



GRAND CHAMPIONS INT'L. KARATE CUP & AAU NATIONAL QUALIFIER



Date and Time:

May 17th, 2026. The tournament will start @ 10:00 am.

Divisions: all Junior divisions, team kata, adults & 35+ KATA.

Place: LaGuardia Community College (GYM)
31-10 Thomson Ave. Long Island City, NY 11101
(Use the Entrance on VanDam Street)



Parking: Street Parking.

Spectator's Admission:

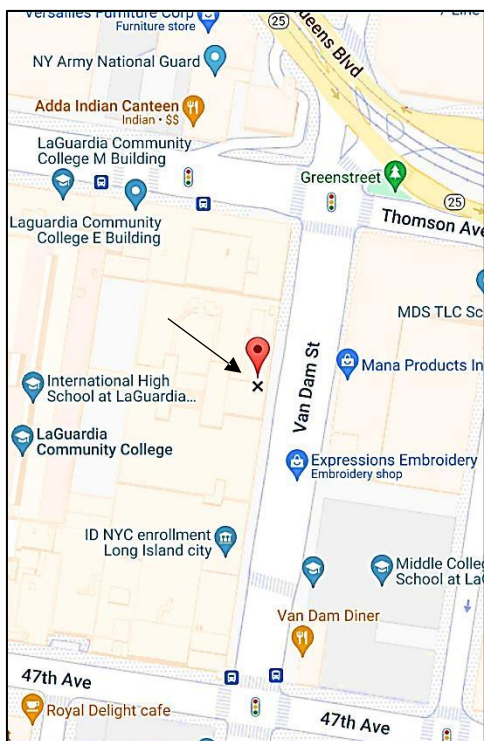
Adults \$10, Children under 12 yrs. Old \$5 (Cash). Please make sure to bring exact change.

Equipment:

Head Guard, Mouth Guard, Gloves, Chest guard & Shin-Step Guard
Safety glasses with a restraining band will be allowed. All other types of eyewear are not acceptable in kumite.

Awards:

Medals will be awarded for 1st, 2nd, and Double 3rd Place in Kata and Sparring.
All Competitors who don't place will receive a Medal of participation.



No jewelry during the competition. Toes & fingernails must be trimmed short.

-Boys: No T-shirt under the uniform.

-Girls: White T-shirt under the uniform.

Wishing all the Champions

the very best of luck

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