

25th Annual

SATO CUP TOURNAMENT 2026

空手道選手権大会



KATA • KUMITE • KOBUDO

NOV 7, 2026

BCIT RECREATION CENTRE
(BURNABY CAMPUS)



604.321.1815



Satocup@shitoryu.net



www.shitoryu.net



@satocup.tournament

Photography by Anthony Au

TOURNAMENT INFORMATION

Registration fees (Canadian funds—US funds accepted online and at current exchange rate):

Spectators: Adults: \$ 10.00 Youth (7-17): \$ 5.00 6 & under: Free

Competitors:	Pre-registered		Late Registration
	<i>(by 3 Nov.2026)</i>		<i>(after 3 Nov 2026)</i>
Adults	1st Div. \$ 70.00; 2nd Div. \$35.00		\$ 120.00 ea. event
Juniors	1st Div. \$ 70.00; 2nd Div. \$35.00		\$ 120.00 ea. event
Team Kata (3 people)	\$ 120.00 per team	\$ 160.00 per team	

Every subsequent event (third, fourth, etc.) \$ 10 ea.

*This subsequent event discount does **NOT** apply to Team Kata
Competitors may only compete at their own grade levels.*

Pay Online with Trackie!!: [Online Payment](#)

Registration: Online payment must be made *with registration*
by 3 November, 2026 to qualify for the pre-registration discount.

**Tournament day registration will cut off at
8:00 am. Registration after that time will not be accepted.**

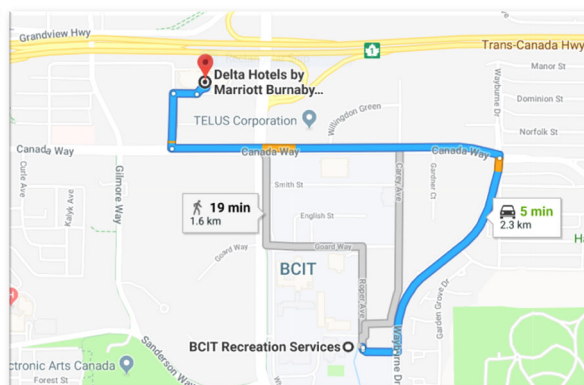
TOURNAMENT DETAILS:

Location: BCIT Student Athletic Centre
3700 Willingdon Ave.,
Burnaby, BC

Date: Saturday 7 November, 2026
Tournament Begins: 9:00 am

Tournament Schedule:

1. Kobudo (9am Sharp)
2. Team/ Indiv. Kata (9am)
3. Sato Cup Team Kumite (**12:30**)
4. Kumite (1:00 PM)



Note: Black and Colour Belts simultaneously!!

Junior Divisions 7 and under will be scheduled in the morning, Kata first and Kumite following immediately thereafter on the same mat for early dismissal!!

Sato Cup 2026 Sponsor Hotel



Accent Inns - Burnaby

**3777 Henning Dr, Burnaby,
BC V5C 6N5**

Use the link and promo code shown
below to receive a 15% or 20% discount
off the Accent Inn Burnaby best available
rate at time of booking.

Use Promo code: SATOCUP2026

<https://www.accentinns.com/locations/burnaby-hotel/>

TOURNAMENT INFORMATION/RULES (cont.)

REGULATIONS:

Safety Equipment:

All competitors involved in Kumite must have the following safety equipment:

Fist protectors (WKF version for all competitors)
Mouth guard, groin guard (males)
Black belt divisions (Elite) require red and blue belts, shin guards
Please refer to Rules Matrix on Page 8.

Dress Code:

Competitors:

- ♦ Clean White Gi
- ♦ Pant and jacket cuffs cannot be rolled up
- ♦ Gi Pant length must cover at least two thirds of the shin
- ♦ Gi Jacket must cover the hip but not longer than three quarters thigh length
- ♦ Gi Jacket sleeves must be no longer than the bend of the wrist and no shorter than halfway down the forearm

Levels Reference:

The tournament director reserves the right to change or combine any divisions or tournament rules. Kumite at lower age groups will not be combined when physical size difference is a factor. Girls and boys divisions will not be combined.

Skill Level / Style	Novice	Intermediate	Advanced	Black Belt
Chito /Shito	6-5	4-3	2-1	All Dans
Gima-Ha	10-7	6-4	3-1	All Dans
Wado	8-7	6-4	3-1	All Dans
Goju	10-7	6-4	3-1	All Dans
Uechi-Ryu	10-7	6-4	3-1	All Dans
Shotokan/ Shuko-kai	9-7	6-4	3-1	All Dans
Kyokushin	10-7	6-4	3-1	All Dans

BLACK BELT DIVISIONS:

Kumite:

12-17 yrs: WKF Rules: 12/13 1.5 minute matches; 14+ 2 minute matches;

Adult: WKF Rules: 3 minute (men), 3 minute (women) stop time matches

WKF rules with modifications, see RULES sheet attached

Ensure that all competitors are aware of these rules prior to the tournament

Sato Cup Team Kumite Event teams to be determined by Director; one team per province or state. (There is No Charge for this Event)

Coaches please consult with Director on the day of the tournament.

Kata:

Elimination/Flags and Repechage

CHILDREN TO 13 YRS/COLOURED BELT/MASTERS DIVISIONS:

Kumite:

- ♦ 1.5 minute matches, **stop time**;
Single elimination
Winner is first to reach 6 points

Kata:

Elimination with Flags

Repetition of Kata:

Please Refer to Rules Matrix
at last page
(Novice can Repeat)

TOURNAMENT DIVISIONS

WEAPONS	
UNDER 16 YRS	1
16 YEARS & OVER	2

	KATA	KUMITE
7 yrs & under (girls)		
Novice	3	45
Intermediate-Advanced	4	46
7 yrs & under (boys)		
Novice	5	47
Intermediate-Advanced	6	48
8-9 yrs (girls)		
Novice	7	49
Intermediate	8	50
Advanced - Black	9	51
8-9 yrs (boys)		
Novice	10	52
Intermediate	11	53
Advanced - Black	12	54
10-11 yrs (girls)		
Novice	13	55
Intermediate	14	56
Advanced - Black	15	57
10-11 yrs (Boys)		
Novice	16	58
Intermediate	17	59
Advanced - Black	18	60
12-13 yrs (girls)		
Novice	19	61
Intermediate	20	62
Advanced	21	63
Black (-44 kg) (New—Elite)	EE	AA
Black (+44 kg) (New—Elite)		BB
12-13 yrs (boys)		
Novice	22	65
Intermediate	23	66
Advanced	24	67
Black (-44 kg) (New—Elite)	FF	CC
Black (+44 kg) (New—Elite)		DD
14-15 yrs (girls)		
Novice	25	69
Intermediate	26	70
Advanced	27	71
Black	A	
Black (-47 kg)		I
Black (+47 kg)		J

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	KATA	KUMITE
14-15 yrs (boys)		
Novice	28	72
Intermediate	29	73
Advanced	30	74
Black	B	
Black (-52 kg)		K
Black (+52 kg)		L
16-17 yrs (girls)		
Novice	31	75
Intermediate	32	76
Advanced	33	77
Black	C	
Black (-53 kg)		M
Black (+53 kg)		N
16-17 yrs (boys)		
Novice	34	78
Intermediate	35	79
Advanced	36	80
Black	D	
Black (-61 kg)		O
Black (+61 kg)		P
Women		
Novice	37	81
Intermediate	38	82
Advanced	39	83
Black	E	
Black (-61 kg)		Q
Black (+61 kg)		R
Black (open weight)		S
Men		
Novice	40	84
Intermediate	41	85
Advanced	42	86
Black	F	
Black (-67 kg)		T
Black (-84 kg)		U
Black (+84 kg)		V
Black (open weight)		W
Masters (40 yrs & up)		
Novice-Intermediate	43	87
Men Advanced – Black	G	X
Women Novice—Intermediate	44	88
Women Advanced - Black	H	Y
TEAM KATA (3 people)		
under 12 yrs non-elite	T1	
12-16 yrs non elite	T2	
16 to adult non-elite	T3	
Black/Elite	T4	

ATHLETE REGISTRATION

ONLINE REGISTRATION IS NOW AVAILABLE!!

Register with Trackie here:

REGISTRATION

(the same as used by Karate BC!!)



Judges & Referees Sign-Up

CLICK HERE!!

Please note, we gladly invite anyone with officiating experience, regardless of certification.

**Please refer questions to Susana Cheng at:
SusanaCheng545@gmail.com**

SATO CUP Volunteer Sign-Up

JUST CLICK HERE!!

**FREE T-SHIRT for the first 50 volunteers to sign up!
Just hit the link ABOVE!!**

Sato Cup 2026

WKF Rules 2026 shall apply, with the following modifications

	Children 5-13 Years	Youth 14-17 Years	Adult Colour Belts and Masters	Elite Divisions 12-17 Years	Elite Divisions, 18-20 & Senior
Kata	Score Method	Flags (Repechage)	Flags (Repechage)	Flags (Repechage)	Flags (Repechage)
	Format	Novice may repeat kata	Novice may repeat kata	Repechage or RR	Repechage or RR
	Other	Intermediate and up must alternate kata (A,B)	Intermediate and up must alternate kata (A,B)	Depending on Div Size	Depending on Div Size
Kumite	Time	1 min 30 sec Stop; Hantei (If no Senshu)	1 min 30 sec Stop; Hantei (If no Senshu)	1.5 min Stop for 12-13; 2 min Stop for 14 - 17	Fem: 3 min, all rounds; Male: 3 min, all rounds;
	Points	First to 6	First to 8	WKF Rules: spread of 8	WKF Rules: spread of 8
	Ring Size	8 x 8 metres	8 x 8 metres	8 x 8 metres	8 x 8 metres
	Contact	Any Touch or Contact to face w. Fist or Foot - Penalty; KBC Modifications	Any Touch or Contact to face w. Fist or Foot - Penalty; KBC Modifications	WKF Contact Rules 12/13, Cadet, Jr.	WKF Contact Rules
	Mandatory Protective Gear	Gumshield/ Mouthguard; Helmet, Fist Protector; Groin (Males), Shin/Instep protector; External-body protector	Gumshield/ Mouthguard; Fist Protector; Groin (Males), Shin/Instep protector; Body protector	WKF Rules:	WKF Rules:
	Optional Protective Gear	Female Groin Protector	Helmet, Female Groin Protector	Female Groin Protector	Female Groin Protector