

A UTAH REGIONAL KARATE TOURNAMENT

Sanctioned by the ISSKA of Japan

Saturday, August 29, 2026



ENTRY:

- \$85 for 1 or 2 events
- \$10 additional event
- \$30 family kata (each)

SPECTATORS:

- \$8 each (ages under 4 and over 70 free)
- \$15 Coaches and trainers

SELENY JOANNE KARATE CHAMPIONSHIP

(sj cup '26)

- OPEN TO ALL STYLES, RANKS AND AGES
- ATHLETES WITH DISABILITIES ARE WELCOME
- WKF RULES

HOSTED BY: SELENY JOANNE KARATE

EVENTS: KATA, KUMITE, KOBUDO, AND FAMILY KATA

REGISTRATION: WWW.TOURNAMENTINABOX.COM

QUESTIONS: TEXTS OR CALLS 1(210)464-8982



“Seleny Joanne Karate Cup 2026” (SJ Cup ’26) Utah Inter-Regional OPEN Karate Championship (In loving memory of Seleny Joanne Crosby)



February, 2026

Esteemed instructors, coaches, athletes, friends, family

We are thrilled to invite you and your students, to the friendly **8th Seleny Joanne OPEN Karate Tournament**, a heartfelt tribute in loving memory of **Seleny Joanne Crosby**, a young Utahn girl whose passion for karate and indomitable spirit continue to inspire us all. This prestigious event will take place on **Saturday, August 29, 2026**, and promises to be an unforgettable celebration of karate excellence, inclusivity, and camaraderie.

This year's tournament is especially momentous as we welcome **Kancho Masaya Kohama**, World President of the International Shotokan Shobukan Association of Japan (ISKKA), who will travel from Japan to coordinate the event. Kancho Kohama, a legendary figure in the karate world, will also conduct **kata and kumite seminars on Friday, August 28, 2026**, open to **ALL styles and levels**. This is a rare opportunity to learn from one of the most respected karatekas in the world!

We are honored to confirm the attendance of **WKF, PKF, NKF referees**, as well as international delegations, top competitors from across the U.S., and athletes with disabilities. This tournament is a platform for all karate practitioners to showcase their skills, passion, and dedication, embodying the inclusive spirit that Seleny Joanne Crosby championed.

Join us for a day of spirited friendly competition, professional organization, and a celebration of Seleny's enduring legacy. Let us come together to honor her memory, connect with esteemed instructors and officials, and create lasting memories in the karate community.

Registration is now open!

-  **Event Date:** Saturday, August 29, 2026 (8.30 / 4.30pm)
-  **Seminars Date:** Friday, August 28, 2026 (5-6, 6-7, 7-8pm)
-  **Contact:** 210-464-8982 | sj.karatedojo@gmail.com
-  **Register at:** www.tournamentinabox.com
-  **More Info:** <https://sjkarate.com>

Let's make the 8th Seleny Joanne OPEN Karate Tournament a historic event that honors Seleny's legacy and unites the global karate community. We look forward to welcoming you!

With respect and gratitude,

Seleny & David Crosby

Senseis Seleny & David Crosby
Tournament Directors



Emails: sjkarate@outlook.com, sj.karatedojo@gmail.com
What's Up +1(210) 464-8982, call text: 1(385)276-2244
<https://www.facebook.com/events/1474351410207117/>
<https://www.facebook.com/events/501576682995688>



“Seleny Joanne Karate Cup 2026” (SJ Cup '26)
Utah Regional Karate Championship
(In loving memory of Seleny Joanne Crosby)



Saturday, August 29, 2026

Utah Military Academy (UMA) – 3901 W Waterbury Dr, Lehi, UT 84043

Registration & additional information: www.tournamentinabox.com

Late registrations fee after August 25th, 2026 = \$15

(Please make payment via Zelle at 210-464-8982, Venmo @SJ-Karate, PayPal at sjkarate@outlook.com)

Team Participation Application

() **Family Team Kata.** No advanced katas allowed. ONLY Heian or Pinan Katas. Need to have AT LEAST two FAMILY Members (Ages and combined genders allowed)

Div. # _____	Family Team Kata	Style _____	Name of Kata _____
		Style _____	Name of Kata _____
		Style _____	Name of Kata _____

1 Team Event \$30 *per person*

There are absolutely NO Refunds

Team Name _____

Last Name _____ Age _____ Sex: M ___ F ___ (Signed-up for individual Y ___ N ___)

Last Name _____ Age _____ Sex: M ___ F ___ (Signed-up for individual Y ___ N ___)

Last Name _____ Age _____ Sex: M ___ F ___ (Signed-up for individual Y ___ N ___)

Instructor's Name _____ Dojo's Name _____

ADULT & MINOR AMATEUR ATHLETIC WAIVER & RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the Seleny Joanne Cup 2022 -A Utah Regional Championship, athletic/sports program, and related events and activities, the undersigned:

1. Agrees that prior to participating the participant and/or Parent or Guardian (if under 18), will inspect the facilities and equipment to be used, and if the participant and/or parent or guardian, believes anything is unsafe, they will immediately advise the Program Director, or supervisor of the Seleny Joanne Cup, or other Tournament officials of each condition(s) and refuse to participate.
 2. Acknowledge and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and serve social and economic losses which might result not only from their action, inaction or negligence but the actions, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, the participant and/or parent or guardian acknowledge that there may be other risks not known or not reasonably foreseeable at this time. The participant and/or parent or guardian assumes all the foregoing risks and accepts personal responsibility for the damages following such injury, permanent disability, or death.
 3. Releases waives, discharge, and covenants not to sue the Seleny Joanne Cup, SJ Karate Dojo, Mr. David A Crosby, Seleny Crosby, any officer or volunteer, its affiliated clubs, regional sports organizations, the USANKF Federation or the AAU, and/or their respective administrators, directors, agents, coaches and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as “releases” from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the release or otherwise.
 4. **All entries are final; no refunds will be given.** I fully understand that any medical treatment given will be of a first aid treatment type only. I consent that any pictures furnished by me or any pictures taken of me in connection with the tournament can be used for publicity, promotion, or television showing now or in the future, and I waive compensation in regard thereto. All participation in any event or class in this tournament is by permission only. The Director or his authorized agent(s) reserve the right to refuse entry to any person, school, team, or club
- The undersigned has read the above waiver and release, and understand that they have given up substantial rights by signing it and signing it voluntarily.

Signature of Contestant

(If under 18 Signature of parent/guardian)

Date



“Seleny Joanne Cup 2023” (SJ Cup '26) Utah Regional Karate Championship

(In loving memory of Seleny Joanne Crosby)



Championship Divisions

K=KATA

S= KUMITE (SPARRING)

W=WEAPON

T=TEAM

Beginners (-1 year of training) **Novice (1-2 years of training)** **Intermediate (2-4 years of training)** **Advanced (4+ years of training)**
 (White to orange belt) (Green/white stripe to blue belt) (Brown/white stripe 3rd Kyu to brown belt) (1stkyu Brown to Black belt)

KATA	YOUTH DIVISIONS	KUMITE	WEAPONS DIVISIONS
K1	5 yrs. & under Beg. (boys & girls)	S1	5 yrs. & under Beg. (boys & girls)
K2	6-7 years & Beg. (boys)	S2	6-7 years & Beg. (boys)
K3	6-7 years old Beg. (Girls)	S3	6-7 years old Beg. (Girls)
K4	6-7 years old Nov. (Boys)	S4	6-7 years old Nov. (Boys)
K5	6-7 years old Nov. (Girls)	S5	6-7 years old Nov. (Girls)
K6	8-9 years old Beg. (Boys)	S6	8-9 years old Beg. (Boys)
K7	8-9 years old Beg. (girls)	S7	8-9 years old Beg. (girls)
K8	8-9 years old Nov. (Boys)	S8	8-9 years old Nov. (Boys)
K9	8-9 years old Nov. (Girls)	S9	8-9 years old Nov. (Girls)
K10	8-9 years old Int/Adv. (Boys)	S10	8-9 years old Int / Adv. (Boys)
K11	8-9 years old Int/Adv. (Girls)	S11	8-9 years old Int/Adv. (Girls)
K12	10-11 years old Beg. (Boys)	S12	10-11 years old Beg. (Boys)
K13	10-11 years old Beg. (Girls)	S13	10-11 years old Beg. (Girls)
K14	10-11 years old Nov. (Boys)	S14	10-11 years old Nov. (Boys)
K15	10-11 years old Nov. (Girls)	S15	10-11 years old Nov. (Girls)
K16	10-11 years old Int. (Boys)	S16	10-11 years old Int. (Boys)
K17	10-11 years old Adv (Girls)	S17	10-11 years old Adv (Girls)
K18	10-11 years old Adv. (Boys)	S18	10-11 years old Adv. (Boys)
K19	10-11 years old Adv. (Girls)	S19	10-11 years old Adv. (Girls)
K20	12-13 years old Beg. (Boys)	S20	12-13 years old Beg. (Boys)
K21	12-13 years old Beg. (Girls)	S21	12-13 years old Beg. (Girls)
K28	14-15 years old Beg./Nov. (Boys)	S28	14-15 years old Beg./Nov. (Boys)
K29	14-15 years old Beg./Nov. (Girls)	S29	14-15 years old Beg./Nov. (Girls)
K30	14-15 years old Int/Adv.. (Boys)	S30	14-15 years old Int/Adv. (Boys)
K31	14-15 years old Int./Adv. (Girls)	S31	14-15 years old Int./Adv. (Girls)
K32	16-17 years old Beg./Nov. (Boys)	S32	16-17 years old Beg./Nov. (Boys)
K33	16-17 years old Beg./Nov. (Girls)	S33	16-17 years old Beg./Nov. (Girls)
K34	16-17 years old Int./Adv. (Boys)	S34	16-17 years old Int./Adv. (Boys)
K35	16-17 years old Int./Adv. (Girls)	S35	16-17 years old Int/Adv (Girls)
WI	10 & under short/long weapon (Boys/girls)	W3	11-17 short/long weapons (girls)
W5	11-17 short/long weapons (boys)	W7	18+ female short/long weapon
W9	18+ male short/long weapon		

TEAM FAMILY KATAS

Team performance for Families (ONLY basic katas)
 FTI Kids and adults, males and females, can be combined

CONTINUES: 12-13 years old

Boys/Girls

- K22 12-13 years old Nov (Boys) - Kata
- S22 12-13 years old Nov (Boys) - Kumite
- K23 12-13 years old Novice (Girls) -Kata
- S23 12-13 years old Novice (Girls) Kumite
- K24 12-13 years old Int (Boys) - Kata
- S24 12-13 years old Int (Boys) – Kumite
- K25 12-13 years old Int (Girls) – Kata
- S25 12-13 years old Int (Girls) - Kumite
- K26 12-13 years old Adv (Boys) - Kata
- S26 12-13 years old Adv (Boys) - Kumite
- K27 12-13 years old Adv (Girls) - Kata
- S27 12-13 years old Adv (Girls) - Kumite

KATA ADULT DIVISIONS KUMITE PARA-KARATE (individuals with disabilities)

K41	Women 18-34 Beg./Nov.	S41	Women 18-34 Beginner/Novice
K42	Women 18-34 Intermediate	S42	Women 18-34 Intermediate
K43	Women 18-34 Advanced	S43	Women 18-34 Advanced
K44	Women 35+ Beg./Nov.	S44	Women 35+ Beginner/Novice
K45	Women 35+ Brown Belts	S45	Women 35+ Brown Belts
K46	Women 35+ Black Belts	S46	Women 35+ Black Belts
K47	Men 18-34 Beg./Nov.	S47	Men 18-34 Beg./Nov.
K48	Men 18-34 Intermediate	S48	Men 18-34 Intermediate
K49	Men 18-34 Advanced	S49	Men 18-34 Advanced
K50	Men 35+ Beginner/Novice	S50	Men 35+ Beginner/Novice
K51	Men 35+ Brown Belts	S51	Men 35+ Brown Belts
K52	Men 35 + Black belts	S52	Men 35 + Black Belt

Non Traditional Katas

NK01 to NK52
 (Please check Tournament In A Box for details at:
www.tournamentinabox.com)

Divisions may be combined or split for fairness or need upon the Tournament Directors' discretion.

<https://sjkarate.com/sj-cup/>

<https://www.facebook.com/profile.php?id=61575804968946>

Call or text at 210-464-8982



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Late registrations fee after August 29th, 2026, = \$15)

On Saturday, August 29, 2026, join the “Seleny Joanne Karate Championship 2026” (SJ Cup '26), A Utah Inter-Regional Karate Championship, OPEN to ALL styles, ages, and ranks. Athletes with mental and physical conditions are welcome!!

The “SJ Cup 2026,” is not just competitions but a tribute to *Seleny Joanne Crosby's* spirit and passion for karate, in her 12th anniversary of her journey to Heaven. Let's celebrate her life and legacy together.

This tournament is sanctioned by the International Shotokan Shobukan Association of Japan (ISSKA); this unique event will be held in Lehi, UT, at the Utah Military Academy (UMA) of Lehi.



Participating in these events is essential for all Karatekas:

- You all train hard. Tournaments are a great way to show and test your skills with friends.
- Competing in tournaments and setting personal goals helps you stay motivated to train and succeed, growing your skills and confidence.
- You meet new people, make new friends, and help everyone work and succeed as a karate family.
- Without your support, these events may not happen in the future.

The Utah Military Academy is located at 3901 W Waterbury Dr, Lehi, UT 84043. There are several Hotels and facilities close to this beautiful small, and peaceful city. More information about the tournament can be found at <https://sjkarate.com/sj-cup/>, including the Tournament Entry Form, list of Competitor Divisions, a Map of the area, and the invitational letter.

The opening ceremony begins at 8:30 am on August 29th, 2026.

Spring is a beautiful time to visit Utah and have fun with your karate colleagues. So, get your friends and family together, and we'll see you in Lehi, Utah at the “SJ Cup 2026”!!

<https://sjkarate.com/sj-cup/>

Call or text at 210-464-8982 / 801-738-8695