

January 5, 2018

Representatives of various schools and organizations

(株)FIGHTING BEAT
Shingo Kudo

Dear Sir/Madam, As we welcome the New Year, I hope you are all in good health.
The 7th Tokyo Practical Karate Championship, Challenge the Dream 2026, will be held.
This is all thanks to your support and we are truly grateful.
All staff and stakeholders will work hard to ensure that this tournament is one that will remain in everyone's memories.
We appreciate your cooperation in holding the tournament.

Sincerely

Tournament name: 7th Tokyo Practical Karate Championship Challenge the Dream 2026

Organizer: FIGHTING BEAT

Opening date: April 5th, 2008 (Sunday)

Time: Kata section scheduled to start at 9:00 AM; Opening Ceremony scheduled to start at 12:30 PM; Kumite section scheduled to start at 1:00 PM

Venue: Higashishin Arena, Sumida Ward General Gymnasium, Martial Arts Hall
4-15-1 Kinshicho, Sumida-ku, Tokyo 130-0013

[Nearest transportation]

If you are using the JR Sobu Line: Approximately 3 minutes walk from the north exit of Kinshicho Station, inside Kinshi Park

If using the Tokyo Metro Hanzomon Line: 2-minute walk from Exit 4 of Kinshicho Station, inside Kinshi Park

If you take the bus, get off at "Kinshi Park (To 02, To 08, Nishiki 37, Nishiki 40)" and walk for about 2 minutes.

[Parking information]

Parking Fee 100 yen per 30 minutes on weekdays and 200 yen on weekends and holidays.

Individuals using the gymnasium can use it for free for up to two hours.

*For group use, up to 5 vehicles can be parked free of charge for up to 2 hours on weekdays, and up to 3 vehicles on weekends and holidays. This 2-hour free parking service is not available to participants or spectators of various tournaments held at the gymnasium.

*Accessibility for people with disabilities: Parking is free for people with disabilities (except on days when the facility is closed).

Please present proof of disability, such as a disability certificate, at the general reception desk on the 2nd floor.

Number of units 100 cars *There is a limit to the number of cars for group users. *Vehicle height is limited to 2.1m.

*Parking is limited, so please use public transportation.

*Please refrain from nuisance parking on surrounding roads or unauthorized parking at nearby facilities.

■ Tournament regulations

[Match time]

	Main tournament	Extra time	Extra time (final only or at the referee's discretion)
Kindergarten	1 minute 15 seconds	1 point	1 point

Junior Division	1 minute 30 seconds	1 minute	1 minute
junior high school students	1 minute 30 seconds	1 minute	1 minute
General Department	1 minute 30 seconds	1 minute	1 minute

[Supporters]

Class/Part	head guard	Shins and insteps	knees	fist	Foul Cup	Chest	Mouthpiece and obi stopper
childhood Beginner Class	○	○	any	○	○	○	any
childhood Beginner/Intermediate	○	○	any	○	○	Man × Women, any	any
Primary school grades 1-3 Beginner Class	○	○	any	○	○	○	any
Primary school grades 1-3 Beginner/Intermediate	○	○	any	○	○	Man × Women, any	any
primary school students 4-6 year old males	○	○	○	○	○	×	any
primary school students 4-6 years old women	○	○	○	○	any	any	any
Junior high school boy	○	○	○	○	○	×	any
Junior high school girl	○	○	○	○	any	any	any
General Department Male Beginner/Intermediate	any	○	○	○	○	×	any
General Department Male superior	×	×	×	×	○	×	any
General Department Girls	any	○	○	○	any	any	any
ordinary men Master	any	○	○	○	○	×	any

•All supports and head guards Please bring your own. * Only do-ate equipment is available for rental for beginner classes for children and 1st to 3rd grade elementary school students.

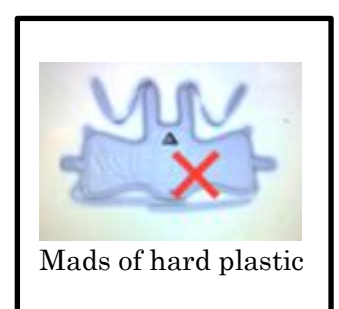
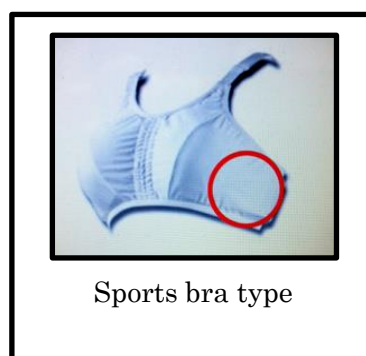
Men are not allowed to wear T-shirts.

– Chest guards for women must be thin and cover only the chest area.

•For the general division (beginner, intermediate, master, women), karate gloves will be required. Please bring your own.

•Wearing a mask is optional for all classes.

<Chest guards that can be worn> <Chest guards that cannot be worn>



[Kumite Win/Loss]

1-point victory: When you land a valid technique and your opponent falls (if they are on their knees and can't get up).

- If you score two waza-ari

Technique Arrives: When a successful technique is landed and the opponent is severely knocked out by the damage.

Also, if the movement stops temporarily.

- When the technique lands cleanly when there is no guard.

(Invalid if only pressed, touched, or grazed)

- When you cut the supporting leg, the opponent falls, and the technique is executed with a sense of zanshin and great spirit.

Effective: A punch or kick that hits the target accurately and causes damage.

- Thrust attacks (hits to the face, neck, or groin are illegal)

- Foot attacks (high knee kicks and groin strikes are illegal)

- Elbow strikes to the torso (horizontal elbows, vertical elbows) are permitted only in the general division (attacks to the face are considered a foul).

- Attack and take the opponent out of the ring

Foul play – Knee kicks to the upper level are prohibited in all classes.

- Attacks to the groin (lower abdomen) • Attacks on a fallen opponent • Attacks to the back or back of the head

- Grabbing, throwing, knocking down, pushing with both hands (only techniques that cut the supporting foot at a low level are allowed)

- Attacking by placing your head against the opponent

*For fouls, two warnings will result in a deduction of one point, and two will result in disqualification.

*If a false report is made that a technique such as a knee kick has hit the abdomen or the groin, the fighter will be disqualified and lose.

Judgment criteria (order of importance of judgment: 1>2>3>4>)

1. Ippon/Waza-ari > 2. Damage > 3. Accurate effective hit > 4. Number of moves and feet

[Type]

- Flow of the game

Enter → Bow → Say the name of the kata → Ready (preparation) → Start at the athlete's will (if the start is too long, the referee will give the signal to start)

Matches are held one at a time. In the event of a draw, the other person must challenge a different kata. (If the same kata is used, points will be deducted.)

Judging will be by flag, just like in kumite.

- Judgment criteria: Order of importance of judgment: 1>2>3>4

- 1 posture(Blur), tempo(Contrast), facial expressions, breathing > 2 etiquette(demeanor, spirit, voice)>3 Accuracy and

*If you do not bow at the beginning or end after entering the court, you will be penalized points.

Formal wear

Masks are removed during matches, and women are only allowed to wear white T-shirts under their uniforms.

Boys are not allowed to wear T-shirts, and if their hair is shoulder-length, it must be tied back with a rubber band.

■Tournament entry

- 1 The representative of the group should contact us by email. Email address fb_kudou@yahoo.co.jp
- 2 From the Fighting Beat website [Application form/entry sheet \(Excel\)](#) Please download the following.
- 3 Please send the completed form to the above address by the entry deadline (Saturday, February 14, 2026, midnight)
 - If you are applying for both Kumite and Kata, please fill out separate application forms.
 - Please be sure to fill in any official competition wins within the past two years.

If you falsify your winning history, you will be disqualified. Please note that if this is discovered at a later date, your winnings (victories) will be revoked.

The beginner class is open only to players who have not previously won a prize in an official competition.

If a player has never won, write "No wins"

- 4 After your entry is confirmed, please send the application form and participation fee by registered mail.

Mailing address: 3F Mitsumoto Building, 4-15-16 Sakurajosui, Setagaya-ku, Tokyo 156-0045, Japan. FIGHTING BEAT Co., Ltd.

[Participation fee]

- Kumite: 7,000 yen (tax included)
- Mold 5,000 yen (tax included)
- Kumite and Kata double entry: 10,000 yen (tax included)
- Beginner class: 6,000 yen (tax included)

*If the tournament is cancelled for any reason, half of the entry fee will be refunded.

*Please note that refunds will not be given after the entry deadline for any other reasons.

*Regarding injuries, etc., the organizers will not take any responsibility, so please make sure to take out your own sports insurance.

*Contact information for tournament inquiries

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Address: 3F Mitsumoto Building, 4-15-16 Sakurajosui, Setagaya-ku, Tokyo 156-0045

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