

Categories for Kyokushin Cup 2025 The 9th All UK Open

| Open Aged over 18 | | | |
|--------------------------|--------------------------|-------|--------------|
| Category- 1 | Men-Lightweight - Open | -70kg | Grade - Open |
| Category- 2 | Men-Middleweight-Open | -80kg | Grade - Open |
| Category- 3 | Men-Heavyweight-Open | +80kg | Grade - Open |
| Category- 4 | Women-Lightweight - Open | -65kg | Grade - Open |
| Category- 5 | Women-Heavyweight-Open | +65kg | Grade - Open |

| Novice Aged over 18 - UK and Ireland participants only | | | |
|---|----------------------------|-------|---|
| Category- 6 | Men-Lightweight - Novice | -70kg | Grade - 10 th Kyu to 1 st Kyu |
| Category- 7 | Men-Middleweight- Novice | -80kg | Grade - 10 th Kyu to 1 st Kyu |
| Category- 8 | Men-Heavyweight- Novice | +80kg | Grade - 10 th Kyu to 1 st Kyu |
| Category- 9 | Women-Lightweight - Novice | -65kg | Grade - 10 th Kyu to 1 st Kyu |
| Category- 10 | Women-Heavyweight- Novice | +65kg | Grade - 10 th Kyu to 1 st Kyu |

| Veteran aged over 45 | | | |
|-----------------------------|---------------|-------|--------------|
| Category- 11 | Veteran (Men) | -70kg | Grade - Open |
| Category- 12 | Veteran (Men) | -80kg | Grade - Open |
| Category- 13 | Veteran (Men) | +80kg | Grade - Open |

| Junior's age 8 to 15 and Cadets | | | |
|--|---------------|--------------|--------------|
| Category- 14 Girls | Age 8 and 9 | Weight- Open | Grade - Open |
| Category- 15 Boys | Age 8 and 9 | Weight- Open | Grade - Open |
| Category- 16 Girls | Age 10 and 11 | Weight- Open | Grade - Open |
| Category- 17 Boys | Age 10 and 11 | Weight- Open | Grade - Open |
| Category- 18 Girls | Age 12 and 13 | Weight- Open | Grade - Open |
| Category- 19 Boys | Age 12 and 13 | Weight- Open | Grade - Open |
| Category- 20 Girls | Age 14 and 15 | Weight- Open | Grade - Open |
| Category- 21 Boys | Age 14 and 15 | Weight- Open | Grade - Open |

| | | | |
|--------------------|------------------------|--------------|--------------|
| Category- 22 Girls | Cadets - Age 16 and 17 | Weight- Open | Grade - Open |
| Category- 23 Boys | Cadets - Age 16 and 17 | Weight- Open | Grade - Open |
| Category- 24 Girls | Cadets - Age 16 and 17 | Weight- Open | Grade - Open |
| Category- 25 Boys | Cadets - Age 16 and 17 | Weight- Open | Grade - Open |
| | | | |

| Kata Tournament for Juniors and Adults | | |
|---|----------------------------------|------------------------|
| Category- 26 | Age 10-13 - Girls and Boys | Grade - Open |
| Category- 27 | Age 14-17 - Girls and Boys | Grade - Open |
| Category- 28 | Adults - Over 18 - Men and Women | 10th kyu up to 1st kyu |
| Category- 29 | Adults - Over 18 - Men and Women | Shodan and above |

- There will be two weight categories for Juniors if there is sufficient number of participants. For example, under and over 55kg.
- Our kumite and Kata Tournament rules can be found on the Tournament page of our website.
- Please note: Tournament committee reserves the right to change the categories.