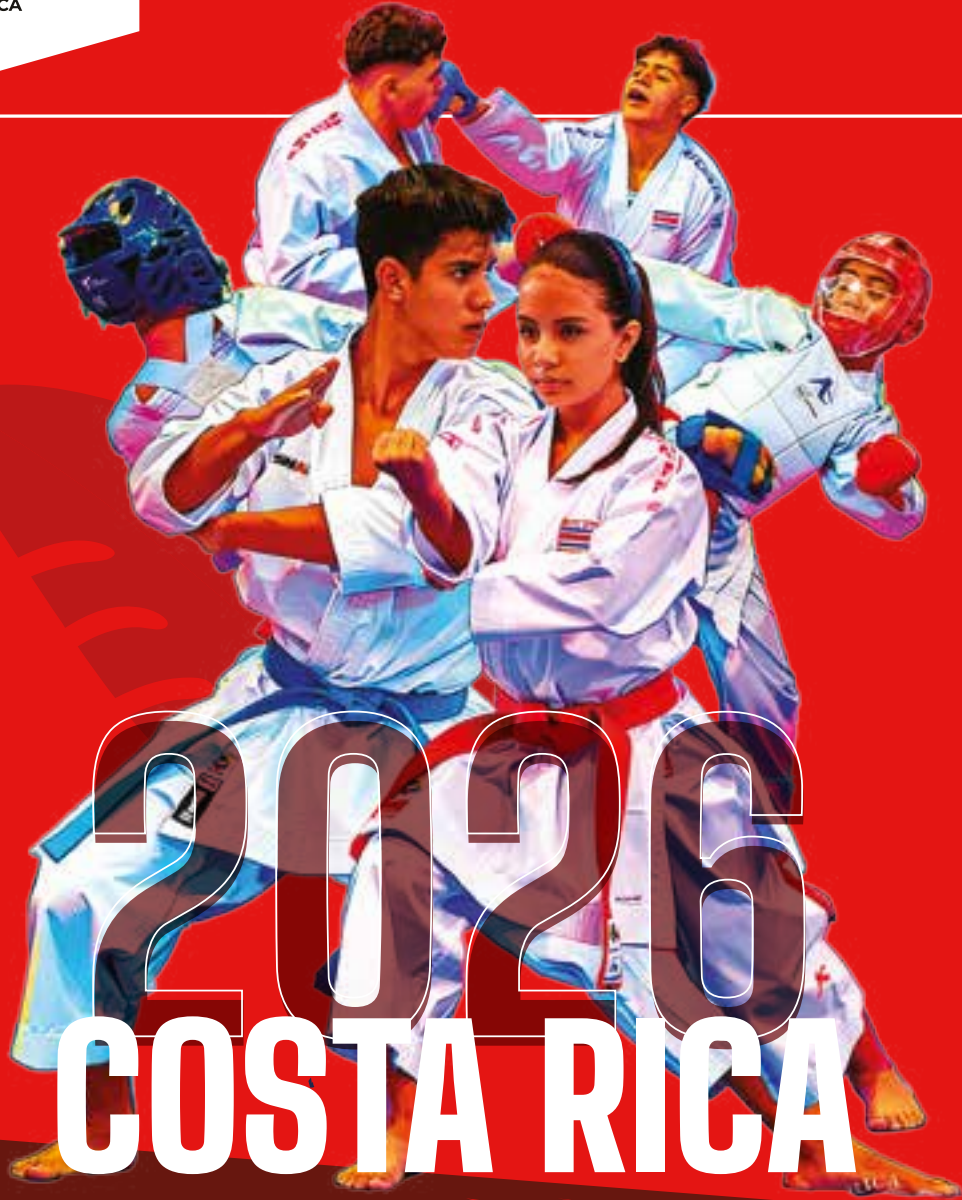




**WKF**  
PANAMERICA

# XXXV PAN AMERICAN KARATE CHAMPIONSHIPS



# 2026 COSTA RICA

U12 | U14 | CADET | JUNIOR

**AUGUST 24-30**



**INSTITUTO**  
COSTARRICENSE DEL  
DEPORTE Y RECREACIÓN  
GOBIERNO DE COSTA RICA



**MUNICIPALIDAD**  
**CARTAGO**



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# WELCOME



## Message from Dr. José García Maañón PKF President

The development of karate among younger generations is one of the fundamental pillars of the mission of the Pan American Karate Federation. Investing in our youth is the best way to ensure a strong and promising future for our sport throughout the continent. Once again, Costa Rica becomes the meeting point for Pan American Karate. The Costa Rican Karate Federation and its organizing team successfully hosted the 2023 Senior Pan American Championship, and we are confident that this Youth Championship will also be a great success and an unforgettable experience for everyone involved.

I am convinced that from the very first day we will witness memorable performances and inspiring stories. May these days of competition honor the true spirit of karate, where fair play, respect, and discipline stand alongside our athletes as the true protagonists of this championship.

I warmly welcome you to Costa Rica and wish you an unforgettable stay.

See you in Costa Rica!



**Wei Jui-Yi**  
FECOKA  
President

For the Costa Rican Karate Federation (FECOKA), it is a great honor to host the 35th Pan American U12, U14, Cadet and Junior Karate Championship, where the youngest stars of karate will once again shine in the most important competition in the region.

The historic city of Cartago will serve as the stage for this major sporting event. Known for our hospitality, we sincerely hope that every participant enjoys an exceptional and memorable experience.

On behalf of the Costa Rican Karate Federation, we extend our warmest welcome to this new edition of the Pan American Championship. Our commitment is to organize this event with dedication, professionalism, and excellence.

Pura Vida, and see you in Cartago!

# ABOUT COSTA RICA

Officially known as the Republic of Costa Rica, the country is a sovereign nation organized as a unitary presidential republic made up of seven provinces. Located in Central America, Costa Rica is internationally recognized for the warmth, friendliness, and hospitality of its people.

The majority of the population is descended from Spanish and other European settlers. Costa Rica is also one of the few countries in the world without a standing army, making it a peaceful nation renowned for its extraordinary natural beauty and welcoming atmosphere.

**Official Language:** Spanish is the official language. However, English is widely spoken, particularly in tourist areas and major cities.

**Official Currency:** The official currency is the Costa Rican Colón (CRC).

The exchange rate is approximately CRC 454 per US Dollar.

For current exchange rates, visit: [www.bccr.fi.cr](http://www.bccr.fi.cr)

**VISA REQUIREMENTS: TO VERIFY WHETHER YOU REQUIRE A VISA TO ENTER COSTA RICA, PLEASE VISIT:**  
[HTTPS://WWW.MIGRACION.GO.CR/PAGINAS/VISAS.ASPX](https://www.migracion.go.cr/paginas/visas.aspx)

Costa Rica covers an area of approximately **51,100 km<sup>2</sup>** and is home to people whose hospitality invites visitors to discover one of the world's happiest destinations.

The country enjoys a pleasant tropical climate throughout the year.

The average temperature in the Central Valley is **22°C (72°F)**, while coastal regions range between **21°C and 32°C (70°F–90°F)**.

Costa Rica also has one of the highest literacy rates in the Americas, with nearly 94% of its population being literate.

According to the International Monetary Fund, Costa Rica ranks among the world's wealthiest developing economies and is recognized as one of the most stable countries in the Americas, performing consistently well in development and competitiveness indicators.



# COMPETITION VENUE

## POLIDEPORTIVO CARTAGO

Located in the heart of Costa Rica's historic first capital, the Cartago Sports Complex has become one of the country's leading centers for sports development, recreation, and athletic training.

Its modern infrastructure is designed to host multiple sporting disciplines while serving both elite athletes and the local community.

The venue offers excellent facilities that provide the ideal setting for the XXXV Pan American Youth Karate Championship.



# ACCOMMODATION

## RADISSON SAN JOSÉ-COSTA RICA

### OFFICIAL HEADQUARTERS HOTEL

This elegant hotel features an outdoor swimming pool and a conference center. All spacious guest rooms include complimentary Wi-Fi.

Radisson Hotel San José Costa Rica is conveniently located in downtown San José, just 800 meters from Central Avenue. The property also offers 24-hour complimentary secure parking.






The spacious rooms are decorated in a classic style with elegant carved wooden furniture. Every room includes a coffee maker and a stylish bathroom equipped with toiletries and a hair dryer.



### NIGHTLY RATES

|  |              |
|--|--------------|
| <b>Single Room (1 King Bed)</b> .....                | <b>\$135</b> |
| <b>Double Room (1 King Bed)</b> .....                | <b>\$147</b> |
| <b>Triple Room (1 King Bed + 1 Single Bed)</b> ..... | <b>\$160</b> |
| <b>Double Room (2 Queen Beds)</b> .....              | <b>\$150</b> |
| <b>Triple Room (2 Queen Beds)</b> .....              | <b>\$160</b> |
| <b>Quadruple Room (2 Queen Beds)</b> .....           | <b>\$185</b> |

### RATES INCLUDE:

-  Buffet breakfast
-  Accommodation taxes
-  Bellboy and housekeeping services
-  Complimentary Wi-Fi
-  Transportation

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## CROWN PLAZA SAN JOSÉ

### OFFICIAL SUB-HOTEL

Located only 20 minutes from Juan Santamaría International Airport, Crowne Plaza San José is ready to welcome your delegation and provide an outstanding hospitality experience.

Nearby attractions include the Costa Rican Art Museum, National Stadium, business centers, supermarkets, pharmacies, shopping areas, and entertainment venues.

The hotel offers meeting rooms, several restaurants, a swimming pool, a fitness center, green areas, and high-speed Wi-Fi throughout the property.



### NIGHTLY RATES

**Standard**

Single / Double Room (1 King Bed).....**\$137**

Triple Room (1 Queen Bed + 1 Single Bed) **\$170**

Quadruple Room (2 King Beds) .....**\$199**






**Superior Rooms**

Single / Double Room (1 King Bed).....**\$179**

Triple Room (1 Queen Bed + 1 Single Bed) **\$210**

Quadruple Room (2 King Beds) .....**\$240**

### RATES INCLUDE:

-  Buffet breakfast
-  Accommodation taxes
-  Bellboy and housekeeping services
-  Complimentary Wi-Fi
-  Transportation

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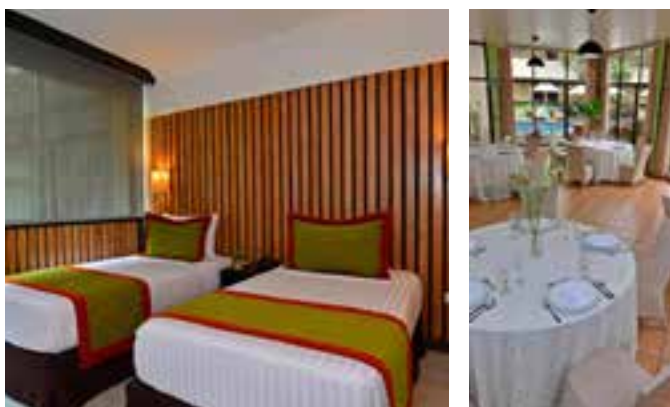
## EL AUTÉNTICO

### OFFICIAL SUB-HOTEL

El Auténtico Hotel is located in San José, just 400 meters from the Costa Rican Art Museum, and features an outdoor swimming pool and an on-site restaurant. Complimentary Wi-Fi is available throughout the property.

The elegant and comfortable rooms are equipped with air conditioning, cable television, a coffee maker, work desk, safety deposit box, and a private bathroom with shower, hair dryer, and complimentary toiletries.






Guests can also enjoy nearby recreational activities, including golf. Complimentary parking is available.



### NIGHTLY RATES

|  |              |
|--|--------------|
| <b>Single Room (1 King Bed)</b> .....                      | <b>\$136</b> |
| <b>Double Room (1 King Bed)</b> .....                      | <b>\$144</b> |
| <b>Standard Room (2 Twin Beds)</b> .....                   | <b>\$159</b> |
| <b>Triple Room (3 Twin Beds)</b> .....                     | <b>\$179</b> |
| <b>Quadruple Room (2 King Beds)</b> .....                  | <b>\$187</b> |
| <b>Quintuple Room<br/>(2 King Beds + 1 Twin Bed)</b> ..... | <b>\$245</b> |

### RATES INCLUDE:

-  Buffet breakfast
-  Accommodation taxes
-  Bellboy and housekeeping services
-  Complimentary Wi-Fi
-  Transportation

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## FOUR POINTS BY SHERATON

### OFFICIAL SUB-HOTEL

Four Points by Sheraton San José Sabana is a modern urban hotel located in Barrio Don Bosco, only three blocks from Paseo Colón and approximately 500 meters from La Sabana Metropolitan Park.

The hotel offers an outdoor swimming pool, a 24-hour fitness center, and an international restaurant

#### Main Features

- Modern guest rooms with air conditioning
- City and mountain views
- Outdoor swimming pool
- Jacuzzi
- Business center
- Complimentary Wi-Fi
- Approximately 15–20 minutes by car from Juan Santamaría International Airport






### NIGHTLY RATES

|  |              |
|--|--------------|
| <b>Single Room (1 Guest)</b> .....               | <b>\$131</b> |
| <b>Double Room (2 Guests)</b> .....              | <b>\$146</b> |
| <b>Triple Room (2 Beds + 1 Single Bed)</b> ..... | <b>\$169</b> |
| <b>Quadruple Room (2 King Beds)</b> .....        | <b>\$193</b> |

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### RATES INCLUDE:

-  Buffet breakfast
-  Accommodation taxes
-  Bellboy and housekeeping services
-  Complimentary Wi-Fi
-  Transportation.



## HOTEL PARQUE DEL LAGO

### OFFICIAL SUB-HOTEL

Ideally located in San José, Hotel Parque del Lago features 40 comfortable guest rooms designed to make your stay both relaxing and memorable.

More than simply accommodations, the hotel offers thoughtfully designed spaces focused on guests' comfort and well-being. Contemporary décor and beautiful mountain views create a pleasant atmosphere throughout your stay.






Hotel Parque del Lago is also an excellent venue for private meetings, business dinners, cocktail receptions, product launches, staff training sessions, board meetings, and social events.



### NIGHTLY RATES

- Single Room (1 King Bed)..... \$130**
- Double Room (2 King Beds) ..... \$135**
- Triple Room (2 Full Beds) ..... \$155**
- Accessible Room (Law 7600 Compliant) .... \$130**
- Suite (2 Guests – 2 Queen Beds)..... \$168**
- Family Room (6 Guests – 3 Queen Beds) .... \$285**
- Suite (3 Guests – 1 King Bed + Sofa Bed) .... \$183**

### RATES INCLUDE:

-  Buffet breakfast
-  Accommodation taxes
-  Bellboy and housekeeping services
-  Complimentary Wi-Fi
-  Transportation

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## RINCÓN DEL VALLE

### OFFICIAL SUB-HOTEL

Barceló Rincón del Valle is conveniently located near La Sabana Metropolitan Park and San José's main attractions, only 25 minutes from Juan Santamaría International Airport.






The hotel features 20 comfortable guest rooms and is an excellent choice for both business and leisure travelers.



### NIGHTLY RATES

- Single Room .....\$120**
- Double Room (2 Twin Beds) .....\$128**
- Triple Room (1 King Bed + Sofa Bed) .....\$143**
- Quadruple Room (2 Queen Beds).....\$160**

### RATES INCLUDE:

-  Buffet breakfast
-  Accommodation taxes
-  Bellboy and housekeeping services
-  Complimentary Wi-Fi
-  Transportation

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## HOTEL IRAZÚ STUDIO

### OFFICIAL SUB-HOTEL

Whether traveling for business or leisure, Irazú Hotel & Studios offers all the amenities and services needed for a pleasant and worry-free stay.

Located just minutes from downtown San José, Costa Rica’s capital city, the hotel enjoys a central location close to major tourist attractions, commercial districts, and financial centers. It is also only 15 minutes from Juan Santamaría International Airport (SJO).






Although conveniently located near the city center, the hotel provides a peaceful environment where guests can relax away from the bustle of urban life while enjoying all the comforts of home.



### NIGHTLY RATES

|   |              |
|---|--------------|
| <b>Single Room (2 Queen Beds)</b> .....   | <b>\$108</b> |
| <b>Double Room (2 Queen Beds)</b> .....   | <b>\$123</b> |
| <b>Triple Room (2 Queen Beds)</b> .....   | <b>\$148</b> |
| <b>Quadruple Room (2 King Beds)</b> ..... | <b>\$172</b> |

### RATES INCLUDE:

-  Buffet breakfast
-  Accommodation taxes
-  Bellboy and housekeeping services
-  Complimentary Wi-Fi
-  Transportation

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## RESERVATIONS & TRANSPORTATION



The Costa Rican Karate Federation (FECOKA) has appointed Ecotravel Travel Agency as the Official Travel Operator for the championship

All hotel reservations are subject to availability in order to guarantee the published rates.

**Each delegation is strongly encouraged to inform ECOTRAVEL of the number of rooms required no later than July 3.**

The Rooming List, together with a 50% deposit, must be submitted **by July 15.**

The remaining 50% balance must be paid **no later than August 7** by bank transfer in United States Dollars (USD).



**Airport–Hotel–Airport transportation and Hotel–Competition Venue–Hotel transportation will be provided ONLY to delegations that reserve accommodations directly through ECOTRAVEL at the official hotels.**

**Delegations booking accommodations through any other provider will be responsible for arranging and covering their own transportation.**

**Email:** [reservaciones@ecotravelcr.com](mailto:reservaciones@ecotravelcr.com)

## CONTACT INFORMATION:

**Ronald Humberto Sánchez Campos**

**ID Number:** 2-0363-0499

**Phone:** (+506) 8372-0728

**Company:** ECO-TRAVEL R&J AGENCY S.A.

**Corporate ID:** 3-101-659006

**Bank Account (USD)** Banco Nacional de Costa Rica:

**IBAN CR30 0151 0952 0020 0785 28**

# FEES, REGISTRATION AND GENERAL INFORMATION



**XXXV JUNIOR, CADETS, U14 AND U12  
PANAMERICAN KARATE CHAMPIONSHIP  
SAN JOSE, COSTA RICA 2026**

**Bulletin No. 1** **Mayo 2026**

**Official Invitation**

\*\*\*\*\*

**From: Directing Committee PKF**

**To: All PKF Members**

.....

Dear Mr. President,

On behalf of the Pan American Karate Federation (PKF), it is with great pleasure that we invite your National Karate Federation to participate in the forthcoming **XXXV Junior, Cadets, U14 and U12 Panamerican Karate Championship** to be held from **August 24 to 30, 2026 in San José, Costa Rica.**

Soon you will be receiving more specific information about the championship from the organizing committee.

**Organizing Committee: Mario Thomas Arroyo**  
 Telef. + 506 87898875  
 Email: [arroyot1990@gmail.com](mailto:arroyot1990@gmail.com)

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**PKF Presidents Office: Ernesto Bavio 3026 (1428) Buenos Aires - Argentina**  
 Tel/fax: 54 (11) 47 82 91 35 - Cel: + 54 9 (11) 44 24 99 65  
 E-mail: [jgmaanon@gmail.com](mailto:jgmaanon@gmail.com)  
[karate@fibertel.com.ar](mailto:karate@fibertel.com.ar)

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We look forward to the participation of your athletes in this championship. Soon you will be receiving additional information of Costa Rica Karate Confederation.



**Additional Information:**

**Membership Fee US\$ 500**

**Registration fees are as follows:**

- Referee Course kumite US\$ 200
- Referee Course kata US\$ 200
- Referee Course kata/kumite US\$ 350
- Spectator /Listender US\$ 100
- Coach/trainer course US\$ 100
- Renovation Coach US\$ 100

**Registration Fee: US 100 per athlete/category. Team US\$ 300.** For registrations after the closing of the on line registration a penalty of **25%** of the cost of your registration **Athlete /Referee/Coach/Team**, will be applied .

**José García Maañón**  
**PKF President**  
[www.pkfkarate.com](http://www.pkfkarate.com)

## OFFICIAL UNIFORM



## PROTECTIVE GEAR



## MEDICAL INSURANCE

To ensure the safety and well-being of all participants, **every athlete must possess valid medical insurance providing both national and international coverage.**

The insurance policy must include, at a minimum:

- Accident coverage
- Medical treatment
- Hospitalization
- Emergency transportation

Proof of insurance must be presented during the accreditation process.

The Organizing Committee shall not be responsible for medical expenses arising from

injuries, accidents, or illnesses occurring before, during, or after participation in the championship.

Each athlete is therefore responsible for maintaining adequate insurance coverage throughout his or her stay in Costa Rica.

Participants who do not have valid medical insurance may request information from the Organizing Committee regarding available insurance alternatives.

Medical personnel and first-aid services will be available throughout the competition to provide immediate assistance whenever necessary.



## TRAINING VENUE

Training facilities for National Teams will be available by **prior reservation** from August 24 through August 28, 2026.

Training sessions may be scheduled between:  
**08:00 a.m. – 8:00 p.m.**

Training requests must be submitted via email to the Organizing Committee **no later than August 15, 2026.**

## ORGANIZING COMMITTEE

**Mario Thomas Arroyo**

**phone:** +506 8789 8875

**email:** [arroyot990@gmail.com](mailto:arroyot990@gmail.com)

**José Luis Vargas Morales**

**phone:** +506 8367 5439

**email:** [jlvm79@yahoo.com](mailto:jlvm79@yahoo.com)



# COMPETITION SCHEDULE

|  | TIME          | ACTIVITY                               | VENUE    |
|--|---------------|--|----------|
| <b>MONDAY</b><br><b>AUGUST</b><br><b>24</b>  | 09:00 - 18:00 | Delegation Accreditation               | HQ Hotel |
|  | 09:00 - 10:00 | Referee Commission Meeting             | HQ Hotel |
|  | 10:00 - 13:00 | Referee & Coach Registration           | HQ Hotel |
|  | 13:00 - 14:00 | Lunch                                  | HQ Hotel |
|  | 14:00 - 15:30 | Kumite Rules Lecture                   | HQ Hotel |
|  | 15:30 - 16:00 | Kumite Written Examination             | HQ Hotel |
|  | 17:30 - 20:30 | Kumite Practical Examination (Group 1) | HQ Hotel |
| <b>TUESDAY</b><br><b>AUGUST</b><br><b>25</b> | 09:00 - 18:00 | Delegation Accreditation               | HQ Hotel |
|  | 09:00 - 12:00 | Kumite Practical Examination (Group 2) | HQ Hotel |
|  | 12:00 - 13:00 | Lunch                                  | HQ Hotel |
|  | 15:00 - 15:30 | Break                                  | HQ Hotel |
|  | 15:00 - 16:00 | Medical Congress                       | HQ Hotel |
|  | 15:30 - 16:30 | Kata Rules Lecture                     | HQ Hotel |
|  | 16:00 - 17:30 | Break                                  | HQ Hotel |
|  | 16:30 - 17:30 | Kata Written Examination               | HQ Hotel |
|  | 17:30 - 18:30 | Kata Video Session                     | HQ Hotel |

**WEDNESDAY  
AUGUST 26**

| TIME                                     | ACTIVITY                          | VENUE                                      |
|--|-----------------------------------|--|
| 15:30 - 16:30                            | Kata & Kumite License Renewal     | HQ Hotel                                   |
| 16:00 - 16:30                            | PKF EC - C.O. FPK - C.O. Meeting  | HQ Hotel                                   |
| 17:00 - 18:00                            | PKF EC Meeting                    | HQ Hotel                                   |
| 17:00 - 18:00                            | Referee Briefing                  | HQ Hotel                                   |
| 18:00 - 18:30                            | TM and AJ Meeting                 | HQ Hotel                                   |
| 20:30                                    | Welcome Dinner                    | HQ Hotel                                   |
| <b>Technical Committee &amp; Coaches</b> |                                   |  |
| 08:00 - 11:00                            | Official Weigh-in                 | Headquarters<br>Sub-headquarters<br>Hotels |
| 09:30 - 10:30                            | Kata & Kumite Coaches Briefing    | Hotel Sede                                 |
| 10:30 - 12:00                            | Coaches Written Examination       | Hotel Sede                                 |
| 13:00 - 13:30                            | Coaches Examination Results       | Hotel Sede                                 |
| 16:00 - 18:00                            | Congreso Técnico - Sorteo Oficial | Hotel Sede                                 |

**THURSDAY  
AUGUST  
27**

|      |   |                          |
|------|---|--------------------------|
| 9:00 | U12, U14 INDIVIDUAL FEMALE KATA                             | Polideportivo de Cartago |
|      | U12, U14 INDIVIDUAL MALE KATA                               |                          |
|      | U12 FEMALE KUMITE<br><b>-37Kg, -42Kg, -47Kg, +47Kg</b>      |                          |
|      | U12 MALE KUMITE<br><b>-35Kg, -40Kg, -45Kg, +45Kg</b>        |                          |
|      | U14 FEMALE KUMITE<br><b>-42Kg, -47Kg, -52Kg, +52Kg</b>      |                          |
|      | U14 MALE KUMITE<br><b>-40Kg, -45Kg, -50Kg, -55Kg, +55Kg</b> |                          |
|      | <b>FINALS</b>   |                          |
|      | Referee Examination Results                                 | Polideportivo de Cartago |



|   | TIME    | ACTIVITY   | VENUE                    |
|---|---------|--|--------------------------|
| <b>FRIDAY</b><br><b>AUGUST</b><br><b>28</b>   | 09:00   | CADET INDIVIDUAL FEMALE KATA                                     | Polideportivo de Cartago |
|   |         | CADET INDIVIDUAL MALE KATA                                       |                          |
|   |         | CADET FEMALE KUMITE<br><b>-47Kg, -54Kg, -61Kg, +61Kg</b>         |                          |
|   |         | CADET MALE KUMITE<br><b>-52Kg, -57Kg, -63Kg, -70Kg, +70Kg</b>    |                          |
|   |         | OPENING CEREMONY   |                          |
|   |         | <b>FINALS</b>  |                          |
|   |         |  |                          |
| <b>SATURDAY</b><br><b>AUGUST</b><br><b>29</b> | 09:00   | FEMALE TEAM KATA (14-17 YEARS)                                   | Polideportivo de Cartago |
|   |         | MALE TEAM KATA (14-17 YEARS)                                     |                          |
|   |         | JUNIOR INDIVIDUAL FEMALE KATA                                    |                          |
|   |         | JUNIOR INDIVIDUAL MALE KATA                                      |                          |
|   |         | JUNIOR FEMALE KUMITE<br><b>-48Kg, -53Kg, -59Kg, -66Kg, +66Kg</b> |                          |
|   |         | JUNIOR MALE KUMITE<br><b>-55Kg, -61Kg, -68Kg, -76Kg, +76Kg</b>   |                          |
|   |         | <b>FINALS</b>  |                          |
|   |         |  |                          |
| <b>SUNDAY</b><br><b>AUGUST</b><br><b>30</b>   | All day | Departure of Delegations   |                          |
|   |         |  |                          |





**WKF**  
PANAMERICA



# XXXV PAN AMERICAN KARATE CHAMPIONSHIPS



# 2026 COSTA RICA

U12 | U14 | CADET | JUNIOR

## WE LOOK FORWARD TO WELCOMING YOU TO COSTA RICA!



**INSTITUTO**  
COSTARRICENSE DEL  
DEPORTE Y RECREACIÓN  
GOBIERNO DE COSTA RICA



**MUNICIPALIDAD**  
**CARTAGO**

