

Nordic Open

Bærum, September 19, 2026



LOCATION:

Bærum Sports Park
Hauger skolevei 36
1351 RUD

PRELIMINARY ROUNDS:

10.00 – 16.00

SUPERFINALS:

16.00-17.30

INVITATION
to
Nordic Open / Nordic Open
Saturday September 19 2026

Hosted by	Organizer
JKA Norway	Bærum Shotokan Karate Club
www.jkanorway.no	www.baerumkarate.no

JKA Norway and Bærum Shotokan Karate Club have the pleasure of welcoming all karate friends to the Nordic Championship / Nordic Open 2026.

The Nordic Open is for all karate practitioners, regardless of style, who want to compete in Shobu Ippon. Nordic Open are athletes who reside in Norway, Sweden, Denmark, Iceland and Finland.

This is a Nordic Open Championship, where the athletes represent their respective club.

LOCATION	Bærum Sports Park Hauger skolevei 36, 1351 RUD
DATE	Saturday September 19, 2026

SATURDAY	
09.00 - 09.30	Judge meeting , chaired by the Chief Judge
09.00 - 09.30	Registration Only team leaders/coaches should meet at the registration table!
10.00 - 16.00	Preliminary rounds, kata and kumite Bronze finals and finals for all classes (both individual and team) take place consecutively, with the exception of those listed under Finals.
16.00 - 17.30	Finals and award ceremony Finals are arranged for the following classes: • Finals kata, class 21 – 34 years, women and men • Semi-finals, kumite class 21 – 34 years, women and men • Finals kumite, class 21 – 34 years, women and men

RULES

The competition will be according to the cup principle.

DIVISION INTO GROUPS

Individual classes regardless of degree:

- 12-13 years
- 14-15 years
- 16-17 years
- 18-20 years
- 21-34 years
- 35-44 years
- 45-54 years
- 55-99 years

No athlete can compete in more than two classes of kata and two classes of kumite, and only according to the following criteria:

- 12-13 years old can also compete in the following class: 14-15, but only in the kata class.
- 14-15 years old can also compete in the following class: 16-17, but only in the kata class
- 16-17 years old can also compete in the following class: 18-20.
- 18-20 years old can also compete in the following class: 21-34.
- 21-34 years old can only compete in this class
- 35-44 years old can also compete in the following class: 21-34.
- 45-54 years old can also compete in the following class: 35-44.
- 55-99 years old can also compete in the following class: 45-54.

Team classes:

- 16-99 years: Team kata
- 18-99 år: Team kumite

COMPETITION RULES KATA AND KUMITE

Individual:					
Class		Kata Preliminary	Kata Finals 4 persons	Kumite	Kumite Finals
12-13 years	Women	Shitei Kata	Sentei kata	Shobu Ippon	Shobu Ippon
12-13 years	Men	Shitei Kata	Sentei kata	Shobu Ippon	Shobu Ippon
14-15 years	Women	Shitei Kata	Sentei kata	Shobu Ippon	Shobu Ippon
14-15 years	Men	Shitei Kata	Sentei kata	Shobu Ippon	Shobu Ippon
16-17 years	Women	Shitei Kata	Tokui kata	Shobu Ippon	Shobu Ippon
16-17 years	Men	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Ippon
18-20 years	Women	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Ippon
18-20 years	Men	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Ippon
21 -34 years	Women	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Sanbon
21 -34 years	Men	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Sanbon
35-44 years	Women	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Ippon
35-44 years	Men	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Ippon
45-54 years	Women	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Ippon
45-54 years	Men	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Ippon
55-99 years	Women	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Ippon
55-99 years	Men	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Ippon

Teams:			
Class		Kata	Kumite
16 - 99 years	Men kata	Tokui kata	
16 - 99 years	Women kata	Tokui kata	
18 - 99 years	Men kumite		Shobu Ippon
18 - 99 years	Women kumite		Shobu Ippon

Shitei kata: Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan and Tekki Shodan
Sentei kata: Bassai Dai, Jion, Kanku Dai, Enpi
Tokui Kata: Bassai Dai, Kanku Dai, Enpi, Jion, Hangetsu, Tekki Nidan, Tekki Sandan, Bassai Sho, Kanku Sho, Nijushiho, Sochin, Chinte, Meikyo, Wankan, Unsu, Gojushiho sho, Gojushiho dai, Gankaku and Jitte

Kata – Team:

Flag system up to final. In the final (4 teams) there is a point system. Minimum 2 katas. Can compete with the same kata in flag system for each round. Have to change kata in the final.

Kumite – Team:

Consists of 3 people and 1 person in reserve

PARTICIPATION

The Nordic Championship is for athletes who turn 13 years old in 2026 and up. It is the age of the actual day of the competition that applies.

GENERAL

- Athletes must be Nordic citizens or have lived in Nordic countries for the last 12 months.
- A minimum of three athletes must start in all classes for those to be held.

REGISTRATION

Deadline: September 4 2026 at 23:59

- All registration must be done via event registration at:
 - Registration Event – JKA Norway
 - Judges and coaches must also be registered via the registration page.
 - Registration takes place directly in this link: <http://Register.jkanorway.no>
- Requirements for judges from Norway are at least referee license C license JKA WF. Judges from Sweden and Denmark follow their own criteria and are selected by their own committee in these countries.
- Obvious errors in the registration form that are discovered before the draw will be corrected by the administration.
- The countries must ensure that the registration is completed correctly and that the athletes are registered in the correct class(s). Errors/corrections that have occurred as a result of proven errors at the organizer will be corrected without a fee.
- This link [Overall overview](#) is the Nordic Open page that shows how many people are registered in the individual classes, which clubs and referees are participating.

ENTRY FEE

NOK 400,- per athlete per class

NOK 600,- per team kata

NOK 600,- per team kumite

BEST OVERALL COMPETITOR

The best female and best male athlete in the 21 – 34 age category, combined in kata and kumite, will each be awarded the prize for the Best Overall Competitor.

The award will be determined in the following order:

1. The competitor must have won medals in both individual kata and kumite, with at least one of them being a gold medal.
2. If the second individual medal is a silver, it ranks higher than a bronze.
3. If still a tie, any team medals shall be considered.
4. If a tie still remains, the competitor who won an individual gold medal in kata will win.

DRAW LISTS

Draw lists and schedules will be posted on the www.jkanorway.no

HOTEL

Quality Hotel Expo

Snarøyveien 20, 1360 Fornebu

Prices per room per night (incl. breakfast)

Single room: NOK 1125,-

Double room NOK 1325,-

Triple room: NOK 1575,-

Rooms can be booked directly via this email address ingrid.mediaa@strawberry.no and the code **BK-03033** must be provided.

The deadline for hotel room bookings to get the agreed price is Friday September 4 2026
(same as the registration deadline for the competition itself).

Clubs and participants are free to use other accommodation options. Referees must arrange their own accommodation.

As a token of appreciation for your efforts, all judges are offered a complimentary 2-course dinner at the hotel on Saturday at 20:00 (8:00 PM). Registration for the joint judges' dinner MUST be completed via the registration system by September 4.

<http://Register.jkanorway.no>

Other guests at the hotel may book a table/dinner in the restaurant The Social. Table reservations are made via reception: 67117070 or g.expo@strawberry.no

TIP: From experience, we know that people gather around 20:00 for dinner and we recommend everyone to stay in the lobby area for socializing throughout the evening.

TRANSPORT

The clubs are responsible for their own transport to the sports hall.

From the center of Oslo, there is a regular metro to Bærum Sports Park. See www.ruter.no.

PARKING

There is a large parking lot at Bærum Sports Park.

PAYMENT

Payment is made together per club (or per country) at the same time as registration and according to the registration here <http://Register.jkanorway.no>. **Registration and payment deadline is September 4 2026!**

As stated above, the booking and payment of hotels are made by the individual athlete.

Payable to: JKA Norway

Account number: 3520 67 61790

Payment from other countries:

IBAN: NO07 3520 6761 790

BIC (swift): SPAVNOBBXXX

Name and address of the bank:

Sparebanken Norge

P.O. Box 7999, N-5020 Bergen

(Jonsvollsgaten 2, N-5011 Bergen) - visiting address

Mark the payment with "*Nordic Open 2026*" and "*Country and Club*"

OTHER

It is very important that team leaders/coaches stay updated on www.jkanorway.no in the weeks before the competition for any changes and updates.

E-mail for other inquiries to the organizer: styret@baerumkarate.no

IMPORTANT! INFORMATION FOR COACHES AND ATHLETES

Equipment (protection gear) and karate gi

All contestants are required to bring their own protection gear, which includes:

- Gloves:

Technical specifications of the mitts, white only.

Filling material : 2 components poly-urethane foam

- Surface : white Lycra
- Weight : max. 70g each
- Density : max. 0,25 kg/dm³
- Thickness : between 25 and 35 mm
- Width : max. 110 mm
- No publicity allowed, except on the wrist-bandage
- This shape has to be respected (see pictures)

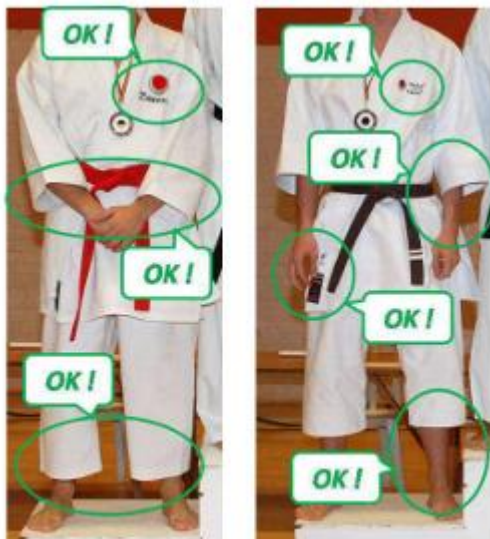


- Teeth Protection: Translucent mouthguards are mandatory.
- Chest Protectors: Recommended for female contestants.
- Groin Protection: Recommended for male contestants.

Contestants who wear contact lenses should bring a spare pair. In the event of a loss during a match, the contestant must replace the lens within 2 minutes.

Competitors must always use their own grade belt such as brown or black belt, in addition to the aka belt.

OK:



NOT OK:

