

RESULT OF 1ST NATIONAL FULLCONTACT KARATE CHAMPIONSHIP, 2026

Under the umbrella of

PAKISTAN FULL CONTACT KARATE FEDERATION (PFKF)

Date: 13th – 14th June, 2026

Venue: POF Sports Complex, Wah-Cantt, Rawalpindi, Pakistan

Prepared By: Chief Referee - Muhammad Nasir Khan (Black Belt 3rd Dan)

“1st National Fullcontact Karate Championship 2026” was held on 13th – 14th day of June, 2026 organized by Pakistan Fullcontact Karate Federation under the supervision of Shihan Mian Muhammad Arshad Jan, President PFKF. In this tournament Total of 7 Kumite categories (divided by senior & junior for males and females) as 4 Kumite Categories for Males and 3 Categories for Females.

The tournament was conducted on one Tatami which was headed by chief referee who made total six (6) referees penal consist upon one referee, four corner judges and two assistant judges. There was more than 65 officials who conducted the tournament. Major kyokushin organizations i.e. Shinkyokushin, Kyokushin World Federation, Kyokushin-Kan, Kyokushin Kenbukai, IKO Matsushima, So-Kyokushin, Zen-Kyokushin, IKO Kyokushinkaikan Union, and Kyokushin-Ryu being a part of PFKF send its best fighters/athletes on behalf of respective provinces to compete this great event.

Approximately 130 players participated in this championship from across the country (Pakistan) i.e. Teams from Pak. Honbu, Punjab, Khyber Pakhtunkhwa (KPK), Balochistan, Sindh, Islamabad, Azad Kashmir (AJK), and POF Wah-Cantt.

OVER ALL TEAMS POSITION ARE AS UNDER:

Team		1 st Positions	2 nd Positions	3 rd Positions	Total
1 st Place	Pak. Honbu	2	4	2	8
2 nd Place	AJK	1	2	2	5
3 rd Place	Punjab	2	1	0	3

POINTS TABLE

	-50kg Male	-60kg Male	-70kg Male	+70kg Male	-45kg Female	-55kg Female	+55kg Female	Total Points
Pak. Honbu	14	0	11	7	25	10	25	92
AJK	0	7	25	10	7	4	4	57
Punjab	15	10	0	4	0	15	0	44
Islamabad	0	4	0	15	4	0	0	23
Balochistan	0	15	0	0	0	0	0	15
KPK	7	0	0	0	0	7	0	14
POF	0	0	0	0	0	0	7	7
Sindh	0	0	0	0	0	0	0	0

WINNER LIST (KUMITE – MALE)

Weight Category	1st Position	2nd Position	3rd Position	4th Position
+70kg	Mujeeb Ullah (Islamabad)	Raja Waqas (AJK)	M. Bin Kashif (Pak. Honbu)	Ali Haider (Punjab)
-70kg	Raja Adeel (AJK)	Raja Saqib (AJK)	Hikmat Khan (Pak. Honbu)	Zabih Ullah (Pak. Honbu)
-60kg	Abid Raza (Balochistan)	Ameer Hamza (Punjab)	Ahsan Ullah (AJK)	Bilal Ahmad (Islamabad)
-50kg	Babar Ali (Punjab)	Hassan Mohi-ud-Din (Pak. Honbu)	Asif Khan (KPK)	Ahmad Hassan (Pak. Honbu)

WINNER LIST (KUMITE – FEMALE)

Weight Category	1st Position	2nd Position	3rd Position	4th Position
+55kg	Meerab Shahzad (Pak. Honbu)	Javeria Orangzaib (Pak. Honbu)	Areeba Naz (POF)	Mahnoor Qaiser (AJK)
-55kg	Tasmia Munir (Punjab)	Alizay Ijaz (Pak. Honbu)	Fatima Khanzada (KPK)	Kinza (AJK)
-45kg	Mahnoor Bajwa (Pak. Honbu)	Fatima Zafar (Pak. Honbu)	Mehar-un-Nisa (AJK)	Shiza (Islamabad)