CUKC Intraclub Competition 2025 Report

On **Sunday 23rd November**, CUKC held its annual Intraclub Competition, an eagerly anticipated event that brings together members of all experience levels and karate styles for a bit of friendly rivalry and for those who've not competed before to give it a go.

Kata

The event began with kata performances, starting with the **Mixed Novice Kata** category. Dean took the win with his performance of Gekisai Dai Ichi, the first basic kata in the Goju-ryu style, scoring 21.3! Alex followed in second place with her performance of Heian Nidan and Diana's Heian Yondan secured her bronze medal. A very exciting start to the competition with a great range of katas already!

Next up was the **Men's and Women's Intermediate Kata** categories. In the men's, Indi came third with his performance of Kanku Sho, Rolland came in second, performing Bassai Dai, and Saketh took first with the Tang Soo Do version of Bassai Dai, scoring an impressive 21.4. In the women's, it was extremely tight with only 0.1 points separating Nuha's Seiunchin (21.0) and Shloka's Jion (20.9). So far, big wins for non-Shotokan karate-ka!

The **Men's Senior Kata** category saw 8 competitors go through two rounds of kata for the chance at medalling. In the first round, we saw a wide range of advanced katas performed: Bassai Dai, Jion, Enpi and both Gojushiho Sho and Dai! Nirmay, Alex and Lukas came first, second and third respectively in this first round, with Tom just beating out Li Sen for fourth. In the second round, Tom performed a strong Bassai Dai, scoring 24.0 and securing his bronze medal. Lukas was next with Gojushiho Sho, scoring an impressive 24.3 and taking silver. Alex performed Gankaku, scoring 23.9, narrowly missing a place on the podium. Finally, Nirmay stunned with his amazing performance of Kanku Sho, scoring a whopping 24.8!

To end the kata performances, the **Women's Senior Kata** category took to the tatami. With 6 competitors and only one round to prove themselves, everyone showed up with their A-game! Again, a range of katas was performed: Jion, Enpi, Kanku Dai and Gojushiho Sho being a favourite with half the competitors choosing this kata. In the end, Angela took bronze with a score of 24.2 for her Gojushiho Sho; whilst Fatemeh and Talin battled it out for first, both scoring 24.3 with Talin taking gold for her impressive Kanku Dai. A very close category!

Kumite

Following the kata categories, the competition moved onto kumite, starting with **Women's Novice Kumite**. Alex progressed onto the final after scoring 2 wazaris against Diana. After getting a bye, Karlina came in strong, delivering a great fight against Alex and securing her gold medal.

Women's Intermediate Kumite was next with Nuha and Shloka facing off against each other again. Nuha took the victory, scoring 2 clean wazaris against Shloka.

The **Men's Senior Kumite** category, like kata, was full of competitors and was an extremely exciting watch! Special mention goes to Rolland, who joined this category as a 1st Kyu! Dani and Lukas both progressed to the semifinals after scoring 2 wazaris against their opponents, Rolland and Bruno. In Tom and Li Sen's fight, Tom scored 1 wazari and took the overall win with 3 votes to 1 at Hantei. Alex and Nirmay each scored 1 wazari and Alex progressed to the semi-finals with 3 votes to 1 at Hantei. In the semi-finals, Dani won against Lukas with 2 wazaris to 1, securing his place in the finals. Alex put on a very strong performance in his fight with Tom, scoring 2 wazaris to make the finals. In the gold medal match, Alex took the win with his stepping gyaku-tzuki combo scoring him 2 wazaris against Dani.

Finally, in the **Women's Senior Kumite** category, Angela and Taaliya fought first with Angela scoring 2 wazaris and progressing onto the finals. Next, Hannah bested Fatemeh in their fight, scoring 2 wazaris to 1. In the finals, Angela very quickly scored an ippon with a jodan geri against Hannah, securing her gold medal and bringing the Intraclub Competition to an exciting end.

This year's intraclub was a huge success with nearly 30 sign-ups from CUKC members from all levels and styles. It was fantastic to see the collective effort and participation of everyone involved. Following the medals ceremony, it was the captains' pleasure to award the **Alvaro Angeriz Award** to Nuha to celebrate her excellent intraclub performance and dedication to training as well as promotion of the club as publicity officer.

Finally, a huge thank you goes to Sensei Ken and all the members of Cambridge Karate Dojo who helped to referee as well as Jane Blunt for providing first aid support and Indi Pritchard for photography. Thank you also to the committee members involved in organising, tabling and promoting this competition! Congratulations to everyone who competed and made this year's intraclub such an amazing time!

Report by Angela Shang
Women's Captain 2025/26