

2026 GRAND CHAMPIONS INT'L KARATE CUP**& AAU/USA NATIONAL QUALIFIER**

Date & Time:	Sunday, MAY 17th, 2026, starts at 10:00 AM. All Team Kata, All Children and Junior Divisions (KATA, KUMITE & TEAM KATA) Men & Women 18-34 Divisions Men & Women +35 divisions (KATA ONLY)
Place:	@ LAGUARDIA COLLEGE (GYM) 31-10 THOMSON AVE. LONG ISLAND CITY, NY 11101
Registration:	Please send all applications to: Grand Champions Int'l Karate 163 Lowell Ave. Islip Terrace, NY 11752 Tel: 917-482-1382 E-mail gcikarate@aol.com All applications must be received on/before: MAY 09, 2026 NO APPLICATIONS WILL BE ACCEPTED AT THE DOOR
Registration Fee:	One or Two Events \$90 / Team Kata: \$ 75 per team. Late Registration (after MAY 09, 2026) Please add \$20
Payment:	Cash, Check, or Money Orders to: Grand Champions Karate
Awards:	1 st , 2 nd , and Double 3 rd Place in Forms and Sparring will receive Medals. All Competitors 12 years & under will receive an award of participation.
<u>Dress Code</u>	
Competitor:	Traditional white (Gi) Uniform. No jewelry during the competition. Toes & fingernails must be trimmed short.
Referees:	White shirt, AAU tie, gray slacks, blue jacket, and black shoes.
<u>Rules and Regulations</u>	
Kata:	<input type="checkbox"/> Competitors must perform Japanese or Okinawan forms only. <input type="checkbox"/> 10 to 4 th KYU must perform rank appropriate Kata We will use the Scoring KATA system <input type="checkbox"/> Advanced Competitors (Brown/Black Belts) may perform any traditional Form
Kumite:	<input type="checkbox"/> Modified AAU Rules. <input type="checkbox"/> Uncontrolled techniques will result in penalty or disqualification. <input type="checkbox"/> Matches are 1:30 Minutes running time. <input type="checkbox"/> 18-34 All belts (KATA ONLY)
Team Kata	<input type="checkbox"/> Scoring system will be used for scoring
Coaching:	Coaching will only be allowed with the 2026 Grand Champions Int'l Karate coaching ID (\$20)
Equipment:	<input type="checkbox"/> Protective (AAU Approved) headgear, feet gear, padded hand gear and mouthpiece is required for all participants <input type="checkbox"/> Groin cups are required for males and chest protectors for female participants <input type="checkbox"/> Safety glasses with a restraining band will be allowed. All other type of eyewear is not acceptable in kumite.
Note:	The Tournament Director reserves the right to change, add or combine divisions. All fees are non-refundable.