

Draws The draws and programs will be generated prior to the Tournament; there will be **NO LATE ENTRIES!**
Competitors will be **FINED** for failing to turn up and also for entering into the wrong division. (Explained in depth in Tournament Rules)

Safety Gear **ALL Competitors MUST have their OWN OFFICIAL TOURNAMENT Safety gear**

See Official NZ Tournament Gear List (attached at the end)

Ring time Juniors: 1 x 1 min 30 sec plus 2 extensions of 1 min
Colts 16-17yrs: 1 x 2 min plus 2 extensions of 2 min
Novice/Masters: 1 x 1 min 30 secs plus 2 extensions of 1 min 30 sec
Elite Adults: 1 x 3 min plus 2 extensions of 2 min

Kata (Individual) All competitors must perform a compulsory kata within their grade level (no more than 2 above or 2 below their grade). The top 4 from each division will continue into the Final Round and perform their second kata (see detailed list of grades and kata attached). Competitors must submit 2 x elective Kata in case of a tie.

Kata (Team) All teams must consist of no less than 3 or no more than 5 team members i.e. you can NOT have a team of 1, 2 or 6 and more



2026 Northern zones tournament

Sunday 8 March 2026

Midnight Registration CLOSE

Friday 27 March 2026

7-8pm Early weigh-in available at Tournament Venue - Drury School hall, Youngs crescent, Drury, New Zealand [Goggle-maps](#)

Saturday 28 March 2026

7.30am Weigh in Juniors first, then Seniors
Weigh-in will close at 8.30am – unless pre-arranged with the tournament organiser
ALL Junior & Senior competitors assemble at the venue Drury School hall, Youngs crescent, Drury, New Zealand [Goggle-maps](#)

8.00am Doors open to general public

8.30am Competitors assemble to go over tournament rules, expectations and to be organised and prepared for March-on.

9.00am Tournament starts

4.30pm Approximate finish time

Entry fees:

Juniors 1st event NZ\$35 extra events \$15 each
Seniors 1st event NZ\$45 extra events \$25 each

All entries must be paid into the bank account below:

RHENDY VISSER

06-0401-0270255-02

Particulars = Competitors Name

Reference = Dojo Name

Spectator:

Spectator Door Sales:

Adults (18yrs+) \$20 - **Child** (5-17yrs) \$10

Families \$50 (2 adults up to 4 kids)

(under 5 free*)

Sayonara

Saturday 28 March 2026

Venue: TBC

Accommodation

Please arrange your own accommodation, Drury/Papakura offers a wide variety of wonderful accommodation.



Kata information below

Compulsory Katas for each division

9th Kyu and below - Taikyoku sono Ni

8-5 Kyu - Pinan sono Ni

4-1 Kyu - Gekisai sono San

Black belt - Bassai

Elective Kata as per tables below

The 4 competitors with the highest score get to perform elective Kata

Beginner to 9th Kyu

	Belt Colour	Kyu	Kata
	White	n/a	Taikyoku 1, 2, Sokugi Taikyoku 1
	Orange	10th kyu	Taikyoku 3
	Orange, black stripe	9th kyu	Sokugi Taikyoku 2, 3
	Blue	i.e. White belt/Ungraded can only do kata 2 grades above	
	Blue, black stripe		

	Belt Colour	Kyu	Kata
	White	n/a	Taikyoku 1, 2, Sokugi Taikyoku 1
	Orange	10th kyu	Taikyoku 3
	Orange, black stripe	9th kyu	Sokugi Taikyoku 2, 3
	Blue	8th kyu	Pinan 1
	Blue, black stripe		
	Yellow	i.e. Orange belt – 10th kyu, can only do kata 1 grade below, their grade and 2 grades above	



Belt Colour	Kyu	Kata
White	n/a	Taikyoku 1, 2, Sokugi Taikyoku 1
Orange	10th kyu	Taikyoku 3
Orange, black stripe	9th kyu	Sokugi Taikyoku 2, 3
Blue	8th kyu	Pinan 1
Blue, black stripe	7th kyu	Pinan 2, Sanchin
Yellow	i.e. Orange belt, black stripe – 9th kyu, can only do kata 2 grades below, their grade and 2 grades above	
Yellow		

8-5 Kyu

Orange	10th kyu	Taikyoku 3
Orange, black stripe	9th kyu	Sokugi Taikyoku 2, 3
Blue	8th kyu	Pinan 1
Blue, black stripe	7th kyu	Pinan 2, Sanchin
Yellow	6th kyu	Pinan 3, Yantsu
Yellow	i.e. Blue belt – 8th kyu, can only do kata 2 grades below, their grade and 2 grades above	
Green		



	White	i.e. Blue belt, black stripe – 7th kyu, can only do kata 2 grades below, their grade and 2 grades above	
	Orange		
	Orange, black stripe	9th kyu	Sokugi Taikyoku 2, 3
	Blue	8th kyu	Pinan 1
	Blue, black stripe	7th kyu	Pinan 2, Sanchin
	Yellow	6th kyu	Pinan 3, Yantsu
	Yellow, black stripe	5th kyu	Pinan 4, Tsuki no Kata

	Orange	i.e. Yellow belt – 6th kyu, can only do kata 2 grades below, their grade and 2 grades above	
	Orange		
	Blue	8th kyu	Pinan 1
	Blue, black stripe	7th kyu	Pinan 2, Sanchin
	Yellow	6th kyu	Pinan 3, Yantsu
	Yellow, black stripe	5th kyu	Pinan 4, Tsuki no Kata
	Green	4th kyu	Pinan 5, Gekisai 1



Orange	i.e. Yellow belt, black stripe – 5th kyu, can only do kata 2 grades below, their grade and 2 grades above		
Blue			
Blue, black stripe	7th kyu	Pinan 2, Sanchin	
Yellow	6th kyu	Pinan 3, Yantsu	
Yellow, black stripe	5th kyu	Pinan 4, Tsuki no Kata	
Green	4th kyu	Pinan 5, Gekisai 1	
Green, black stripe	3rd kyu	Gekisai 2, Tekki 1. Taikyoku Ura 1-3	

4-1 Kyu

Blue	i.e. Green belt – 4th kyu, can only do kata 2 grades below, their grade and 2 grades above		
Blue, bl			
Yellow	6th kyu	Pinan 3, Yantsu	
Yellow, black stripe	5th kyu	Pinan 4, Tsuki no Kata	
Green	4th kyu	Pinan 5, Gekisai 1	
Green, black stripe	3rd kyu	Gekisai 2, Tekki 1. Taikyoku Ura 1-3	
Brown	2nd kyu	Gekisai 3, Tekki 2	



Blue, bl		i.e. Green belt, black stripe – 3rd kyu, can only do kata 2 grades below, their grade and 2 grades above	
Yellow			
Yellow, black stripe	5th kyu	Pinan 4, Tsuki no Kata	
Green	4th kyu	Pinan 5, Gekisai 1	
Green, black stripe	3rd kyu	Gekisai 2, Tekki 1. Taikyoku Ura 1-3	
Brown	2nd kyu	Gekisai 3, Tekki 2	
Brown, black stripe	1st kyu	Pinan Ura 1-5, Saifa	

Yellow		i.e. Brown belt – 2nd kyu, can only do kata 2 grades below, their grade and 2 grades above	
Yellow,			
Green	4th kyu	Pinan 5, Gekisai 1	
Green, black stripe	3rd kyu	Gekisai 2, Tekki 1. Taikyoku Ura 1-3	
Brown	2nd kyu	Gekisai 3, Tekki 2	
Brown, black stripe	1st kyu	Pinan Ura 1-5, Saifa	
Black	1st Dan	Seienchin, Garyu, Tekki 3, Bassai	



Yellow, Green	i.e. Brown belt, black stripe – 1st kyu, can only do kata 2 grades below, their grade and 2 grades above		
Green, black stripe	3rd kyu	Gekisai 2, Tekki 1, Taikyoku Ura 1-3	
Brown	2nd kyu	Gekisai 3, Tekki 2	
Brown, black stripe	1st kyu	Pinan Ura 1-5, Saifa	
Black	1st Dan	Seienchin, Garyu, Tekki 3, Bassai	
Black	2nd Dan	Seipai	

Black Belt

Green	i.e. Black belt – Shodan, can only do kata 2 grades below, their grade and 2 grades above		
Green, Brown	2nd kyu	Gekisai 3, Tekki 2	
Brown, black stripe	1st kyu	Pinan Ura 1-5, Saifa	
Black	1st Dan	Seienchin, Garyu, Tekki 3, Bassai	
Black	2nd Dan	Seipai	
Black	3rd Dan	Kanku	



空手道
KARATE

Green, Brown	i.e. Black belt – Nidan, can only do kata 2 grades below, their grade and 2 grades above	
Brown, black stripe	1st kyu	Pinan Ura 1-5, Saifa
Black	1st Dan	Seienchin, Garyu, Tekki 3, Bassai
Black	2nd Dan	Seipai
Black	3rd Dan	Kanku
Black	4th Dan	Sushiho, Tensho
Black	1st Dan	Seienchin, Garyu, Tekki 3, Bassai
Black	2nd Dan	Seipai
Black	3rd Dan	Kanku
Black	4th Dan	Sushiho, Tensho
Black	2nd Dan	Seipai
Black	3rd Dan	Kanku
Black	4th Dan	Sushiho, Tensho

Official NZ Tournament Gear Required for Each Division

IKO1 Tournament Gear are acceptable

Juniors/ Colts



This version is optional



Black or white ok



NO closed boxing gloves



Novice & Masters



Men

Women



Elite Men



Elite Women



NOTE:

DOJO: may provide their own chest protectors & head gear

MASTERS: is optional to wear head gear

FEMALES: if you own suitable insert chest protectors, these are also acceptable

PLEASE NO hard or full plastic ones (now available to order through NZKOK)

CHEST GUARDS: To order EVA Inserts email nzkyokushin.org.nz

SHIN GUARDS: Must be cotton type as shown, (NOT hard high-density foam type).



Official NZ Tournament Gear List

These are available through the Fight Times website (Dojo operators should receive a discount) <https://www.fighttimes.com/shop/display.asp>

The EV Foam Breast inserts can be ordered by emailing nzkyokushin@xtra.co.nz
They are \$115 per pair (incl. postage)

Item	Code
	SMB129 Inner SMAI super lightweight body protector (thinner than PO14B below)
	PO14B (limited stock) Dipped foam chest guard
	TKDHGWhite Protective Sparring Headguard
	B006P (optional) Covered face PU Prospec Senior Headguard White
	SMID802 Hand Protectors White - Cut finger
	E027B Protective Elasticised Shin-Instep Sock style pull on (Black or white)
	B002-GEL Mouth Guard Gel
	E025 Protective Elasticised Groin Guard, removable tuck under cup
	CG Cool Guard sports bra and inserts EVA Inserts available through NZKOK email nzkyokushin.co.nz to order

Tournament Rules



I. JUDGING PRINCIPLES

The panel of judges and the review panel shall have equal authority in judging the events, but the final decision rests with the Head Judge. When an unavoidable situation arises, the Head Judge may decide to make a change in the tournament schedule after consultation with the Chairman and ViceChairman of the Review Panel and the assistant judges. The structure of judging comprises of the following elements:

II. KATA

There will be a panel of four judges. Each competitor will perform a designated set kata as described on the entry form for each division, up to the last 4 competitors then their nominated kata will be performed where the judges allocate points to determine 1st to 4th place. Each competitor must submit 2 x chosen kata. In the event of a tie, points will be determined from the first and second kata. After that they will both perform their 2nd elective Kata, and a winner will be determined.

Team Kata should have a minimum of 3 people. The addition of Bunkai (kata application) is permitted & encouraged but not compulsory.

III. FREE-STYLE FIGHT (KUMITE)

A. Basic Principles

- 1) Juniors: 1 min 30 sec plus 2 extensions of 1 min
Colts and Novice Adults: 2 min plus 2 extensions of 2 min
Masters: 1 min 30 sec plus 2 extensions of 1 min 30 sec
Adults open: 3 min plus 2 extensions of 2 mins
- 2) Victory is awarded to the contestant;
 - who has scored one full point
 - who has scored two half points, which make one full point
 - who won by decision
 - whose opponent was disqualified or failed to take part in the bout without good reason.

B. Full-Point (Ippon) Victory

- 3) Excluding the techniques listed as fouls, a thrust (tsuki), kick (geri), elbow strike (hiji ate), etc. which vigorously downs the opponent for more than three seconds or results in the opponent's loss of his will to fight scores on full-point.

C. Half-Point (Waza-ari) Awarding

- 4) Excluding the techniques listed as fouls, a thrust (tsuki), kick (geri), elbow strike (hiji ate), etc. which downs the opponent or results in the opponent's loss of his will to fight for less than three seconds after which he stands up and resumes the fight scores one half-point. Similarly, when one opponent loses his balance but does not fall down as a result of the other contestant's thrust (tsuki), kick (geri), elbow strike (hiji ate), etc. one half-point is declared.
- 5) When an opponent is downed with any technique, including foot sweep (ashikake), and a well-focused, but non-contact, downward punch (gedan



tsuki) follows immediately as part of a combination one half-point might be awarded on the basis of the timing and other criteria.

6) Two declarations of half-point constitute a full-point victory.

D. Victory by Decision (Hantei)

7) When no clean one-point victory has been made, the victory is awarded by decision.

8) The decision is valid when it is based on the judgement of at least three referees, out of the, one main referee and the four assistant referees.

E. Extensions (Enchōsen)

9) When a decision cannot be reached on the basis of the judgement of the one main referee and the four assistant referees, a draw is declared and extensions are granted.

10) If a decision cannot be reached after two extensions, the victory is awarded to the contestant 5 kilograms lighter.

11) From the semi-finals round on, if the winner cannot be decided on the basis of the weight difference, the number of boards broken at the breaking test (Tameshiwari) becomes a criterion in awarding the victory.

12) If the winner cannot be decided not even on the basis of the weight difference and the number of broken boards, victory is awarded by the Tournament Supreme Judge and the Head Judge, on the basis of the contestant's technique, fighting spirit and number of penalties etc. They may however recommend another two minute extension.

13) Articles 10, 11 and 12 constitute the basic principles but the Tournament Supreme Judge, the Head Judge and the Review Panel may make modifications when they consider them necessary.

F. Fouls (Hansoku)

14) The following actions are considered fouls:

a) Touching the opponent's face and neck even slightly with a hand or elbow attack. However, making feints to the face is allowed.

b) Groin kicks (Kin geri)

c) Head thrusts (Atama tsuki)

d) Attacking an opponent who is already down

e) Attacking from behind

f) Grabbing the opponent's neck

g) Grabbing and holding the opponent's uniform (Dogi), arms and legs

h) More than one push with open hands

i) Any other actions that the referees may regard as foul.

15) Excluding deliberate actions, fouls result in one warning.

G. Penalties (Genten)

16) The following situations result in one penalty:

a) Two warnings

b) Deliberate foul

c) Frequent retreating from the contest area

d) Other actions that the main referee may consider as a bad attitude towards the contest

17) Two penalties constitute disqualification.

H. Disqualification (Shikkaku)

18) The following situations result in disqualification:

- a) Two penalties
- b) Failing to obey the referee's instructions during a bout
- c) Actions considered as sheer violence, deliberate serious fouls and deliberate bad attitude towards the contest
- d) Facing each other for more than one minute without engaging in fight.
This shall be regarded as lacking the will to fight and both contestants shall be disqualified
- e) Being late for bout or failing to appear

I. Failing to take part in the bout (Shiai Hoki)

19) Anyone who fails to take part in the bout as scheduled without good reason shall be fined no less than \$50.00 NZ. The following circumstances are exceptions:

- a) Lack of ability to continue the tournament, decided by the tournament medical adviser.

